

## Lavender Cabbage, Cooking with Loose Leaf Tea, Part 1



Whether you are a lover of traditional tea or not, cooking with loose leaf teas can be a deliciously rewarding experience. You can create a culinary dish with the benefits of whole foods as well as the medicinal benefits of tea.

I am delighted to share with you the first dish I had with a loose leaf tea, which consisted of four ingredients:

- **green cabbage**
- **lavender**
- **coconut oil**
- **salt**

Each of these ingredients carries some great benefits, and together create an awesome meal, side dish or snack.

**Cabbage** is low in fat and high in fiber, and therefore is a great food to encourage weight loss. Additionally, cabbage is a source of vitamin K and anthocyanins which have been linked to concentration and brain functioning. The combination of Vitamin K and Vitamin C nutrients in cabbage support healthy bones. Cabbage can better your complexion, strengthen your nails and help enliven your hair. Cabbage can support your body's natural detoxifying process, and can encourage healthy blood pressure and blood-sugar levels. As cabbage is a good source of folates you will feel satisfied after eating it and Folic Acid has been known to prevent birth defects if you are pregnant.

**Lavender** is an herb that is most commonly associated with stress relief, which is reason in and of itself to include it in a meal. Lavender has also been found to relieve pain, support resistance to bacteria, yeast and mold. Lavender also supports relief from respiratory problems and supports healthy blood circulation. Lavender can also help you sleep well, making this a great evening recipe. There is strong evidence to suggest that lavender improves acne and can support healthy digestion through encouraging mobility and absorption of food throughout the digestive system.

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**Coconut Oil** is a miraculous oil that adds a great sweetness to the dish. Coconut oil is formed of medium chain triglycerides, which are metabolized easily by the body and may have a positive impact in maintaining weight and preventing brain disorders. Most people are able to process coconut oil easily. Coconut oil can provide lasting energy, inviting you to eat less. This oil, like lavender, may support your body in fighting off pathogens, potentially strengthening your immune system and healing infections. Coconut oil encourages a healthy heart and boosts brain functioning.

And finally, **salt**, that tasty essential mineral. I recommend a sea salt or other naturally occurring salt. Salt helps to regulate metabolism, supports healthy sinuses, allows and sustains hydration, can help maintain energy and can help muscle recovery among a great many other things. We need salt to survive.

### Now, to begin!

- 1. Wash and then thinly slice or grate the cabbage.** *For one serving you will want about a cup to a cup and a half*
- 2. Heat the coconut oil in a pan to low-medium heat**
- 3. Add a teaspoon** (two if you love that lavender flavor) **of lavender to the oil and allow it to heat for about 3 minutes**

- 4. Add the cabbage** (caution: the oil may spit) **and continue to cook for about ten minutes, or until the cabbage is soft, but not soggy**
- 5. Add salt to taste**

*it's so easy and so tasty, enjoy!*

*author: swan dristi,*

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