

# Relax

Winter Edition



## Wellness Guide

Presented by:  
Black Women for Wellness





For the love of your  
health



# To our Beautiful Queens

Winter traditionally is a time of hibernation, where we look inward to reflect, rest, restore and prepare our energy to last over the long nights, cold days and coming winter. This year has been difficult. Isolation is in the air, we have been asked to disengage by social distancing, stay home, refrain from gatherings whether family or social, limit contact with folks and be alone. Those actions drain our energy and ability to hibernate with a healthy mind, body and soul.

Our friends and family feed us, more than food, they affirm, support, love on us and fuel us up to survive the winter. Though we are/were not able to touch our people, the winter days are coming fast. It is time to look inward. Black Women for Wellness is sharing information, recipes, tools, and techniques with this publication to assist you on your wellness journey as you reflect and nourish yourself for this Winter.

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# Self Care

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Sometimes looks like....

- Exercising & eating healthy
- Taking a nap or lounging around
- Spending 10 minutes outside
- Going to bed early
- Saying affirmations
- Reading feel good poetry

... whatever soothes  
your soul!





“

“Caring for myself is not self-indulgence. It is self-preservation, and that is an act of political warfare,”

**AUDRE LORDE**



# Time for *selfcare*



# Body

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Body butter, bath oils, and scrubs are just the type of nourishment your body craves.



*Your skin  
deserves  
attention.*

# Bath Oil

## Ingredients

20-24 drops of Essential Oils

2 oz Carrier Oil (like jojoba oil, sweet almond, or fractionated coconut oil)

2 oz Dropper Bottles

1. Fill 2 oz dropper bottle with carrier oil of choice, leaving a little space at top (takes about 1/4 cup to fill).
2. Add essential oils to bottle, total of 24 drops
3. Place cap on and shake well to blend together.  
Label bottle with contents and date made.
4. To use: Add approximately 1 tablespoon of bath oil into bath water after bath is done filling. Swirl into water with hand and get into bath immediately. Lay back and relax.







Exfoliate your face with a scrub once or twice a week for smooth, clear skin.

## Honey Brown Sugar Face Scrub


### Ingredients

1 tablespoon brown sugar (the finer, the better)

1 tablespoon honey, preferably raw

Mix the brown sugar and honey together, and with clean fingertips, very gently apply the scrub to your face in small circular motions to aid in the exfoliation process without damaging the skin. Rinse with warm water and use a washcloth to remove any residual honey, if needed





# Coconut Brown Sugar Body Scrub

## **Ingredients**

1 cup of brown sugar with  
1/2 cup of melted coconut  
oil  
(10-15 drops of essential oil is  
optional)

*Combine 1 cup of brown sugar  
with 1/2 cup of melted coconut  
oil. Massage onto rough patches  
of skin and then rinse with warm  
water. Apply moisturizer after.*

# Body Butter

## Ingredients

- 1/4 cup unrefined coconut oil
- 1/4 cup shea butter
- 1/4 cup cocoa butter
- 1/4 cup almond oil
- 2 teaspoons arrowroot powder
- 15-30 drops essential oils

*\*Arrowroot makes it not feel greasy on the skin*

1. In a double boiler or glass bowl, combine all ingredients except essential oils.
2. Bring to medium heat and stir constantly until all ingredients are melted. Remove from heat and let cool slightly.
3. Move to the fridge and let cool another 1 hour or until starting to harden but still somewhat soft.
4. Use a hand mixer to whip for 10 minutes until fluffy.
5. Add essential oils and whip for another minute. Store in a glass jar with a lid.





# Facial Massage

## At Home

4) Massage the lymph area (under ears and along sides of the neck).

3) Use gentle pressure to massage face.

2) Warm an oil, concentrate, or serum between palms.

1) Clean hands and face.

5) Knead the sides of your face.

6) Smooth forehead lines (press fingers above brows and slowly slide them upward).

7) Gently press fingers under eyes and slide them toward the temples.

8) Use light vertical strokes to massage neck and décolleté.







**BEGIN**  
*anywhere*






“

If you're  
always trying  
to be normal  
you will  
never know  
how amazing  
you can be

**MAYA ANGELOU**





Every hue has its  
own beauty.



**You are**  
*more than enough.*





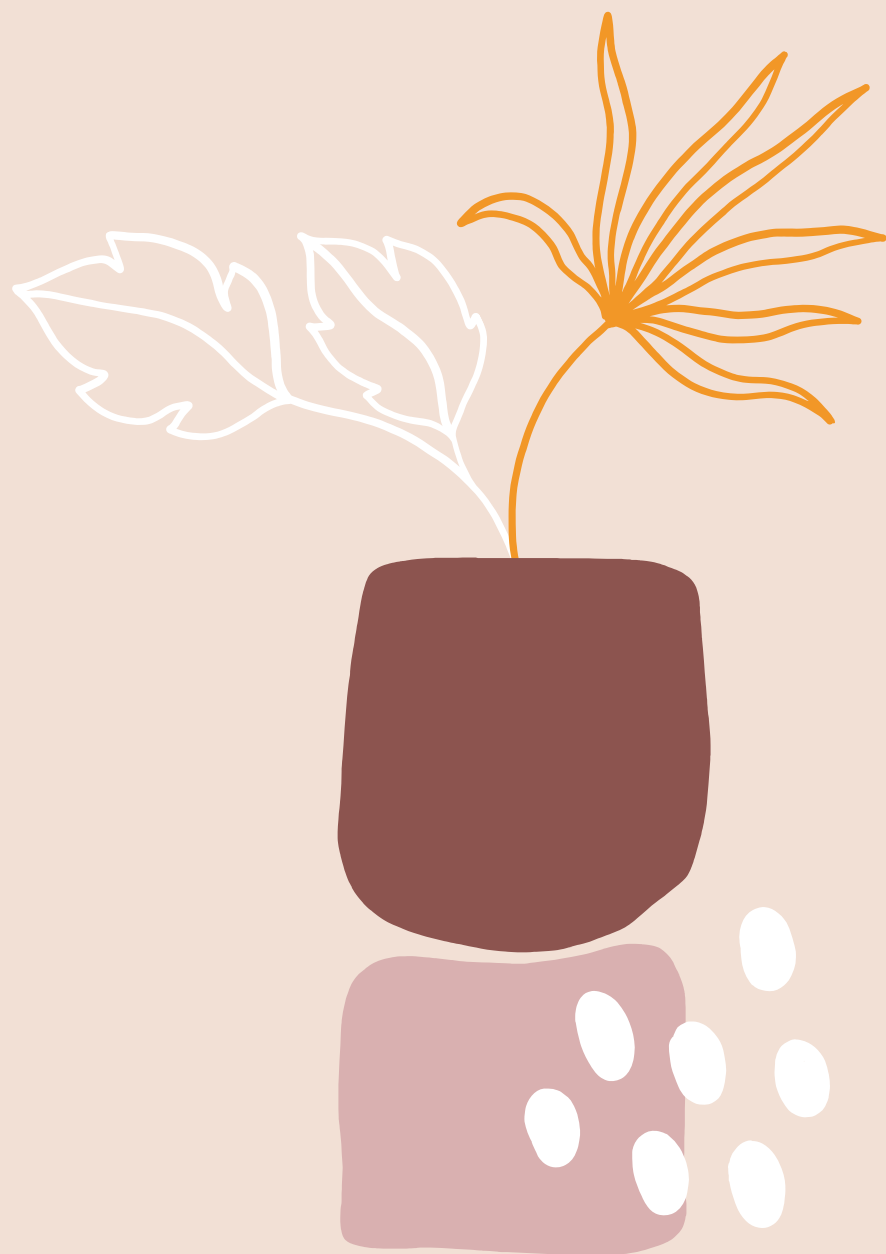
# Protect your magic

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## SEVEN WELLNESS TIPS

- #1. Meditate
- #2. Make a list of all of  
all the things that  
you're grateful for.
- #3. Exercise
- #4. Make room for joy
- #5. Say no
- #6. Dedicate one day  
out of the week as your  
own personal day.
- #7. Incorporate healthy  
habits.

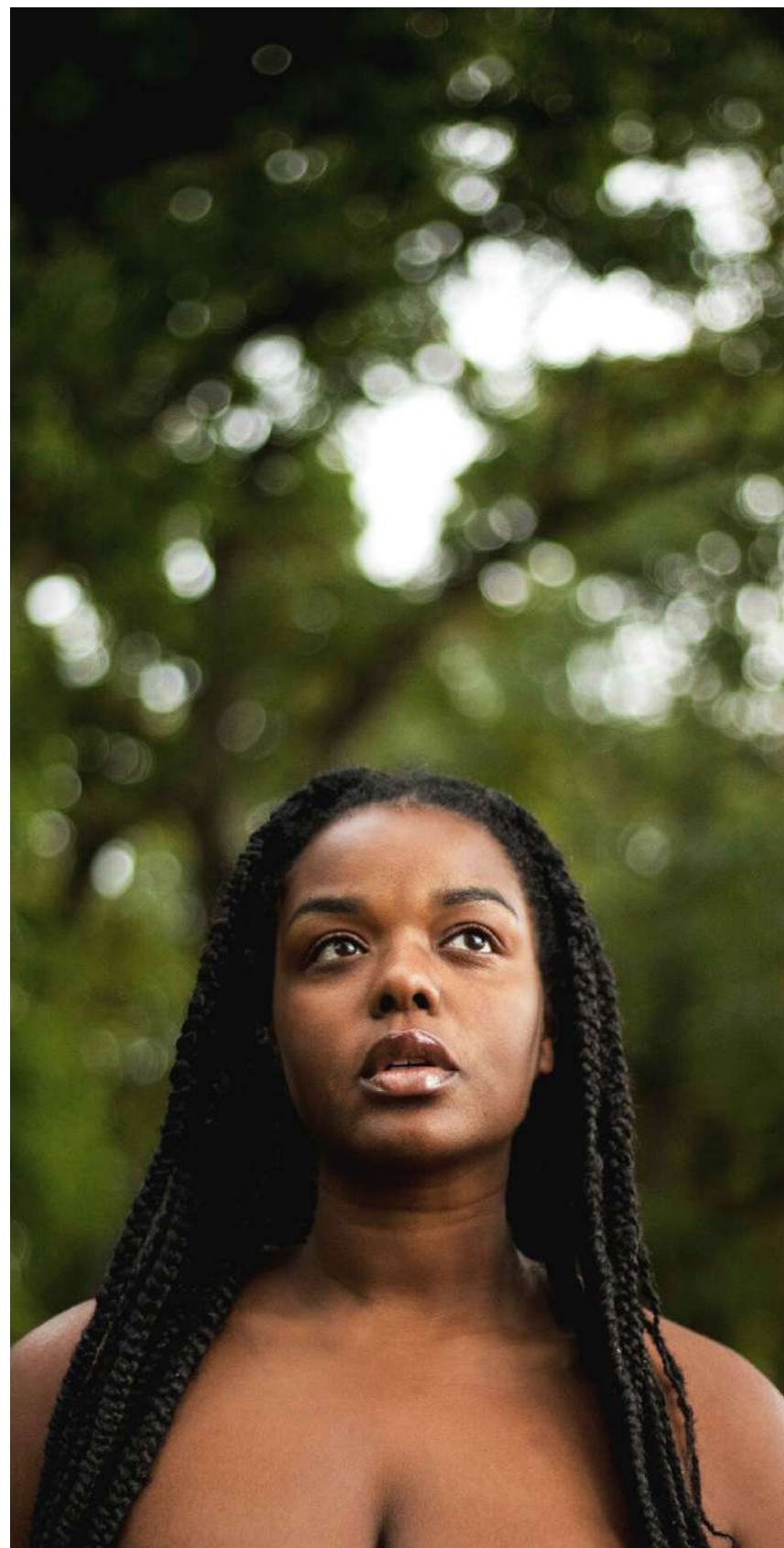
#iamloved



“

As you become more clear about who you really are, you'll be able to decide what's best for you - the first time around.

**OPRAH WINFREY**





# My Beauty...

Is mine to embrace.

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Cannot be  
compared.

---



# Music

## **The Wild Card**

By Ledisi

## **Chilombo**

By Jhene Aiko

## **B7**

By Brandy

## **Bigger Love**

By John Legend

## **At Sixes & Sevens**

By Tiana Major9

## **Industry Games**

By Chika

## **Self Care**

By Savannah Christina

## **The Best of Anita**

By Anita Baker







## Mantras

I am eternally loved by this Universe  
and everything is working in my  
favor

May my life be of benefit to all  
beings

Be not afraid

Everything happens right on  
schedule

Things are not being done to me,  
they are just happening

It will get done

There are more ancestors behind  
me than whatever challenge is in  
front of me

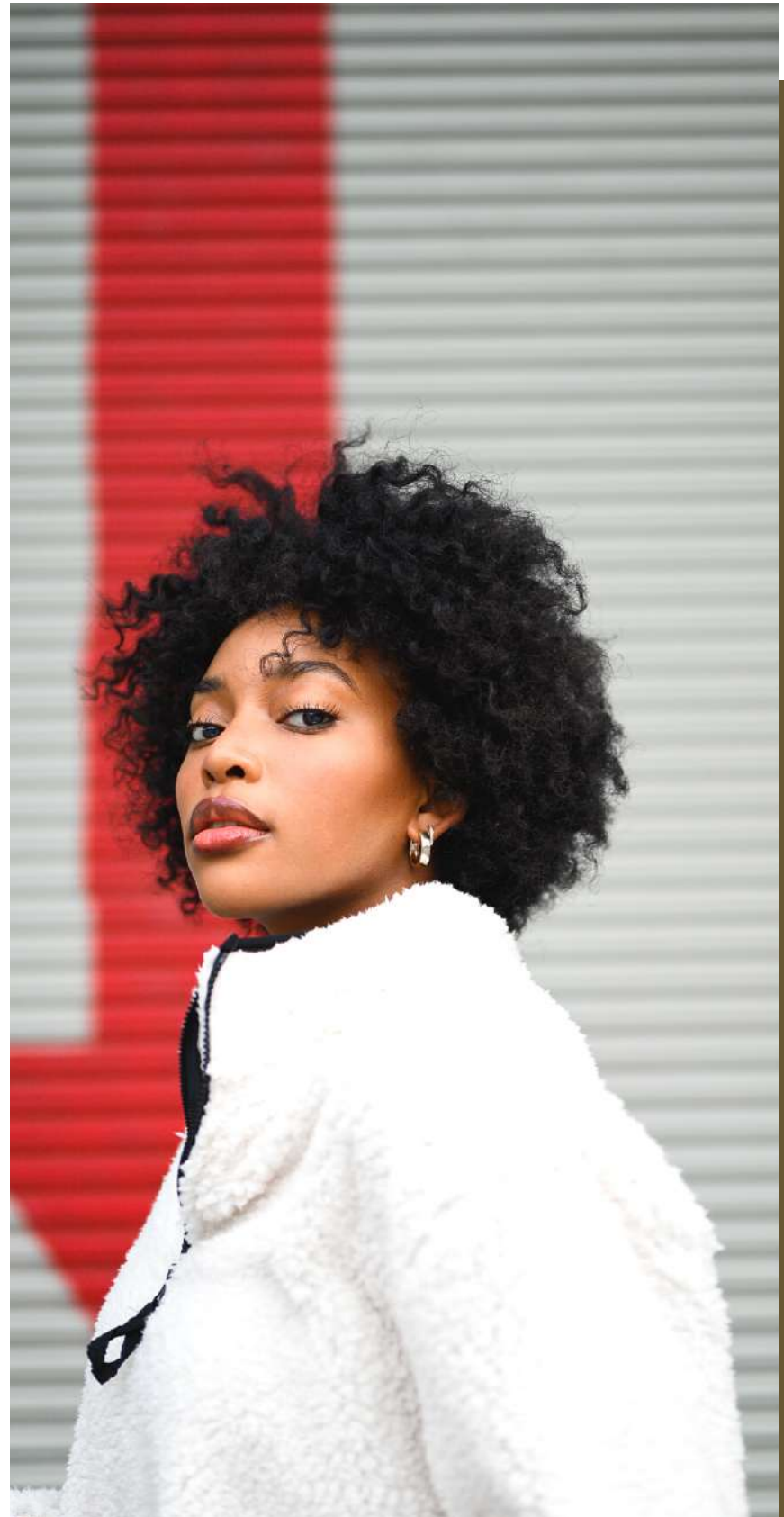
I give myself permission to rest and  
be still



“

We have to  
talk about  
liberating  
minds as well  
as liberating  
society.

**ANGELA DAVIS**



# Meditation Apps

Insight Timer App

Liberate App

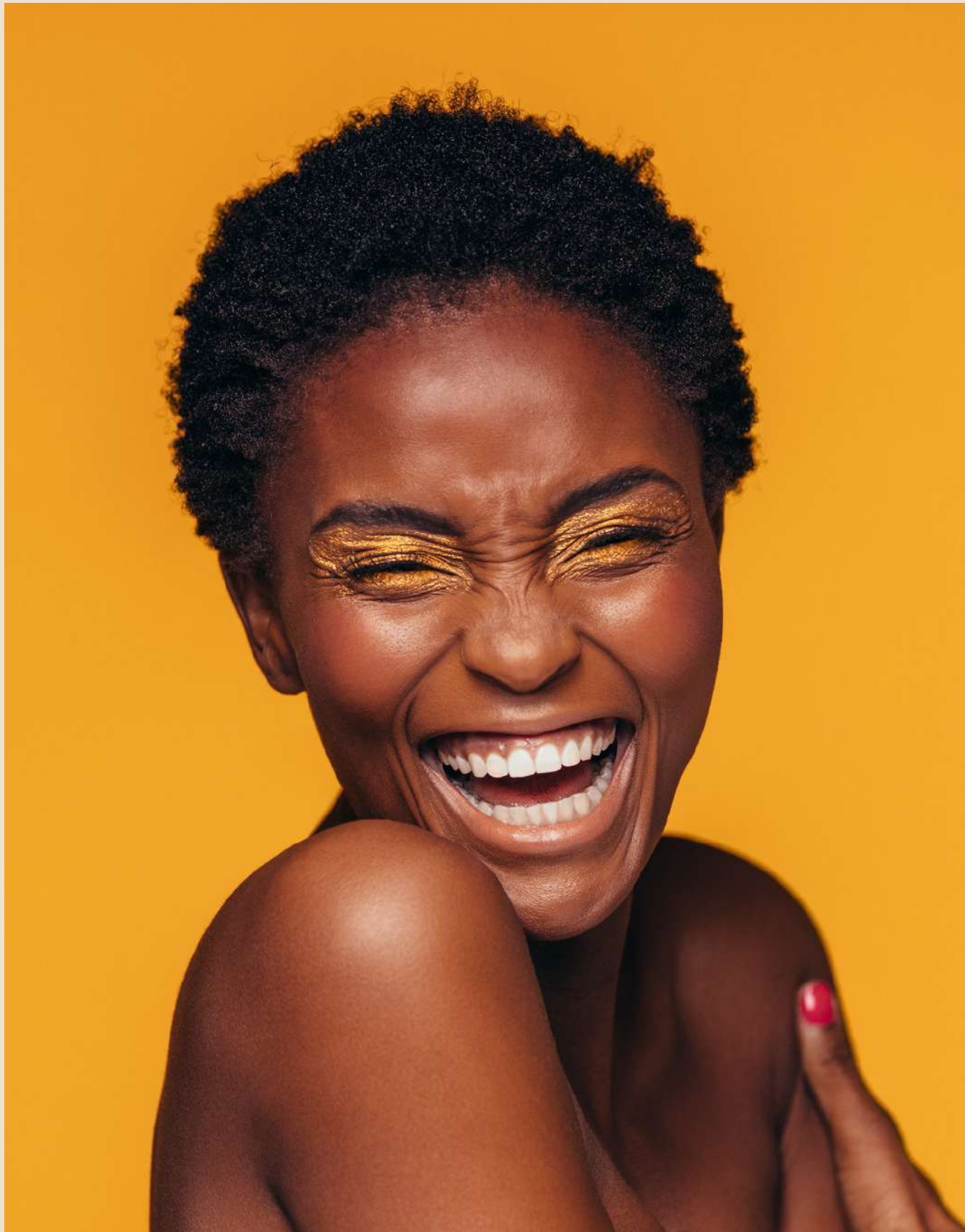
Awakenings with  
Iyanla Vanzant App

Calm App

Headspace







Your Joy Is Unmatched and Unapologetic!



# Podcasts

## **Black Girl In Om**

with Lauren Ash and Deun Ivory

## **Hey Girl**

with Alexandra Elle

## **Balanced Black Girl**

with Lestraundra Alfred

## **The Homecoming Podcast**

with Dr. Thema

## **Therapy for Black Girls**

with Dr. Joy

# Sis,

*"Your culture is your immune system"*

*- Marimba Ani*





## Books

**Between the World and Me**

by Ta-Nehisi Coates

**Kindred**

by Octavia Butler

**Sister Outsider**

by Audre Lorde

**Well-Read Black Girl**

by Glory Edim

**Children of Blood and Bone**

by Tomi Adeyemi

**Caste**

by Isabel Wilkerson

**Brown Girl Dreaming**

by Jacqueline Woodson

**Too Heavy A Yoke**

by Chanequa Walker-Barnes





**Food is Medicine!**





Fall  
&  
Winter  
Food Recipes

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# Fruits & Vegetables

& when they're in season!

## **Apples**

late summer through late fall

## **Cranberries**

mid-to-late fall

## **Figs**

late fall

## **Grapes**

late summer through early fall

## **Guava**

late fall

## **Key limes**

mid-to-late fall

## **Kumquats**

mid-to-late fall

## **Passionfruit**

early-to-mid-fall

## **Pears**

throughout fall

## **Persimmons**

late fall

## **Pomegranates**

mid-to-late fall

## **Quinces**

late fall

## **Arugula**

throughout fall

## **Beets**

throughout fall

## **Broccoli**

mid-to-late fall

## **Brussels Sprouts**

throughout fall

## **Cabbage**

late fall

## **Eggplant**

early fall

## **Kale**

mid-to-late fall

## **Peppers**

late summer through early fall

## **Pumpkin**

early-to-mid-fall

## **Squash**

throughout fall

## **Turnips**

mid-fall

## **Sweet Potatoes**

late summer through the end of fall  
fall



# Spices & Herbs

## Allspice

Available whole or ground, allspice combines the flavors of cinnamon, nutmeg and cloves. This spice complements stews, carrots, pork or poultry, squash, cakes, cookies and some breads.

## Cardamom

This warm and aromatic spice is a staple of Indian cuisine and is flavorful in baked goods like shortbread and gingerbread. Cardamom pairs well with cinnamon, cloves and chocolate.

## Cinnamon

With its mildly-sweet-to-bittersweet flavor, cinnamon is a nice addition to many dishes. There are plenty of ways to bake with cinnamon, but it also works well in stews, curries, fruit, squash, oatmeal, pork and beef.

## Cloves

Found both whole and ground, cloves go well with sweet breads, carrots, onions, potatoes, chocolate, fruit—even coffee!

## Ginger

Ginger's pungent flavor adds zest to both sweet and savory dishes. Use it in baked goods (gingerbread, anyone?) or add it to stir-fries, curries, hot tea and seafood. It pairs particularly well with garlic.

## Nutmeg

The warm, sweet and spicy flavor of nutmeg enhances baked goods like pies and custard as well as white sauces, spinach and squash. It can be bought whole or ground. Grate fresh nutmeg for the best flavor.

## Camomile

This herb makes one of the best of all herbal teas. There are two varieties. English and German camomile. The dried blossoms of either can be used to make tea.

## Rosemary

Rosemary comes in many forms. The fragrance is rather strong but rosemary is typically used with many meat dishes, especially chicken. One good idea is to use a cut sprig of rosemary to dip into barbecue sauce and then brush it on chicken.



# Ultimate Vegan Mac n Cheese

½ cup raw cashews  
16 ounces dried elbow macaroni, gluten-free or regular  
1 cup potato, peeled & chopped into 1-inch pieces  
½ cup carrots, chopped  
1 cup unsweetened soy milk (or any plant-based milk)  
¾ cup vegetable broth, low sodium  
¾ teaspoon granulated onion  
1 ½ teaspoons salt, more to taste  
½ teaspoon paprika  
2-3 tablespoons nutritional yeast, more if preferred  
2 ½ tablespoons tapioca flour/starch  
2 tablespoons fresh lemon juice  
2 tablespoons vegan butter  
2 cloves garlic, minced

1. Boil the cashews, potatoes, and carrots until tender (about 8-10 minutes). Drain well and set aside.
2. Place macaroni in a large pot of salted boiling water. Cook until al dente and according to package directions (about 9-10 minutes). Drain and set aside.
3. Place all ingredients in a high-powered blender (except garlic & butter). Blend until potatoes, carrots & cashews have completely broken down and sauce is smooth, about 1-2 minutes. Set aside.
4. Heat up butter in a large pan over medium heat. When melted, add garlic and sauté for 30-60 seconds, until lightly golden and fragrant (be careful not to burn).
5. Pour in the cheese sauce and cook for 4-6 minutes until sauce thickens up and becomes slightly stretchy. Stir often to prevent burning. If it's too thick, add a splash of broth. Taste for seasoning and add more if needed.
6. Now add pasta and gently toss to coat. Serve immediately.



# Sweet Potato Biscuits

$\frac{3}{4}$  cup mashed sweet potato  
 $\frac{1}{3}$  cup soy milk, or other plain unsweetened non-dairy milk  
1 tsp. apple cider vinegar  
 $1\frac{1}{2}$  cup whole wheat pastry flour + more for surface  
2 tbsps. sugar (cane or coconut)  
1 tbsp. baking powder  
 $\frac{1}{2}$ –1 tsp. sea salt  
5 tbsp. very cold coconut oil

1. Preheat oven to 425° and line a baking sheet with parchment paper.
2. Stir the sweet potato, vinegar, and non-dairy milk together in a bowl and set aside.
3. Place the flour, sugar, baking powder, and sea salt in a food processor, and pulse to combine.
4. Add the coconut oil or Earth Balance and pulse until you have a coarse meal.
5. Add the sweet potato mixture and pulse a couple times to fully combine. Generously flour a clean work surface (your kitchen counter).
6. Transfer the dough onto the floured workspace. The dough will probably be fairly wet, so use the flour on the counter to help make it more manageable. Fold the dough over a couple of times, then pat the dough to about  $\frac{1}{2}$ -inch thick.
7. Cut the dough into biscuits using a biscuit cutter, a large cookie cutter (if you want fancy shapes), or a wide rimmed glass.
8. Transfer the cut biscuits onto the baking sheet. Continue with remaining dough. Bake for 12 minutes. 6
9. +Enjoy immediately with melted Earth Balance, coconut oil, or Sorghum syrup.
10. Keep fresh in an air tight container for up to 3 days.



# Autumn Wild Rice Soup

6 cups vegetable stock (or  
chicken stock)  
1 cup uncooked wild rice  
8 ounces baby bella mushrooms,  
sliced  
4 cloves garlic, minced  
2 medium carrots, diced  
2 ribs celery, diced  
1 large sweet potato, peeled and  
diced  
1 small white onion, peeled and  
diced  
1 bay leaf  
1 1/2 tablespoon Old Bay  
seasoning  
3 tablespoons butter  
1/4 cup all-purpose flour  
1 1/2 cups milk  
2 large handfuls of kale, roughly  
chopped with thick stems  
removed  
Kosher salt and freshly-cracked  
black pepper



# Warm Apple and Almond Butter Stuffed Sweet Potatoes

4 baked sweet  
potatoes  
Cinnamon Stewed  
Apples  
1/4 cup water  
3 medium crisp apples,  
peeled and diced  
1 tablespoon maple  
syrup (optional)  
1 teaspoon ground  
cinnamon  
1/2 teaspoon ground  
ginger  
1/8 teaspoon ground  
cardamom or cloves  
1/4 teaspoon sea salt  
1/4 - 1/2 cup natural  
almond butter  
1/2 - 3/4 cup plain,  
unsweetened coconut  
yogurt  
1-2 teaspoons chia  
seeds  
2-4 tablespoons  
chopped pecans or  
walnuts

1. Preheat the oven to 425°F (218°C).<sup>\*</sup> Lightly slash or prick the sweet potatoes several times with a sharp knife to allow for even ventilation. This allows steam to escape and allows the heat to get into the insides of the potato, which in turn helps the potatoes bake evenly throughout and prevents them from bursting in the oven.
2. Place the potatoes on a baking sheet (I line mine with parchment paper for easy cleanup). Bake for 45-55 minutes, or until the potatoes are fork tender and don't give any resistance.
3. Make the Cinnamon Stewed Apples. Heat the water in a large nonstick sauté pan over medium-low heat. Once simmering, add the peeled diced apples, maple syrup, spices, and salt. Mix well to evenly coat the apples. Cook for 10 minutes, or until the apples are soft, but not falling apart, adding more water if it evaporates.
4. Assemble the Sweet Potatoes: Spoon a few tablespoons of coconut yogurt into each baked sweet potato. Divide the Cinnamon Stewed Apples and the almond butter between the potatoes. If desired, sprinkle some chia seeds and chopped pecans or walnuts on top of each sweet potato.



# Creamy Pumpkin Bucatini

8 oz. bucatini or pasta of choice

4 oz. sun-dried tomatoes packed in oil

1 tbsp. oil from sun-dried tomatoes\*

10 oz. cherry tomatoes halved

Salt & pepper to taste

Red pepper flakes to taste, optional

1 tsp. dried oregano

8 oz. frozen spinach unthawed

2 cloves garlic, diced

1 tsp. fresh thyme

3 sage leaves, chopped

4 oz. hummus

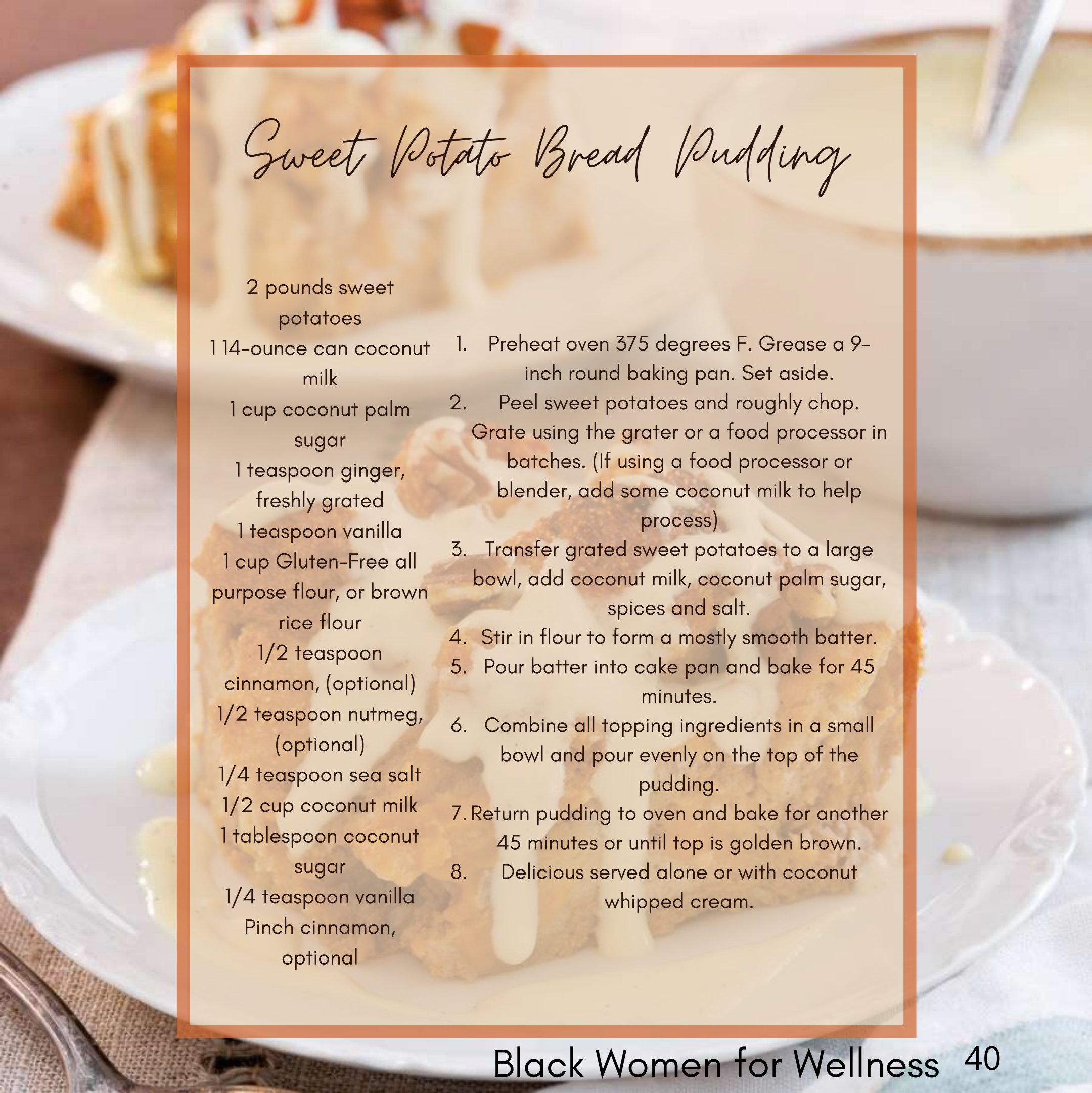
4 oz. pumpkin puree

Fresh basil for topping

1. Bring a large pot of water to a boil. Add bucatini and cook according to package instructions. Before draining reserve 1 cup of pasta water.
2. Place a pan on the stove over medium heat. Add sun-dried tomatoes, oil, cherry tomatoes, a pinch of salt & pepper, red pepper flakes and oregano to the pan and stir to combine. Cover and cook until tomatoes have softened (approx. 5 minutes).
3. Add frozen spinach to the pan (no need to thaw) and cover again for another 2-3 minutes.
4. Add the garlic, thyme, sage, hummus and pumpkin to the pan and stir to combine. Continue to heat until warm and bubbly. Turn heat off.
5. Add hot pasta to the pan and toss to combine. If the sauce is too thick, add pasta water as needed. Taste and adjust seasonings as needed.
6. Serve with fresh basil.



# Sweet Potato Bread Pudding

- 
- 2 pounds sweet potatoes
- 1 14-ounce can coconut milk
- 1 cup coconut palm sugar
- 1 teaspoon ginger, freshly grated
- 1 teaspoon vanilla
- 1 cup Gluten-Free all purpose flour, or brown rice flour
- 1/2 teaspoon cinnamon, (optional)
- 1/2 teaspoon nutmeg, (optional)
- 1/4 teaspoon sea salt
- 1/2 cup coconut milk
- 1 tablespoon coconut sugar
- 1/4 teaspoon vanilla
- Pinch cinnamon, optional
1. Preheat oven 375 degrees F. Grease a 9-inch round baking pan. Set aside.
  2. Peel sweet potatoes and roughly chop. Grate using the grater or a food processor in batches. (If using a food processor or blender, add some coconut milk to help process)
  3. Transfer grated sweet potatoes to a large bowl, add coconut milk, coconut palm sugar, spices and salt.
  4. Stir in flour to form a mostly smooth batter.
  5. Pour batter into cake pan and bake for 45 minutes.
  6. Combine all topping ingredients in a small bowl and pour evenly on the top of the pudding.
  7. Return pudding to oven and bake for another 45 minutes or until top is golden brown.
  8. Delicious served alone or with coconut whipped cream.



# Vegan Cornbread

1/2 cup cornmeal  
1 1/2 cups flour  
2/3 cup sugar  
1 tablespoon baking powder  
1/2 teaspoon salt  
3 tablespoons melted, Earth Balance vegan butter  
1/3 cup oil  
1/4 cup oat milk (almond milk, any alternative milk)  
3 teaspoons egg re-placer with 4 TB water  
Or flax eggs, \* or your egg re-placer of choice to equal 2 eggs

1. Preheat oven to 350 degrees and lightly grease a 8x8 pan.
2. In a large bowl, mix all your dry ingredients and give it a good stirring with a whisk.
3. Make your egg re-placer, by following directions on the box or a flax egg, set aside.
4. Melt your Earth Balance butter in a glass liquid measuring cup.
5. Make a well in the dry ingredients. Pour the melted butter, oil, egg re-placer, and milk in the middle and mix just until incorporated.
6. Pour into the prepared baking pan and bake until a toothpick in the middle comes out clean about 30-35 minutes.



# Chickpea & Pumpkin Curry

1 Tbsp. olive oil  
1 onion, finely diced  
2 garlic cloves, crushed  
2 tsp. ground cumin  
2 tsp. ground coriander  
1/4 tsp. cardamom  
2 cups of pumpkin, diced  
1 cup of vegetable stock (extra if needed)  
1 Tbsp. tomato paste  
1x 400g tin of chickpeas, drained and rinsed  
1x 400g tin tomatoes, chopped  
1/3 cup red lentils, rinsed  
a few handfuls of fresh baby spinach  
3 cups brown rice, cooked  
2 Tbsp. plain yoghurt and fresh coriander to serve

1. In a frying pan, sauté the onion in a little oil over medium heat until soft.
2. Add the garlic and spices and fry for a few more seconds until fragrant.
3. Add the stock, tomato paste, chickpeas, pumpkin, lentils and tomatoes. Bring to the boil and then simmer covered for 15 minutes until lentils and pumpkin are soft.
4. Check halfway through cooking and add more stock as needed so that the lentils cook and it doesn't dry out and scorch.
5. Simmer for the last 5 minutes if needed for the sauce to reduce and thicken.
6. Serve with rice and top with yoghurt and chopped coriander.



# Quinoa Stuffed Butternut Squash with Cranberries and Kale

2 medium butternut squash,  
about  
2 1/2 pounds each  
2 teaspoons olive oil, divided  
3/4 cup quinoa  
1 1/2 cups low sodium  
vegetable broth or chicken  
broth  
1 bunch kale, stems removed  
and chopped (about 6 lightly  
packed cups)  
2 cloves garlic, minced  
1 teaspoon dried oregano  
1/2 teaspoon kosher salt, plus  
additional for roasting squash  
1/2 teaspoon black pepper,  
plus additional for roasting  
squash  
1 can low sodium chickpeas (15  
ounces), rinsed and drained  
Zest of 1 orange plus  
1 tablespoon fresh orange juice  
1/3 cup reduced sugar dried  
cranberries  
Grated Parmesan cheese or  
crumbled feta cheese, optional





## Quinoa Stuffed Butternut Squash with Cranberries and Kale

1. Place a rack in the center of your oven and preheat the oven to 425 degrees F. Halve the butternut squash, scoop out the seeds, then arrange the halves on a baking tray, cut sides up. Drizzle with 1 teaspoon olive oil and sprinkle lightly with salt and pepper. Bake 45-55 minutes, just until the squash is fork tender. Remove from the oven and let cool. Reduce the oven temperature to 375 degrees.
2. While the squash is baking, place the broth in a small saucepan and bring to a boil. Add the quinoa, return to a boil, then reduce the heat, cover, and let simmer for 12 minutes, until most of the broth is absorbed. Remove from the heat and let sit, covered, for 15 minutes. Fluff with a fork, then set aside.
3. In a large skillet, heat the remaining 1 teaspoon olive over medium heat. Add the kale and cook until wilted, about 4 minutes, then reduce the heat to medium low. Add the garlic, oregano, 1/2 teaspoon salt, and 1/2 teaspoon black pepper. Cook 30 additional seconds, until it is fragrant. Stir in the chickpeas, orange zest, orange juice, cooked quinoa, and cranberries.
4. Once the squash is cool enough to handle, scoop out the flesh, leaving a 1/2-inch-thick border around the sides and a 3/4-inch border along the bottom. Reserve the flesh for another use (or if you don't mind a super duper stuffed squash, mix it in with the rest of the filling). Stuff the kale quinoa filling into the squash halves, then return the squash to the oven. Bake at 375 degrees until hot, about 10 additional minutes. Sprinkle with cheese and serve warm.



# Vegan Black Bean Chili

1-2 tablespoons olive oil

1 medium onion, diced  
small

2 garlic cloves, minced

1 large sweet potato,  
peeled and diced

2 tablespoons mild chili  
powder

2 teaspoons cumin

2 teaspoons smoked  
paprika

1 teaspoon salt

28 ounces diced  
tomatoes, with their  
juices, OR fire roasted  
tomatoes

(2) 15-ounce cans black  
beans, drained and  
rinsed

2 cups water

1. In a large pot over medium heat, add the olive oil. Saute the diced onion for 3-4 minutes, until translucent, then add in the garlic and sweet potato and cook about 2 more minutes.
2. Next add the chili powder, cumin, smoked paprika and salt. Stir into the vegetable mixture.
3. Pour in the diced tomatoes along with their juices, drained and rinsed black beans and the 2 cups of water. Stir to combine. Simmer the mixture, uncovered, for 20-25 minutes.
4. Use the back of a spoon to mash some of the sweet potatoes for a thicker texture, if desired.
5. Serve with avocado chunks, cilantro, chopped green onions, vegan cornbread or vegan sour cream.

Fall  
&  
Winter  
Drink Recipes







# Honey Coffee

2 cups hot strong brewed coffee (French or other dark roast)

1/2 cup oat milk

1/4 cup honey

1/8 teaspoon ground cinnamon

Dash ground nutmeg

1/4 teaspoon vanilla extract

In a small saucepan, combine the coffee, milk, honey, cinnamon and nutmeg. Cook and stir until heated through. (Do not boil.) Remove from the heat; stir in vanilla. Pour into cups or mugs; serve immediately.





# London Fog

2 tablespoons earl grey tea  
¼ teaspoon culinary lavender  
½ cup hot water  
¾ cup milk  
¼ teaspoon vanilla extract  
½ tablespoon agave nectar  
Optional, ground cinnamon

1. Steep the tea and lavender in the hot water for 7 minutes. Froth the milk by adding it to a resealable jar. Shake vigorously until many bubbles form.
2. Then, microwave the milk for 45 seconds to 1 minute, which will help create stable bubbles. Remove the tea, then stir in the frothed milk, vanilla, and agave.
3. Dust with a bit of cinnamon, if desired.



The image features three glasses of Citrus Wassail. The glass in the foreground is filled with a golden-orange liquid and garnished with a slice of apple, two raspberries, and a cinnamon stick. Two other glasses are visible in the background, also containing the same liquid. In the bottom right corner, several cinnamon sticks are arranged on a white surface. The background is a soft-focus green fabric.

# Citrus Wassail

8 cups unsweetened apple juice  
2 cups unsweetened pineapple juice  
2 cups orange juice  
1/2 cup lemon juice  
1/4 cup sugar  
1 teaspoon ground cinnamon  
1/2 teaspoon ground cloves

In a pot, combine all of the ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 10-15 minutes. Serve warm.

The background of the page features a warm, autumnal scene. In the upper left, a glass of bright orange juice is partially visible. To the right, a clear glass bowl contains several chunks of pale yellow apple and white ice cubes. In the foreground, a round glass is filled with a pale yellow liquid, ice cubes, and a few apple chunks. The glass sits on a piece of light brown burlap fabric, which is placed on a light-colored, textured surface. A white paper napkin is tucked behind the bowl in the upper right.

# Ginger Apple Spritzer

2 cups fresh apple cider  
1 cup ginger beer  
1 cup sparkling water  
1 medium apple,  
Chopped ice cubes, for serving

1. Add the apple cider, ginger beer, sparkling water and chopped apple to a pitcher. Stir briefly to combine.
2. Pour into glasses filled with ice. Serve.





# Kitchen Talk

How will you heal  
**yourself** in the kitchen  
this season?

How will you heal your  
**family** in the kitchen  
this season?


What modifications are  
you willing to make for  
the sake of your health?

# Tonic & Syrup Recipes





# Turmeric Tonic



1 Tbsp fresh grated turmeric  
1 Tbsp fresh grated ginger  
1 whole lemon  
1-2 tsp maple syrup or agave  
1 pinch cayenne pepper (optional)  
3 cups filtered water

1. To a small saucepan, add turmeric, ginger, lemon juice and leftover lemon rind, maple syrup (optional), cayenne (optional), and filtered water. I personally didn't think it needed any sweetener, but sweeten to taste.
2. Bring to a simmer (not a boil) over medium to medium-high heat (~3 minutes). Then turn off heat.
3. Set a small strainer over serving glasses and divide between two mugs. Enjoy. If the tonic is too potent for you, dilute with more hot/warm water.
4. Store (strained) leftovers in the refrigerator up to 2-3 days. Reheat on the stovetop until just warm.





# Honey Cough Syrup


Zest of 2 lemons  
1/4 cup - ginger, peeled,  
sliced, or 1/2 tsp. of ground  
ginger  
1 cup - water  
1 cup - honey  
1/2 cup - lemon juice

In a small saucepan, combine lemon zest, sliced ginger and 1 cup of water. Bring mixture to a boil, simmer for 5 minutes, then strain through into a heat-proof measuring cup.

Rinse the saucepan out and pour in 1 cup of honey. On low heat, warm the honey, but do not allow it to boil. Add the strained lemon ginger water and the lemon juice. Stir the mixture until it combines to form a thick syrup.

Pour into a clean jar with a lid.



A close-up, low-angle shot of a woman with dark, curly hair. Her eyes are closed, and she is looking upwards, her face illuminated by soft, warm light. The background is dark and out of focus. In the top left corner, there is a semi-transparent, reddish-brown circular bubble with a scalloped edge, containing white text.

My health and  
wellness are  
non-negotiable.



Self-care is critically important this winter season. If due to the pandemic your physical contact with friends, family, co-workers have been minimal, that your ability to build and store the fuels that comes from human contact has been curtailed, that your energy reservoir for this winter season is not as full as it could be know you are not alone. BWW stands ready to help not only through this publication but via being a listening ear, a zoom chat away, a volunteer experience waiting, text work for upcoming accountability campaigns and a resource to connect you.

Please stay connected with us by visiting our website and social media.

Be Well.

[www.bwwla.org](http://www.bwwla.org)

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