

NOURISHING FOODS DETOX” for BEGINNERS

Bone Tea “Latte”

I learned about these very beneficial herbs from David Wolf when he taught a class at my nutrition school, Institute of Integrative Nutrition. These herbs actually help to build bone density much better than milk. Unlike milk they are easily absorbed into your system. I often use the tea as a liquid in my morning smoothie.

Prepare the tea:

2 1/2 cups water
1 tsp nettle leaf
1 tsp horsetail
1 tsp oatstraw

Bring water to a boil. Turn down to the lowest flame your stove has. Add herbs, simmer 10 minutes. Let steep 30 minutes. Strain make latte or refrigerate. It will keep up to 4 days in a closed glass container.

For the latte:

1 cup bone tea
3 Tb coconut milk or almond milk
Stevia to taste, I like the vanilla liquid stevia with this about 7 drops or
1 tsp raw honey

Heat bone tea, don't let it boil. Pour into a cup.
Add coconut milk and stevia
Whisk with a fork until frothy
Enjoy, your bones are so happy now!

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