

Herbal Aphrodisiac Recipes

You can purchase dried herbs through Amazon, Mountain Rose Herbs, and Starwest Botanicals



Love and Libido Tea

Ingredients:

- 2 parts damiana leaf
- 1 part rose petals
- 1 part shatavari root
- 1 1/2 parts cinnamon chips

Directions:

1. Combine all herbs in a jar to create your tea blend
2. To use: 1 tablespoon blend for 8-ounces of boiling water. Steep for 10 minutes and sweeten with honey.

Chocolate Love Cordial

Ingredients:

- 1 ounce damiana leaves
- 2 cups brandy
- 1 1/2 cups filtered water
- 1 cup raw honey
- 1 tablespoon vanilla extract
- 3 tablespoons rose water (optional)
- The best chocolate sauce you can get

Directions:

1. Soak damiana leaves in alcohol for 1 week. Strain and reserve liquid in a clean glass bottle.
2. Soak the alcohol-drenched leaves in filtered water for 2 days. Strain and reserve liquid.
3. Gently warm the water extract (over very low heat) and stir in honey. Remove from heat and add the alcohol extract. Pour into clean glass jar, add the vanilla and rose water, and allow to mellow for 2-4 weeks. The flavor improves with age.
4. For every 1 cup of damiana liquer that you have, add a 1/2 cup of chocolate sauce. Adjust the vanilla and rose water to your liking.