

Herbal Aphrodisiac Tea

Step out of monotonous routines, allow stress to melt away, and indulge your desires for connection and intimacy by enjoying this Warm Caress Tea with Kava Coconut Creamer.

Warm Caress Tea

- 1 heaping teaspoon fenugreek seeds
- 1 cinnamon stick
- 1 heaping teaspoon grated fresh ginger
- 1 teaspoon cardamom pods, crushed
- ¼ teaspoon whole cloves
- ¼ teaspoon black peppercorns
- 2 whole star anise pods or 1/2 teaspoon fennel seeds
- 1 teaspoon whole allspice
- 4 cups water
- Cream, coconut milk, or Kava Coconut

1. Combine all the herbs and spices in a saucepan with the water.
2. Bring to a boil and reduce the heat to a simmer.
3. Allow it to simmer for at least 20 minutes.
4. Strain into cups and add extras to taste.

Yield: 2 cups



Kava Coconut Creamer*

- 1 can full-fat coconut milk
 - 1/4 cup powdered kava root
1. Pour the coconut milk into a large bowl.
 2. Place the kava powder into a muslin bag and submerge it in the coconut milk (keeping the opening out of the milk so the powder stays in the bag) and knead the bag with your hand to release the kava goodness into the milk.

*Recipe by Hanna Nicole