

**Resources for Hot Drinks for Health Saturday 5th of December 2020**

**Important Points to note:**

Boiling water is used when making the hot drinks in this zoom presentation, so therefore caution is advised at all times when removing saucepans of very hot or boiling water from the hob and also when pouring boiling/very hot water into heatproof cups or heatproof glasses. Care is also required when using knives to chop ingredients. This zoom is only recommended for individuals aged 16+ with a responsible adult supervising at all times. Please ensure that your hot drink has cooled to a drinkable warm temperature before you drink it, so as not to scald the lips/mouth/tongue.

Celery seeds are not recommended in pregnancy, so please do not consume if pregnant or suspect you may be pregnant.



Sultana Tea

*Ingredients:*

115g/4 oz. of sultanas

40g/1.5 oz. of bran

600ml freshly boil water

*Method:*

1. Chop the sultanas
2. Put the sultanas and the bran into a jug or heat proof container.
3. Pour the freshly boiled water over the sultanas and bran.
4. Cover and let stand for at least 8 hours.
5. Strain, reheat and drink when still hot/warm (Makes 2 servings).

Celery Tea/Infusion

**Celery seeds are not recommended in pregnancy, so please do not consume if pregnant or suspect you may be pregnant.**

*Ingredients:*

1 large head of celery

½ a teaspoon of crushed celery seeds

300ml of water

*Method:*

1. Remove the stalks of celery from each other, top and tail them.
2. Chop the celery and place in a saucepan.
3. Crush the celery seeds in a pestle and mortar, once crushed add to saucepan.
4. Cover with water and bring to the boil, then simmer for one hour.
5. Strain into a heatproof glass and drink when still hot/warm. (Makes 1 serving.)

Barley Broth

*Ingredients:*

55g/2 oz. of pot or pearl barley

1 large un-waxed lemon

1 large tablespoon of honey

850ml of water

*Method:*

1. Put barley into a saucepan, add the water. Mix.
2. Cut the lemon into thin slices and add to saucepan.
3. Simmer of 35-40 minutes for pearl barley. If using pot barley simmer for 90 minutes.
4. Strain, stir in the honey and pour into heatproof glasses/cups and drink when still hot/warm. (Makes 4 servings.)



Pea (Instant Soup) Hot Drink

*Ingredients:*

1 large spring onion

175g/6oz. frozen peas

Small sprig of fresh mint

425ml of vegetable stock

*Method:*

1. Wash and cut the onion.
2. Add all ingredients to a saucepan, gently heat until the peas at tender.
3. Liquidise the mixture with a hand whisk or in a blender. Add more boiling water to get the desired consistency, if necessary.
4. Pour into heatproof glasses/cups and drink when still hot/warm. (Makes 2-4 servings.)

