



Yule Craft Winter Solstice **Potpourri Blend**

Bring the scents of Yule into your home by blending up your own batch of potpourri. Keep it in a Mason jar so it will stay fresh. To use, simply scoop a half cup of mix into a small pot, and cover with a few inches of water. Allow to simmer on low heat on your stove top, adding water as the potpourri reduces down. You can also use a small potpourri-sized crock pot.

BLEND TOGETHER

3 cups dried orange peel
1 cup Dried lemon zest
4 Cinnamon sticks, snapped into thirds
1/4 cup Whole cloves
1/4 cup Pine needles
A pinch of allspice
10 Juniper berries

INSTRUCTIONS

Mix in a bowl and then keep in a tightly sealed jar until you're ready to use it. If you're feeling really crafty, make a big batch, divide into several jars, and then tie with a decorative ribbon or piece of raffia. Add a note card, and give as gifts for your friends at Yule!



ROSE & CARDAMOM EGGNOG

Mountain Rose Herbs

INGREDIENTS

*2 fresh, organic eggs**

3 oz (by volume) organic granulated sugar

½ tsp organic cardamom seed powder

2 oz brandy

2 oz spiced rum

6 oz organic whole milk

4 oz organic heavy cream

2 tsp organic rosewater

Organic nutmeg shavings to garnish

DIRECTIONS

Beat very fresh organic eggs in a blender or food processor for one minute on low speed. Slowly spoon in the sugar and continue blending for one minute to combine. With blender still running, add cardamom, brandy, rum, milk, and cream. Blend the ingredients together for one minute. Chill thoroughly to allow the flavors to meld. Stir in the rosewater and serve in two chilled glasses, grating nutmeg on top before serving and an organic rose bud if you're feeling sweet. You can always buy your favorite plain eggnog from the store and add the spices and liquors!

* Mountain Rose Herbs suggest caution in consuming raw eggs due to the slight risk of food-borne illness. To reduce this risk, it is recommended that you use only fresh, properly stored, clean eggs with intact shells, and avoid contact between the yolks or whites and the shell.

WINTER SOLSTICE



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3rd Eye Winter Dream Balm

INGREDIENTS

10 drops lavender, ylang-ylang & sweet marjoram essential oil

or

10 drops lavender and chamomile essential oil

3 drops bergamot essential oil

2 tbsp beeswax

1 tbsp jojoba oil

1 tbsp extra virgin olive oil

DIRECTIONS

Start mixing your oils and beeswax in a glass pyrex in a pan of water (about $\frac{1}{3}$ full) over a low to medium heat. (It may be easier to shred the beeswax bars before melting.) If you don't shred the beeswax bars it just takes a little longer to melt.

Once you have the oils and beeswax melted, allow to cool slightly. After a little cooling period, add your essential oil combination. Use a chopstick and mix well.

Then pour the 3rd Eye Winter balm into the containers and allow to sit until formed back into a solid mix.



Winter Nights Dream Tea

“Tea time is a chance to slow down, pull back and appreciate our surroundings.”

LETITIA BALDRIGE

INGREDIENTS

2 tsp chamomile buds
1 tsp lavender buds
1 tsp valerian root
A pinch of cinnamon

DIRECTIONS

Steep in 2 cups of hot water for 1-4 minutes and sip before bed. Best used with third eye opening meditations and dream intention settings. Place your Dream Journal and a pen near your bedside for dream messages the next morning!

WINTER SOLSTICE



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