

Rose Pastilles

4 tsp. rose powder

4 tsp. dandelion root powder or Dandy Blend

1 tsp. cardamom powder

Approx. 4 tsp. honey

Add honey to dried herbs and mix into a very stiff paste.

Shape into small balls or lozenges and roll in additional rose powder. Let air-dry for 24-48 hours. Store in an airtight container

Makes approx. 40 pastilles

Cocoa-Mint Pastilles

5 tsp. natural cocoa powder

3 tsp. peppermint leaf, powdered

Approx. 1 Tbsp. honey

Add honey to dry ingredients and mix into a very stiff paste.

Shape into small balls or lozenges and roll in additional cocoa powder. Let air-dry for 24-48 hours. Store in an airtight container

Makes 26-30 pastilles