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# SHISANDRA'S

## 3 Most Popular Recipes

Schisandra is a powerful adaptogenic berry known for supporting energy, focus, liver health, and overall vitality. Enjoy these delicious and easy ways to include it in your day!



Supports

- Energy
- Liver Health
- Focus & Mood
- Stress Relief

### ABOUT SHISANDRA



Schisandra berries are one of the most potent adaptogens in herbal medicine.

They help the body adapt to stress, boost stamina and mental clarity, support liver detoxification, and promote balanced energy without the jitters.

A true tonic for mind, body, and spirit!

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### SCHISANDRA BERRY TEA



#### Ingredients:

- 1–2 teaspoons dried schisandra berries
- 2 cups hot water
- Honey or lemon (optional)

#### Instructions:

- Add schisandra berries to a tea infuser.
- Pour hot water over berries.
- Steep 10–15 minutes.
- Remove berries, add honey or lemon if desired, and enjoy warm.



**Benefits:** Supports energy, mental focus, liver detoxification, and helps the body adapt to stress.



### SCHISANDRA ENERGY JUICE



#### Ingredients:

- 1 cup water or coconut water
- 2 tablespoons schisandra berry juice or powder
- 1/2 cup blueberries
- 1/2 banana
- 1 teaspoon honey (optional)
- Juice of 1/2 lemon

#### Instructions:

- Add all ingredients to a blender.
- Blend until smooth.
- Taste and adjust sweetness or lemon to your liking.
- Pour over ice and enjoy!



**Benefits:** Boosts stamina and mental clarity, rich in antioxidants, and supports overall vitality.



### SCHISANDRA ENERGY BITES



#### Ingredients:

- 1 cup rolled oats
- 1/2 cup almond butter
- 2 tablespoons schisandra berry powder
- 1/4 cup honey or maple syrup
- 1/4 cup dried cranberries
- 1 tablespoon chia seeds

#### Instructions:

- In a bowl, mix all ingredients until well combined.
- Roll into bite-sized balls.
- Place in the fridge for 30 minutes to firm up.
- Store in an airtight container in the refrigerator.



**Benefits:** Provides sustained energy, supports focus, and nourishes the adrenal glands.

— Made with Herbs — ♥ — Made with Love — ♥ —



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