

FAUX ESPRESSO MARTINI MOCKTAIL

The espresso martini has universally made its way to the top of cocktail menus around the globe. There is something so deliciously appealing about it. Dandelion root and leaf tea has a coffee-like flavor, and coffee pairs so well with cardamom. What if you could mimic the taste of an espresso martini while using powerful liver detoxifying herbs? You'd say cheerio to liquor and stick with your dry January goals for the whole year.

INGREDIENTS

2 cups of water
1 cinnamon stick
1 tablespoon cardamom pods,
crushed
4 dandelion root and leaf tea
bags*
1 teaspoon coffee granules, decaf
1/4 teaspoon coffee extract
1/4 teaspoon vanilla extract
1 tablespoon Manuka honey
coffee beans (optional garnish)

MACADAMIA NUT CREAMER

1/2 cup unroasted, unsalted
macadamia nuts
1 1/2 cups filtered water

MAKES FOUR MOCKTAILS

1 Place water, cinnamon stick, and cardamom pods in a saucepan and bring to boil. Lower heat and simmer for 10 minutes.

2 Remove from heat and place 4 tea bags in the pot and steep for 10 minutes.

3 Strain the tea and place into a small pitcher. Add coffee granules, coffee extract, vanilla extract, and Manuka honey. Mix well.

4 To make the macadamia nut creamer, place macadamia nuts in a bowl and cover with boiling water. Let sit for 10 minutes.

5 Drain the nuts, add to the high-speed blender with water and a pinch of salt. Strain the milk using a nut bag.

6 To mix the drink, add ice to a shaker. The ratio for the cocktail is 1 to 4, nut milk to tea, but you can fiddle with it as you like.

NOTES

- *We used Traditional Medicinals Dandelion Root and Leaf tea, but there are other brands out there as well.
- As with any of these herbs/teas, be sure to read the warning labels on the box or check with your doctor if you have certain medical conditions or if they are appropriate for you. Herbs can be very powerful.