

Seagreens® Summer Tonic

This amazing recipe makes a cool Summer Tonic (or a warming Winter Tea). Its deliciously clean, complex taste is packed with minerals, vitamins and antioxidants! The base is Seagreens® wild Pelvetia seaweed, ginger and lemon. To further suit your own taste, you can explore herbal, fruit and vegetable additions, for example Elderflower in summer and Cloves in winter. We estimate that at least 60% of the seaweed nutrients leach into the cold water. Thanks to Jane Jamieson PhD, Edinburgh (www.enabling-health.com) for the original recipe.

Recipe for 6 x 250ml glasses (1.5 litre jug)

- Add half the contents of a 50g jar of Seagreens® Salad & Condiment to 1.5 litres cold water
- Grate and add a good sized Organic ginger root (or 4 Pukka 'Three Ginger' T-bags)
- Slice, squeeze and add 1 small unglazed Organic lemon and 4 heaped teaspoons Green tea (or 6 Pukka 'Lemon Green Tea' T-bags)*
- Stir and leave to settle for between half an hour and an hour and pour through a strainer.

Store any remaining liquid after straining from the jug

*In winter, if you want to add a hint of cinnamon, use half the fresh lemon and 3 Pukka 'Green Spiced Chai' T-bags)

Summary of some typical seaweed nutrients per 250 ml glass:

- Protein 180mg • Vitamins A 427µg, B group 21µg (inc Folic acid, B1, B2, B6, B12), C 48mg, D 0.024µg, E 0.55mg, H 0.72µg and K 24µg, significant phenols, phlorotannins and compound nutrients
- Minerals Calcium 48mg, Magnesium 17mg, Nitrogen 25mg, Phosphorus 3.6mg, Potassium 60mg, Sodium 84mg, Sulphur 72mg
- Trace elements Antimony, Boron, Cobalt, Copper, Germanium, Gold, Iodine, Iridium, Iron, Lithium, Manganese, Molybdenum, Platinum, Rubidium, Selenium, Silicon, Silver, Tellurium, Titanium, Vanadium and Zinc. Add the antioxidants in the green tea, ginger and lemon and you have a powerful remineralising, revitalising and detoxifying tonic!

“Seagreens® is the UK’s leading seaweed supplier” (Organic & Natural Business magazine, October 2009). In addition to Seagreens® own consumer products, many good brands use Seagreens® Certified Ingredients including Artisan Bread, Bart Spices, Pukka, Napiers, Viridian and Waitrose Cooks’ Ingredients. [Seagreens® Information Service](mailto:info@seagreens.co.uk) is on 0845-0640040 email info@seagreens.co.uk. Information website www.seagreens.co.uk. Available from the best health & natural food stores.

© Copyright Seagreens Ltd, England and Hebridean Seagreens Ltd, Scotland, 2010