



Staple Benji Health Drinks

Strong Spiced Sorrel

Ingredients

4 Cinnamon Sticks or Cassia Bark (optional)

2 tablespoons of Pimento Seeds

Handful of strong sliced ginger

100g of Dried Hibiscus/Sorrel Flowers (names are used interchangeably)

3 Litres of Filtered Water

Honey, Agave, Coconut Cane sugar (healthy sweeteners)

2 oranges sliced

2 limes sliced

When it comes to recipes Benjamin do not tend to have them, everything is measured using our eyes. So, with this 'almost' recipe it is open to interpretation and can be adjusted according to your liking.

1. Wash oranges, ginger and limes then cut into medium chunks/slices
2. Crush pimento seeds to help release the flavour when added to the pot (does not have to be fine grounded just crushed)
3. Add your water to a large pot, wash your sorrel/hibiscus then add to the pot along with the ginger, oranges, limes, pimento seeds and cinnamon bark
4. Cooking time is dependant on your flavour tolerance, The longer the ingredients are brewed, the greater the flavours. I recommend around 30-45 minutes to best enjoy the flavours. In the meantime, feel free to add extra water or sorrel according to your liking.
5. After turning the stove off add in your sweetener of choice. Strain the liquid from contents and enjoy hot or cold. If you like you can spruce up the appearance by adding a stick cinnamon and orange rind on the rim of your cup/glass for garnishing.



Simple Lime Juice

Ingredients

12 Fresh Key Limes (can be substituted with lemons or you can add both)

1.5 Litres Water

Honey, Agave, Date Sugar, Coconut Cane Sugar

This is a staple especially those of us in Benji land who live by it. It is vital. I remember drinking this for our juice because in those days processed juice was too expensive, and we did not really care for unnatural food when we had fresh fruit growing in the back yard. These types of drinks were just everyday nutrition not something we ran when we were ill that is how we were able to maintain an outstanding immune system.

1. Deseed and squeeze all your limes (lemons) into a large jar
2. Add water and then add sweetener of choice to your specification, finish off with ice and that is it, it is that simple! If you find twelve limes too strong then dilute with more water but if you are like me and it's not strong enough, **ADD MORE LIMES!!**

(Note: if you want a little something extra fill your ice tray with the lime juice and then serve with the rest of your juice to keep the flavour as potent as possible. You can also use fresh passionfruit to replace the limes in this recipe but ensure to remove the seeds before you serve.)

I wanted to add recipes for soursop and Five Finger Juice (Carambola), but a lot of our juices are simple it's just a matter of extracting the juice from either the pulp by blending or squeezing the juice from some fruit. Nevertheless, I wanted to let you into a little secret that keeps Benji women looking nice and sweet. There are two things I remember we did religiously both daily and weekly. **EVERY MORNING** we would wake up brush our teeth and drink some form of tea whether it be peppermint bush (**NOT TEA BAG**) or some other bush like guinea hen, or something out of my grannies back yard. We then proceeded to drink another cup of herbal bush before going to bed and all our meals were eaten before 5pm.



Then, once a week (once every two weeks depending on your diet) my granny would give us a 'washout' (equivalent to detoxing) which is a concoction of some of the most bitter herbs you ever did taste. We did not use sweet juices and smoothies to 'washout' it was bitter herbs as it helped to expel parasites and kept us healthy. It was and is a great way to reset the body and clean the blood of the toxins within and helps to deal with odour issues.

Here is a recipe I like to use for washing out please consult your doctor first before trying any of these herbs especially if you are pregnant or stay away from them altogether. Also, I strongly suggest you take 24-48 hours off from work if possible and your Lord is not at home because stuff may get real in the bathroom.

Wash-Out Tea

Ingredients

Sarsaparilla

Cascara Sagrada

Senna Leaves

Wormwood

Cerasee

Nigerian Bitter Leaf (yes, I know it is a Benji recipe but still, but we have bitter leaf too, but this might be the best chance of you finding it)

Dandelion Root

Burdock Root

1. If any of your ingredients are fresh, ensure to wash them thoroughly otherwise add equal amount of each herb making sure that they equate to at least $\frac{1}{4}$ of the water you are adding
2. Bring to the boil and then simmer for about 45 minutes or until the water goes very dark.

The dark colour indicates that a high concentration of the plant's nutrients has been extracted into the water.

3. Strain the tea and drink no more than two cups in that day and for the entire week. You can opt to take this once every two weeks depending on the type of diet you have. However, do not just eat rubbish and then drink this tea the point is to clean out and keep your temple as clean as possible.



Benji Out



A Little Info

I wanted to add recipes for sour-soup and Five Finger Juice (Carambola) but a lot of our juices are simple. It's just a matter of extracting the juice from either the pulp by blending or squeezing the juice from the fruits.

Nevertheless, I wanted to let you into a little secret that keeps Benji women looking nice and sweer. There are two things I remember we did religiously both daily and weekly. Every morning we would wake up brush our teeth and drink some form of tea whether it be peppermint bush (not tea bags) or some other bush like guinea hen, or something out of my grannies back yard.

We then proceeded go drink another cup of herbal bush before going to bed and all our meals were eating before 5pm. Then once a week (once every two weeks depending on your diet) my granny would give us a 'washout' (equivalent to detoxing) which is a concoction of some of the most bitter herbs you'd ever taste. We did not use sweet juice and smoothies to 'washout'.



NOTE FROM DOS HEALTH

'The practise of drinking tea in the morning and evening is an excellent habit to pick up as it work with the circidian rhythm which our body goes by.

In the mornings our body is in the ' purging phase' (also known as the detox phase) where it gets rid of waste and in the evening it 'clocks out' to get rest the body, use what was given in the day to then begin the purge again.' To ensure your body is always in the correct stages during the day and night, have a clean diet that included wholefoods, cruciferous vegetables, phytochemicals fruits and avoid eating before 12pm to encourage daily detoxing of the body.'

This way of eating keeps the body young and skin young as it activates some hormones in the body one of them being the Growth Hormones which is responsible for anti-aging and muscle growth.

Remember our foremothers fasted often which helped them retained their youthful look.

Judith 8:6-7

[6]And she fasted all the dayes of her widowhood, saue the eues of the Sabbath, and the Sabbaths, and the eues of the newe Moones, and the newe Moones, and the Feasts, and solemne dayes of the house of Israel.

[7]Shee was also of a goodly countenance, and very beautifull to behold: and her husband Manasses had left her golde and siluer, and men seruants and maide seruants, and cattell, and lands, and she remained vpon them.'