

## **Recipes used at the UWEX NW Region Conference**

Erin LaFaive Feb. 2015

### **Salt substitute herb seasoning**

Equal parts of:

Nettle

Ground organic lemon

Bladderwrack, kelp, or dulse flakes

Pepper

### **Tea**

1 Tablespoon peppermint leaf

1 tablespoon dandelion leaf

1 ½ teaspoons lemongrass leaf

¼ teaspoon stevia leaf

### **Natural Tinted Lip Balm Recipe**

Prep time 5 mins

Cook time 10 mins

Total time 15 mins

Author: Wellness Mama

#### **Ingredients**

- 2 tablespoons coconut oil
- 1 tablespoon beeswax pastilles (or 2 Tablespoons if making in lip chap containers)
- 1 tablespoon Shea Butter or Cocoa Butter
- This base recipe will fill about 6 small tins or about 10 plastic lip chap containers. I get mine here.

#### **Instructions**

1. Melt the coconut oil, beeswax and shea/cocoa butter in a glass jar sitting in a small pot of simmering water (not boiling) and stir gently until melted (be careful not to get any water into the mixture).
2. When melted, carefully stir in any colors or essential oils, if using. My favorite is lemon and vanilla for scent and a little red coloring or cocoa powder for color. A couple drops of peppermint will make it similar to Burt's Bees Lip Chap.

3. Once colors/scents are mixed in, use a dropper to transfer to tins or lip chap containers. Let cool.
4. Apply the versions in the tins with your finger or use the version in plastic container as you would regular lip chap.

#### Notes

Optional Add-Ins For Red Hues:  $\frac{1}{8}$  teaspoon of beet root powder or 1 drop of natural red food coloring with no chemical additives. NOTE: Add these very slowly as a little goes a long way! I added one drop of natural red food coloring to the recipe above! For Brown/Tan Hues:  $\frac{1}{4}$  teaspoon (or more for color) of organic cocoa powder, a tiny pinch of cinnamon or turmeric to get the shade you want For Scent: A drop of essential oil of choice (optional)