

Self Love Potion (Damiana Cordial)

INGREDIENTS

- 2 vanilla beans (or sub 1 tablespoon Organic Vanilla Extract)
- 1 ounce dried damiana leaf
- 1/2 oz rose petals (or sub 1 tablespoon Organic Rose Hydrosol)
- 1 tbsp shatavari
- 1 cup brandy
- 1.5 cup spring water
- 1 cup honey
- glass bottle or jar

INSTRUCTIONS

1. Split vanilla beans lengthwise using a knife. Chop crosswise into smaller pieces if needed to fit them into the bottle.
2. Add damiana and shatavari with vanilla beans to the jar.
3. Cover with brandy.
4. Let steep for 2-4 weeks, shaking every day or two.
5. Strain brandy and place in a clean jar, saving the plant material.
6. In the original jar, combine plant material and spring water, and let steep for 3 days.
7. Strain spring water extract, composting the plant material.
8. Gently warm the infused spring water in a small sauce pan and warm over low heat. Add the honey and stir occasionally until the honey is fully incorporated. Remove from heat and allow to cool.
9. Combine spring water/honey mixture with the alcohol extract in a beautiful glass jar or bottle and shake well. (Add Rose Hydrosol and Vanilla Extract if using instead of other rose petals and vanilla beans)
10. Allow to sit for an additional week before serving. Best to age for one month before enjoying as a sipping cordial.

