

Herbal Horchata for Lung Health

Quench your thirst on these hot summer days with a glass of Horchata. In this recipe for Horchata, Jocelyn adds marshmallow root, cinnamon, and mullein for a soothing herbal treat.



- 1 cup organic brown rice (or rice of choice)
- 1 cup almonds
- 2 cinnamon sticks
- 1/4 cup dried marshmallow root (chopped root or powder)
- 8 cups water (or medicinal tea of choice... we suggest mullein)
- 1/2 – 3/4 cup pitted Medjool dates
- 1 1/2 tsp pure vanilla extract
- A pinch of salt
- 1 cup almond milk (or milk of choice... we also like coconut and oat)
- Optional: 6 tbsp dried mullein leaves

- 1 If using tea in place of water, add 6 tbsp of dried mullein leaves to a medium-large pot. Pour 8 cups freshly boiled water over the leaves and let steep around 20 minutes. Strain and let cool completely.
- 2 Soak the rice, almonds, cinnamon sticks, and marshmallow root in the cooled tea (or water) 6–8 hours or overnight. Make sure to refrigerate.
- 3 Transfer the soaked mixture to a high-speed blender along with all of the remaining ingredients except for the almond milk and blend for 2 minutes. Adjust seasonings to taste, adding more dates for more sweetness if needed. If you like a sweeter Horchata, you can always add some honey by dissolving the desired amount into warmed water before adding in.
- 4 Pour the blended liquid through a mesh strainer to remove any solids. Once strained, stir the almond milk to the liquid and mix throughout.
- 5 Transfer the mixture to an airtight container and chill in the refrigerator for at least 1 hour.
- 6 Serve in glasses over ice. Your Horchata can be stored in the refrigerator for 2–3 days.

Yield: makes about 6 tall cups of Horchata.