

FREE RECIPE GUIDE

20 Natural Wellness Recipes

Teas, wellness shots, and natural blends for everyday sipping.

U.S. measurements • cups / fl oz / °F

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01 / 20 • BLOOD SUGAR BALANCE

Cinnamon & Ginger Tea

TEA & WARM BLENDS



SERVINGS	1 drink
PREP	3 min
INFUSION / COOK	8 min simmer
TEMPERATURE	212°F initial boil

Ingredients



Water

1 cup



Cinnamon stick

1 small



Fresh ginger

4 thin slices

Instructions

1. Bring the water to a boil.
2. Add cinnamon and ginger, reduce the heat, and simmer gently for 8 minutes.
3. Strain into a mug and let cool before sipping.

Wellness Tip

Ceylon cinnamon gives the tea a milder flavor.

Precautions

Choose Ceylon cinnamon if you use cinnamon often, especially if you have liver disease.

NCCIH • Cinnamon

Illustrative photo. Some ingredients are shown before straining.

02 / 20 • BLOOD SUGAR BALANCE

Fenugreek Seed Infusion

TEA & WARM BLENDS



SERVINGS	1 drink
PREP	2 min
INFUSION / COOK	5 min steep
TEMPERATURE	212°F brewing water

Ingredients



Water

1 cup



Fenugreek seeds

1/4 tsp

Instructions

1. Lightly crush the seeds and put them in a heatproof mug.
2. Pour on just-boiled water, cover, and steep for 5 minutes.
3. Strain thoroughly and let cool before sipping.

Wellness Tip

A short steep keeps the naturally bitter flavor softer.

Precautions

Skip if allergic to fenugreek. Ask a clinician first if pregnant, breastfeeding, or taking glucose-lowering medicine.

NCCIH • Fenugreek

Illustrative photo. Some ingredients are shown before straining.

03 / 20 • BLOOD SUGAR BALANCE

Green Tea with Cinnamon

TEA & WARM BLENDS



SERVINGS	1 drink
PREP	3 min
INFUSION / COOK	5 + 2 min steep
TEMPERATURE	175°F brewing water

Ingredients



Water

1 cup



Green tea

1 tsp loose leaf



Cinnamon stick

1 small

Instructions

1. Heat water to 175°F and pour it over the cinnamon stick.
2. Cover and steep for 5 minutes, then add the green tea leaves.
3. Steep for 2 more minutes, strain, and serve warm.

Wellness Tip

Removing the leaves promptly keeps the tea from tasting bitter.

Precautions

Contains caffeine. Choose decaf green tea if you limit caffeine.

NCCIH • Green tea

Illustrative photo. Some ingredients are shown before straining.

04 / 20 • BLOOD SUGAR BALANCE

Hibiscus & Lemon Infusion

TEA & WARM BLENDS



SERVINGS	1 drink
PREP	3 min
INFUSION / COOK	5 min steep
TEMPERATURE	212°F brewing water

Ingredients



Water

1 cup



Dried hibiscus

1 tsp



Lemon juice

1 tsp

Instructions

1. Pour just-boiled water over the hibiscus.
2. Cover and steep for 5 minutes, then strain.
3. Stir in lemon juice and cool to a comfortable temperature.

Wellness Tip

Taste the hibiscus before adding lemon to judge how tart it is.

Precautions

Citrus may aggravate reflux in some people.

NIDDK • Reflux triggers

Illustrative photo. Some ingredients are shown before straining.

05 / 20 • ANTI-INFLAMMATORY WELLNESS

Golden Turmeric & Ginger Tea

TEA & WARM BLENDS



SERVINGS	1 drink
PREP	3 min
INFUSION / COOK	5 min simmer
TEMPERATURE	212°F initial boil

Ingredients



Water

1 cup



Ground turmeric

1/4 tsp



Fresh ginger

4 thin slices

Instructions

1. Bring the water to a boil and whisk in turmeric.
2. Add the ginger and simmer gently for 5 minutes.
3. Strain through a fine filter and serve warm.

Wellness Tip

Whisk the turmeric into a splash of water first for fewer clumps.

Precautions

Turmeric and ginger can cause digestive discomfort. Skip this drink if either triggers symptoms.

NCCIH • Turmeric NCCIH • Ginger

Illustrative photo. Some ingredients are shown before straining.

06 / 20 • ANTI-INFLAMMATORY WELLNESS

Ginger Lemon & Honey Blend

TEA & WARM BLENDS



SERVINGS	1 drink
PREP	4 min
INFUSION / COOK	5 min steep
TEMPERATURE	212°F brewing water

Ingredients



Water

1 cup



Fresh ginger

4 thin slices



Lemon juice

2 tsp



Honey

1 tsp

Instructions

1. Pour just-boiled water over sliced ginger and cover for 5 minutes.
2. Strain and let cool until comfortably warm.
3. Stir in the lemon juice and honey until dissolved.

Wellness Tip

Slice ginger thinly for an even flavor in a short steep.

Precautions

Honey is an added sugar. Never give honey to a child under 12 months.

CDC • Honey and added sugars

Illustrative photo. Some ingredients are shown before straining.

07 / 20 • ANTI-INFLAMMATORY WELLNESS

Rosemary & Lemon Infusion

TEA & WARM BLENDS



SERVINGS	1 drink
PREP	3 min
INFUSION / COOK	4 min steep
TEMPERATURE	212°F brewing water

Ingredients



Water

1 cup



Fresh rosemary

1 small sprig



Lemon juice

1 tsp

Instructions

1. Rinse the rosemary and put it in a mug.
2. Pour just-boiled water over it and steep, covered, for 4 minutes.
3. Remove the sprig, stir in lemon juice, and let cool slightly.

Wellness Tip

Use a short steep to keep the rosemary flavor delicate.

Precautions

Citrus may aggravate reflux in some people.

NIDDK • Reflux triggers

Illustrative photo. Some ingredients are shown before straining.

08 / 20 • ANTI-INFLAMMATORY WELLNESS

Berry & Hibiscus Tea

TEA & WARM BLENDS



SERVINGS	1 drink
PREP	4 min
INFUSION / COOK	5 min steep
TEMPERATURE	212°F brewing water

Ingredients



Water

1 cup



Dried hibiscus

1 tsp



Blueberries

1/4 cup

Instructions

1. Rinse and lightly crush the blueberries.
2. Add hibiscus and just-boiled water, then cover and steep for 5 minutes.
3. Strain into a mug and cool before sipping.

Wellness Tip

Crushing the berries releases their color and flavor.

Precautions

Rinse berries under running water before use.

FDA • Produce safety

Illustrative photo. Some ingredients are shown before straining.

09 / 20 • WEIGHT MANAGEMENT & METABOLISM

Green Tea with Lemon & Mint

TEA & WARM BLENDS



SERVINGS	1 drink
PREP	3 min
INFUSION / COOK	2 min steep
TEMPERATURE	175°F brewing water

Ingredients



Water
1 cup



Green tea
1 tsp loose leaf



Lemon juice
1 tsp



Fresh mint
4 leaves

Instructions

1. Heat water to 175°F and pour over the tea and rinsed mint.
2. Steep for 2 minutes, then strain.
3. Stir in lemon juice and serve warm.

Wellness Tip

Gently press the mint between your fingers before brewing.

Precautions

Contains caffeine. Mint and citrus can trigger reflux in some people.

NCCIH • Green tea NIDDK • Reflux triggers

Illustrative photo. Some ingredients are shown before straining.

10 / 20 • WEIGHT MANAGEMENT & METABOLISM

Ginger & Cinnamon Infusion

TEA & WARM BLENDS

SERVINGS	1 drink
PREP	3 min
INFUSION / COOK	7 min steep
TEMPERATURE	212°F brewing water



Ingredients



Water

1 cup



Fresh ginger

5 thin slices



Cinnamon stick

1 small

Instructions

1. Place ginger and cinnamon in a heatproof mug.
2. Pour just-boiled water over them and steep, covered, for 7 minutes.
3. Strain and let cool before drinking.

Wellness Tip

Cover the mug while steeping to retain the aroma.

Precautions

Choose Ceylon cinnamon if you use cinnamon often, especially if you have liver disease.

NCCIH • Cinnamon

Illustrative photo. Some ingredients are shown before straining.

11 / 20 • WEIGHT MANAGEMENT & METABOLISM

Pineapple & Mint Water

INFUSED WATER



SERVINGS	1 drink
PREP	5 min
INFUSION / COOK	30 min chill
TEMPERATURE	40°F or colder

Ingredients



Water

1 cup



Pineapple chunks

1/4 cup



Fresh mint

4 leaves

Instructions

1. Rinse the mint and gently press the leaves.
2. Combine the pineapple, mint, and water in a covered glass.
3. Refrigerate for 30 minutes and serve chilled.

Wellness Tip

Use ripe pineapple for more aroma without adding sugar.

Precautions

Keep cut fruit and the infused water refrigerated at 40°F or below.

FDA • Produce safety

Illustrative photo. Some ingredients are shown before straining.

12 / 20 • WEIGHT MANAGEMENT & METABOLISM

Cucumber Lemon & Ginger Water

INFUSED WATER



SERVINGS	1 drink
PREP	5 min
INFUSION / COOK	30 min chill
TEMPERATURE	40°F or colder

Ingredients



Water

1 cup



Cucumber

4 thin rounds



Lemon

2 thin rounds



Fresh ginger

2 thin slices

Instructions

1. Rinse the cucumber and lemon, then slice them and the ginger.
2. Add everything to a covered glass of water.
3. Refrigerate for 30 minutes and serve chilled.

Wellness Tip

Slice the cucumber thinly so it flavors the water faster.

Precautions

Keep the drink refrigerated. Citrus can trigger reflux in some people.

FDA • Produce safety NIDDK • Reflux triggers

Illustrative photo. Some ingredients are shown before straining.

13 / 20 • HEART HEALTH & CIRCULATION

Hibiscus & Cinnamon Tea

TEA & WARM BLENDS



SERVINGS	1 drink
PREP	2 min
INFUSION / COOK	6 min steep
TEMPERATURE	212°F brewing water

Ingredients



Water

1 cup



Dried hibiscus

1 tsp



Cinnamon stick

1 small

Instructions

1. Place the hibiscus and cinnamon in a heatproof mug.
2. Add just-boiled water, cover, and steep for 6 minutes.
3. Strain and cool to a comfortable temperature.

Wellness Tip

Use a tea strainer to catch the fine hibiscus pieces.

Precautions

Choose Ceylon cinnamon if you use cinnamon often, especially if you have liver disease.

NCCIH • Cinnamon

Illustrative photo. Some ingredients are shown before straining.

14 / 20 • HEART HEALTH & CIRCULATION

Beetroot & Lemon Blend

WELLNESS SHOT



SERVINGS	1 shot
PREP	5 min
INFUSION / COOK	No steep
TEMPERATURE	Chilled

Ingredients



Cooked beet

1/4 cup diced



Lemon juice

1 tsp



Water

2 tbsp

Instructions

1. Dice plain, cooked beet and place in a blender with the water.
2. Add lemon juice and blend until smooth.
3. Pour into a small shot glass and serve chilled.

Wellness Tip

Use chilled cooked beet for a thicker shot without ice.

Precautions

Citrus may aggravate reflux in some people.

NIDDK • Reflux triggers

Illustrative photo. Some ingredients are shown before straining.

15 / 20 • HEART HEALTH & CIRCULATION

Pomegranate & Ginger Drink

WELLNESS SHOT



SERVINGS	1 shot
PREP	5 min
INFUSION / COOK	No steep
TEMPERATURE	Chilled

Ingredients



Pomegranate arils

1/3 cup



Fresh ginger

1 thin slice



Water

2 tbsp

Instructions

1. Blend the arils, ginger, and chilled water briefly.
2. Pour through a fine strainer and press gently.
3. Serve immediately in a small shot glass.

Wellness Tip

Strain promptly to keep the texture smooth.

Precautions

Rinse the whole pomegranate before cutting it open.

FDA • Produce safety

Illustrative photo. Some ingredients are shown before straining.

16 / 20 • HEART HEALTH & CIRCULATION

Unsweetened Cocoa & Cinnamon Drink

TEA & WARM BLENDS

SERVINGS	1 drink
PREP	5 min
INFUSION / COOK	No steep
TEMPERATURE	160°F heating water



Ingredients



Water

1 cup



Unsweetened cocoa

1 tbsp



Ground cinnamon

1/8 tsp

Instructions

1. Whisk the cocoa and cinnamon with a splash of the measured water.
2. Heat the remaining water to about 160°F and whisk it into the paste.
3. Whisk again and let cool before sipping.

Wellness Tip

Mixing a paste first helps disperse the cocoa.

Precautions

Chocolate can be a reflux trigger. Skip if cocoa worsens your symptoms.

NIDDK • Reflux triggers

Illustrative photo. Some ingredients are shown before straining.

17 / 20 • LUNG & RESPIRATORY WELLNESS

Thyme & Honey Infusion

TEA & WARM BLENDS



SERVINGS	1 drink
PREP	3 min
INFUSION / COOK	5 min steep
TEMPERATURE	212°F brewing water

Ingredients



Water

1 cup



Fresh thyme

2 small sprigs



Honey

1 tsp

Instructions

1. Rinse thyme and cover it with just-boiled water.
2. Steep for 5 minutes, then remove the sprigs.
3. When comfortably warm, stir in the honey.

Wellness Tip

Measure honey after steeping so you can taste the thyme first.

Precautions

Honey is an added sugar. Never give honey to a child under 12 months.

CDC • Honey and added sugars

Illustrative photo. Some ingredients are shown before straining.

18 / 20 • LUNG & RESPIRATORY WELLNESS

Ginger Lemon & Mint Tea

TEA & WARM BLENDS



SERVINGS	1 drink
PREP	4 min
INFUSION / COOK	5 min steep
TEMPERATURE	212°F brewing water

Ingredients



Water

1 cup



Fresh ginger

4 thin slices



Lemon juice

1 tsp



Fresh mint

4 leaves

Instructions

1. Pour just-boiled water over the sliced ginger.
2. Steep covered for 5 minutes, adding rinsed mint for the final minute.
3. Strain, add lemon juice, and let cool before sipping.

Wellness Tip

Adding mint near the end keeps its aroma fresh.

Precautions

Mint and citrus can trigger reflux in some people.

NIDDK • Reflux triggers

Illustrative photo. Some ingredients are shown before straining.

19 / 20 • LUNG & RESPIRATORY WELLNESS

Pineapple & Turmeric Blend

WELLNESS SHOT



SERVINGS	1 shot
PREP	5 min
INFUSION / COOK	No steep
TEMPERATURE	Chilled

Ingredients



Pineapple chunks

1/3 cup



Ground turmeric

1/8 tsp



Water

2 tbsp

Instructions

1. Add chilled pineapple and water to a blender.
2. Add the turmeric and blend until smooth.
3. Pour into a small shot glass and serve right away.

Wellness Tip

Blend with ripe pineapple for a smoother, naturally sweet shot.

Precautions

Turmeric can cause digestive discomfort in some people.

NCCIH • Turmeric

Illustrative photo. Some ingredients are shown before straining.

20 / 20 • LUNG & RESPIRATORY WELLNESS

Warm Honey & Lemon Drink

TEA & WARM BLENDS



SERVINGS	1 drink
PREP	3 min
INFUSION / COOK	No steep
TEMPERATURE	120°F heating water

Ingredients



Water
1 cup



Honey
1 tsp



Lemon juice
2 tsp

Instructions

1. Warm the water to about 120°F.
2. Stir in the honey and lemon juice until dissolved.
3. Let cool to a comfortable sipping temperature.

Wellness Tip

Measure the honey to keep the sweetness consistent.

Precautions

Honey is an added sugar. Never give honey to a child under 12 months.

CDC • Honey and added sugars

Illustrative photo. Some ingredients are shown before straining.

Keep exploring



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Safety sources

NCCIH • Cinnamon

NCCIH • Ginger

NCCIH • Fenugreek

NIDDK • Reflux triggers

NCCIH • Green tea

FDA • Produce safety

NCCIH • Turmeric

CDC • Honey and added sugars

These recipes are for general education. The section titles are editorial themes. Consult a qualified health professional about individual dietary needs.