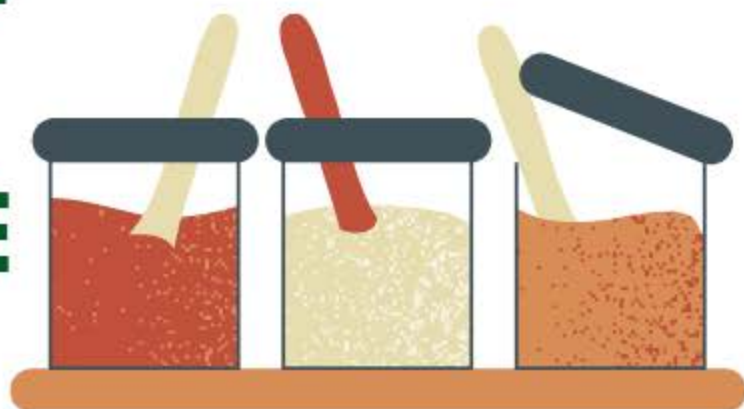


SPICE OF THE MONTH CLUB:
CHAMOMILE

CHAMOMILE HOT CHOCOLATE

SERVINGS: 2

TOTAL TIME: 10 MINS



INGREDIENTS

- 2 cups oat milk
- 2 tbsp dried chamomile flowers
- 1 tablespoon cocoa powder
- 2 tbsp maple syrup
- 1/4 cup water
- 1 tsp orange peel powder

DIRECTIONS

1. Place chamomile flowers into a tea bag and set into sauce pan.
2. Add all other ingredients to a sauce pan and slowly bring to a boil.
3. Take off the heat and let steep from ten minutes.
4. Remove tea bags.
5. Add maple syrup.
6. If you have a milk frother, pour one cup at a time into it to make it frothier or just add milk.
7. Serve in teacups and garnish with fresh chamomile flower tops.

HISTORY OF CHAMOMILE



A member of the Asteraceae family, chamomile is closely related to echinacea, sunflowers, marigolds, and other daisylike flowers. The name comes from the Greek word *chamaimēlon*, meaning "ground apple." The flowering herb has been used as a medicinal tonic and topical remedy for thousands of years. Though its use likely predates the period, it is known to have been drunk by Ancient Egyptians. Chamomile was also used as both a beverage and incense by the Romans.

There are two main types of chamomile: *Anthemis nobilis* (Roman chamomile) and *Matricaria chamomilla* (German or wild chamomile). The Roman variety was named by a botanist in the 19th century who found it growing near the Colosseum in Rome. German chamomile tends to have a more robust, almost pungent scent, while Roman chamomile is sweeter and fruitier.

The chamomile plant's flowers and buds are harvested for tea as the flowers open. It continually blooms for a few months, depending on the climate in which it's grown. Egypt and Eastern Europe lead chamomile cultivation, though it's grown worldwide, and German chamomile often grows wild. After harvest, the flowers are dried to prolong the shelf life. When this occurs, the white petals turn a pale yellow and may fall off the yellow head, which is its most recognizable form.

Chamomile is best known for its flowers, particularly the yellow heads. These can be used fresh or dried for various culinary and medicinal purposes. They may also be used in a floral extract or tincture.