

Restoring Immunity Gemmo Memo Mistletoe

Listen in and discover what Mistletoe extract can offer you and your family now. Enjoy this sweet mix of Gemmotherapy Materia Medica and an Asian Medicine lens as Maegan and Lauren explore the potential of Crab Apple Gemmotherapy Extract.

Discover more about Lauren and Maegan's work here:

Lauren Hubele

Maegan Lemp

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New to Gemmotherapy? Here's a Beginner's Guide to get you started.

Here's a link to find Phytembryotheapy by Drs. Ledoux and Guenoit

Restoring Immunity: Gemmo Pets – Sea Buckthorn and Silver Birch Seed

Homeopath and pet expert Susie Killian pairs up with Lauren to share the very latest information on Gemmo extracts for your furry friends. Learn to harmonize your pet's nervous system, support healthy elimination, and address chronic symptoms

naturally with Gemmo plant bud extracts. Your pets will thank you. In this episode learn the basic guidelines for dosing your pets and the first two extracts you might consider to harmonize your pet's Central Nervous System.

In this episode learn about the Central Nervous System tonics for your pets, Sea Buckthorn and Silver Birch Seed.

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Contact Susie Killian susiekillian17@gmail.com

Chocolate Chunk Cookies

Makes 10 large or 16 small cookies

Adapted from Aran Goyoaga's Olive Oil and Chocolate Cookies

Ingredients

- 1 cup (140 g) light buckwheat flour
- 1/2 cup (50 g) finely-ground almond flour
- 1 teaspoon kosher salt
- 1/2 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1/2 cup (110 g) a fruity extra-virgin olive oil
- 1/4 cup (80 g) maple syrup
- 1/4 cup (50 g) coconut sugar
- 2 teaspoons vanilla extract or 1/2 tea of vanilla powder

- 4 ounces (120 g) 70% chocolate, coarsely chopped (I love the hu brand, bars or chunks)
- Flaky sea salt (optional)

Directions

1. Preheat oven to 350F. Line two baking sheets with parchment paper.
2. In a large bowl, whisk together the flour, salt, baking soda, and baking powder. Add the olive oil, maple syrup, coconut sugar, and vanilla extract. Stir together with a spatula until the dough comes together. Then, fold in nearly all the chocolate until smooth and evenly distributed.
3. Use a small ice cream scoop or tablespoon to measure out dough onto prepared baking sheets. You should have 10 cookies. Optional: Add a piece of chocolate to the top and sprinkle with a bit of flaky salt.
4. Bake the cookies for 9 to 11 minutes just until the edges are golden brown but the center feels soft. Rotate the pans halfway through if necessary for even browning.

Important: The cookies must cool on the pan for at least 15 minutes before lifting or they will break apart. I know it's a long time to wait but so worth it!

They can be stored in an airtight container for up to 5 days.

Consider adding a heaping tablespoon or so of raw cacao powder for a double chocolate treat.

Restoring Immunity: Gemmo Memo Crab Apple

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