

OVERNIGHT CHAI-SPICED OATS

BREW A CUP OF CHAI TEA AND ADD IT TO YOUR OATS FOR A MORE FLAVORFUL DISH.

WHAT YOU'LL NEED

2 cups Earnest Eats Mayan Oats
1 cup Chai Spice Tea
1 cup Almond Milk
1 tsp Ground Cinnamon
1 tsp Stevia

1 pinch Himalayan Pink Salt
2 tbsp Chia Seeds
Optional toppings: Chopped Nuts, Raisins, Banana or Blueberries

METHOD

- 1) Add all ingredients except toppings to a bowl and stir to combine. Cover and chill overnight.
- 2) Add toppings, a drizzle of maple syrup or honey, and enjoy!



For October's box we wanted to captivate the warming spices of fall in harmony with an Ayurveda influence. We hope this selection of superfoods inspires the kitchen witch inside of you!

ROSEHIVE SUPERFOODS MASALA CHAI

A blend of full bodied black tea blended with cinnamon, cloves, cardamom, fennel, peppercorns, roobios, safflower, vanilla beans and ginger. This makes for an invigorating blend of both sweetness and warmth. Makes a very hearty Masala Chai Latte for comfort on a cold day. (Bonus: simmering this blend will make your whole house smell fantastic.)

How to use: Using a ratio of 1 cup water to 1 tablespoon Chai blend, simply simmer the water and spices for 5-10 minutes. Add 1/3 cup milk allowing it to foam and fall three times. Strain and sweeten. Contains 4-5 Servings.



K'UL CHOCOLATE GOLDEN SPICE SUPERFOOD BAR

Great tasting holistic snack for vibrant energy! This bar is a superfood blast loaded with 600 mg. of turmeric, ginger, ginseng, and golden berries.

How to use: Open and enjoy!



VITOX DRINKING VINEGAR BANANA APPLE CINNAMON

Vitox is a blend of raw cold pressed apple juice, bananas and apple cider vinegar, fermented together for 21 days. It is unpasteurized, raw & includes 'the Mother'! Each 6oz bottle has 12 servings and makes about 1/2 gallon pitcher of diluted solution. This bottle is a 2-week supply so make sure you dilute it first!

How to use: Get crazy! There are SO MANY ways to use Apple Cider Vinegar (ACV). Use it diluted for a morning cleanse, or skip the shampoo and use it as a natural hair rinse (we're serious!).



EARNEST EATS MAYAN BLEND OATMEAL

Inspired by ancient Mayan foods, Earnest Eats created a blend of unsweetened natural cocoa, cashews, pepitas, sunflower seeds and hearty superfood grains for an intensely flavored and richly satisfying start to morning. We really liked that these are gluten free and unsweetened!

How to use: Add 1 cup of oats with 1/2 cup of hot water and let sit before enjoying. A great way to start your day with a superfood packed breakfast.



STARWEST BOTANICALS ORGANIC ASHWAGANDHA ROOT

Ashwagandha is one of the most powerful herbs in Ayurvedic healing. In Ayurveda, there are specific herbs with adaptogenic benefits and Ashwagandha is one of them. Adaptogens are substances (a combination of amino acids, vitamins, and herbs) that modulate your response to stress or a changing environment. Adaptogens help the body cope with external stresses such as toxins in the environment and internal stresses such as anxiety and insomnia.

How to use: The traditional use as a powder is mixed with warm milk and honey, and taken before bed for calming vata and fostering healthy sleep patterns, reproductive system, and strength. A general dose is usually 1/4 to 1/2 teaspoon once or twice daily.



CITRINE, AMETHYST OR QUARTZ CRYSTAL

We wanted to bring crystals in the kitchen this month for food and energy and to channel our inner kitchen witch vibes. Citrine is the perfect tool to cleanse and rejuvenate your spirit and carries virtues of self-improvement. Amethyst is a meditative and calming stone which works to promote calm, balance, and peace. Clear quartz is great for ongoing energy. Which one did you get?

How to use: Place in your kitchen, away from sunlight and enjoy all the wonderful vibrations that crystals give you in the kitchen.



Disclaimer: The information provided is for educational purposes only. These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease. Please consult your medical care provider before using superfoods, particularly if you have a known medical condition or if you are nursing or pregnant.