**Double Mint Tea**

1 Tbsp Peppermint leaves  
1 Tbsp Spearmint leaves  
Bring 1 1⁄4 cups of water to a boil  
*Place mint in tea infuser or mug  
Pour just boiled water over herbs and steep, covered, for 5 minutes Strain (if necessary)  
Add honey if desired*

**Salt Free Seasoning Mix**

3 tablespoons oregano 1 tablespoon marjoram 2 tablespoons thyme  
1 tablespoon dried basil 1 tablespoon dried sage

1 tablespoon garlic powder  
2 1⁄2 teaspoons thyme leaves  
2 1⁄2 teaspoons onion powder  
2 1⁄2 teaspoons paprika  
2 1⁄4 teaspoons celery seed  
2 1⁄2 teaspoons ground white pepper  
1 tablespoon dry mustard  
2 1⁄4 teaspoons dried finely chopped lemon peel 1 tablespoon ground black pepper

**Citrus Salt**

2 tablespoons Himalayan pink salt

1/4 cup powdered orange peel

1 teaspoons black pepper

*Put ingredients in a jar with a lid. Shake well and pour into a salt shaker. Use like regular salt.*

*How to make your own powdered orange peel: Peel oranges (leaving pith on) and slice. Place sliced peels in over on lowest setting (or below 200°F). When peels are ready, put in blender to powder. Store in a jar.*

*Recipe by Kami McBride*

**Basic Herb Oil**

*Use in stir-fry or to baste vegetables before roasting, broiling or grilling.*   
1⁄2 cup basil leaves or other herbs (use 1/3 cup if using stronger flavored herbs like rosemary, thyme and oregano)

1 cup extra-virgin olive oil  
3 cloves garlic peeled and chopped  
1 tsp lemon juice  
Stainless steel skillet, Strainer (optional), Sterilized bottle and cap  
*Directions:*

* *Gently wash and dry herbs.*
* *Remove stems and measure appropriate amount of loosely packed leaves.*
* *Heat olive oil in a skillet.*
* *When the oil is hot but not smoking, stir in the garlic and sauté until it barely begins to brown, stirring frequently.*
* *Remove the garlic oil from the heat and stir in herbs and lemon juice.*
* *Let mixture cool for 1 hour at room temperature.*
* *Strain out plant material (or leave in for a stronger flavored oil) and pour the cooled oil into a sterilized bottle.*
* *Use within 1 week*

**Salad Herbal Vinegar**

*Use alone as a light, fat-free salad dressing or combine with olive oil, salt and pepper to make a mellower dressing. Also makes a great red meat marinade.*1⁄4 cup thyme  
1⁄4 cup Greek oregano

1⁄4 cup marjoram  
1⁄4 cup chives or chive blossoms 1⁄2 cup white wine vinegar  
1⁄2 cup red wine vinegar

**Lemon and Basil Marinade**

1⁄2 cup olive oil  
1 cup chopped fresh basil  
1 lemon – grated for the zest  
2 large cloves garlic, chopped  
2 Tbsp white wine vinegar  
1 Tbsp Dijon mustard  
*Mix all ingredients together and place in a zip lock bag with your choice of meat or chicken for the grill. Place in the refrigerator and flip every hour or so.*

**Bursting–with-Herbs-Spread**

2 (8 oz.) packages cream cheese (regular or low fat) 1 clove fresh garlic, minced  
2 tsp minced fresh parsley (or 1⁄2 tsp dried)  
2 tsp minced fresh dill (or 1⁄2 tsp dried)

2 tsp minced fresh chives (or 1⁄2 tsp dried)

2 tsp minced fresh basil (or 1⁄2 tsp dried)

1 tsp minced fresh thyme (or 1⁄4 tsp dried)

1⁄4 tsp lemon pepper seasoning

*Bring cream cheese to room temperature. In a mixing bowl combine cheese, garlic, herbs and lemon –pepper seasoning. Cover and chill several hours or overnight. Serve with crackers, spread on bread or baked potato.*

**Slow Cooker Herb Bread**

2 1⁄2 cups bread flour or all-purpose flour (more may be needed)

1 cup warm water  
1 packet instant yeast (2 1⁄4 teaspoons)  
2 tablespoons honey

2 tablespoons olive oil  
2 teaspoons salt  
1 teaspoon sugar  
1 tablespoon fresh thyme or rosemary (or combination of both)  
*Place the warm water, 1 teaspoon sugar and the yeast in mixer. Mix lightly and cover for 5 minutes to allow yeast to activate. When mixture stars to bubble, add the rest of the ingredients. Using dough hook, mix on medium speed for 5-6 minutes or until dough becomes soft and elastic.*

*Line crockpot/slow cooker with parchment paper. Shape dough into ball and place in center of slow cooker. Place a tea towel or papers towels over the top (to absorb moisture) and cover with lid.  
Cook on high for 1 1⁄2 - 1 3⁄4 hours or until bottom is brown (lift out with parchment to check bottom) Optional: brown top crust under broiler for 2-3 minutes*

**Easy Lemon Herb Shortbread Cookies**

2 1⁄2 cups all-purpose flour

1 teaspoon salt  
2 sticks butter, softened  
1 cup confectioner’s sugar

1 egg

1 teaspoon vanilla extract  
2 teaspoons lemon zest  
2 teaspoons lemon juice  
6 to 9 sprigs assorted fresh herbs, such as rosemary, thyme and sage

1 egg white

1⁄2 teaspoon water

1 tablespoon granulated sugar (optional)

*In a medium-size bowl, briefly mix the flour and salt. Set aside. In a large bowl with a hand mixer or in the bowl of a standing mixer, blend the butter and confectioner’s sugar well. Add the egg, vanilla extract and lemon zest and juice and mix well. Gradually blend in the flour mixture and stir until dough forms. Scoop the dough from the bowl and wrap in a zip-top bag or in plastic wrap and refrigerate for 1 to 2 hours.*

*Preheat oven to 375° F. Prepare your herbs by either finely chopping the leaves or snipping more decorative, larger pieces. You can choose to keep the herbs separate and use only one kind of herb per cookie, or you can blend them into a mixture. Set aside.*

*On a lightly-floured surface, roll out the chilled cookie dough to 1/4-inch thickness. Use a 2 1/2-inch circle, oval or square cookie cutter to cut out your cookies. Transfer cookies to a parchment paper-lined baking tray. Mix the egg white and water. Lightly brush the* top surface of the *cookies with the egg white mixture. Sprinkle or place the herbs on each cookie. Gently press the herbs to flatten against the cookies. If desired, sprinkle a pinch of sugar on each cookie.*

*Bake for 15 to 18 minutes, or until the edges turn golden brown.*

*Recipe by The Decorated Cookie*