

## **Infused Spiced Honey**

To make this simple infused honey, we combined Cassia cinnamon, dried oranges, allspice, orange peel, ginger root, cloves, star anise in a jar, filling the jar with raw honey until the spices are completely submerged. Turning the infusion for 4 weeks, it's bottled and ready to sweeten tea and treats, serve atop toast, or drizzle on oatmeal and yogurt.

### ***Organic Ingredients:***

- Cassia cinnamon,
- dried oranges,
- allspice,
- orange peel,
- ginger root,
- cloves
- star anise



### ***The Medicinal Value of these spices***

- Cinnamon may be an anti-inflammatory and aid with glycemic control.
- Allspice – may be antimicrobial, an analgesic, and lower blood pressure. Extracts of allspice have demonstrated anti-tumor properties in cells. It is also used in alternative medicine as a treatment for gastrointestinal (GI) issues.
- Orange peel – may be useful for preventing high blood pressure and stroke.
- Ginger Root - alleviates nausea and may be anti-inflammatory, anti-hypertensive, and aid with osteoarthritis. Some research also suggests it may help with migraines, dizziness, and menstrual cramps.

- Cloves – clove oil is an analgesic and exhibits potent antimicrobial activity. Some research suggests that clove extracts may help reduce stress, inhibit tumor growth, and prevent cell death.
- Star anise – boasts antimicrobial properties. Early research suggests it may have some benefit for obesity and blood triglyceride levels. It is known in some cultures for its ability to relieve gas and bloating.

### **The Healing Benefits of Honey**

When it comes to honey, it boasts some truly medicinal qualities. Here are a few:

- This infused honey is a great way to nourish your gut with prebiotics, feeding good bacteria for a balanced digestive system. It also works to improve gut microflora overall.
- Honey also works as a balm to soothe sore throats and hacking coughs.
- Honey has antimicrobial properties that help improve the healing process and reduce healing time.

### ***Dosage and Storage***

Store in a cool, dry place (usually your cupboard or pantry works).

### ***Included Items***

- Half-gallon infusion jars
- 7 cups Raw Honey
- Half a pound of organic spices per jar (about 3 cups)