

FEATURED RECIPE

Ingredients:

1 1/2 cup dried nettle leaf

1 1/2 quart cold water



Nettle Tea Latte (nettle leaf infusion)

This is really a nice no/low calorie option with a significant amount of calcium, as well as highly bioavailable sources of iron and magnesium. It has a very 'green' flavor — kind of like chewing a piece of grass. I find it to be a very refreshing cold beverage to take with me to the gym. I like to add the vanilla flavor almond milk to the tea.

Place nettle leaf in a bowl. Add water and soak in refrigerator overnight. In the morning, strain into a pitcher. You may use a cheesecloth to strain out the fine particles. This will keep for 3–4 days refrigerated.

You may drink this hot or cold. Add a little milk and sweetener, if desired, for a nettle tea latte.

1 cup provides approximately 300mg calcium.



Suzie DuPuis RD
Registered Dietician