

# Printable Biblical Herbal Recipe Cards

Each card below contains a recipe using a biblical herb for infusion or topical healing.

[DrJesseSantiano.com](http://DrJesseSantiano.com)

## Hyssop Tea for Cough and Congestion

Type: Infusion

### Ingredients:

- 1 tsp dried hyssop (or 1 tbsp fresh)
- 1 cup boiling water
- Optional: 1/2 tsp honey

### Instructions:

- Place hyssop in a cup.
- Pour boiling water over it.
- Cover and steep for 7-10 minutes.
- Strain and sip slowly, up to 2 cups daily.

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## **Mint Tea for Digestion and Calm**

Type: Infusion

### **Ingredients:**

- 1 tbsp fresh mint (or 1 tsp dried)
- 1 cup boiling water
- Optional: Lemon or honey

### **Instructions:**

- Place mint in a cup.
- Pour in boiling water.
- Steep for 5-7 minutes.
- Strain and drink after meals.

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## **Frankincense Resin Steep**

Type: Infusion (Edible-grade resin only)

### **Ingredients:**

- 2-3 small frankincense tears
- 1 cup hot (not boiling) water

### **Instructions:**

- Add resin to a heat-safe cup.
- Pour hot water over it.
- Let steep for 10-15 minutes.
- Stir occasionally and drink once cooled.

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## **Myrrh Mouth Rinse**

Type: Infusion (Topical/Oral rinse)

### **Ingredients:**

- 1/2 tsp crushed edible myrrh resin
- 1 cup boiling water

### **Instructions:**

- Add resin to boiling water.
- Steep for 10-15 minutes.
- Strain and let cool.
- Use as a mouth rinse or gargle. Do not swallow.

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## **Aloe Gel Digestive Soother**

Type: Infusion

### **Ingredients:**

- 1 tbsp inner Aloe vera gel (clear only)
- 1 cup water or coconut water
- Optional: Lemon or honey

### **Instructions:**

- Scrape clear gel from fresh Aloe vera leaf.
- Blend with water until smooth.
- Sip slowly on an empty stomach.

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# Olive Leaf Tea for Immune Support

Type: Infusion

## Ingredients:

- 1 tsp dried olive leaves (or 3-4 crushed fresh leaves)
- 1 cup hot water

## Instructions:

- Add leaves to a teapot or cup.
- Pour hot water over them.
- Cover and steep for 10-15 minutes.
- Strain and drink warm.

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## **Coriander Seed Tea for Digestion**

Type: Infusion

### **Ingredients:**

- 1 tsp crushed coriander seeds
- 1 cup boiling water

### **Instructions:**

- Lightly crush the seeds to release oils.
- Add to a cup and pour boiling water.
- Steep for 10 minutes.
- Strain and drink after meals.

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## **Cumin Tea for Bloating or Cough**

Type: Infusion

### **Ingredients:**

- 1 tsp whole cumin seeds
- 1 cup boiling water

### **Instructions:**

- Crush seeds slightly and place in cup.
- Pour in boiling water and cover.
- Steep 10-15 minutes.
- Strain and sip slowly.

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# Anise Seed Tea for Bloating and Breath

Type: Infusion

## Ingredients:

- 1/2 to 1 tsp anise seeds
- 1 cup boiling water

## Instructions:

- Lightly crush the seeds.
- Steep in hot water for 10 minutes.
- Strain and sip warm.

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