

# The Sacred Pantry Guide

A Simple Starter Guide to Healing Ingredients for Body & Spirit  
by Earth Root Harmony

## Welcome

Welcome to your Sacred Pantry. This guide is a gentle introduction to the most powerful natural ingredients I use in my healing journey — both in the kitchen and in daily rituals. These sacred foods support vitality, intuition, and deep nourishment.

## ■Top 5 Sacred Ingredients

### ■Sea Moss

Rich in minerals for immunity and skin. Soak overnight, blend, and add to teas or smoothies.

### ■Ashwagandha

A calming root used for stress and balance. Take as a tea or powder.

### ■Turmeric

Anti-inflammatory and grounding. Add to soups, stews, or golden milk.

### ■Reishi Mushroom

Supports calm and deep rest. Use in teas or tinctures.

### ■Moringa

Packed with vitamins for daily vitality. Blend into smoothies or sprinkle on food.

## ■How to Begin

Choose 1 or 2 ingredients to start. Connect with them intentionally — touch, smell, prepare with care. Use them in both meals and quiet moments to deepen your connection to your body.

## ■Simple Healing Recipes

### ■Golden Milk (Turmeric Latte)

- 1 cup plant milk
- 1/2 tsp turmeric
- Pinch of black pepper
- 1/4 tsp cinnamon
- 1/2 tsp honey (optional)

Warm all ingredients in a pot, whisk, and sip mindfully.

### ■Sea Moss Smoothie

- 1 banana
- 1 tbsp sea moss gel
- 1/2 cup almond milk
- Handful of spinach
- 1 tsp chia seeds

Blend until smooth. A nourishing start to your day.

### ■Moringa Energy Balls

- 1 cup oats
- 1 tbsp moringa powder
- 1/2 cup nut butter
- 2 tbsp honey
- 1/4 cup chopped nuts or seeds

Mix, roll into balls, chill in fridge.

## ■Join the Journey

More guides, recipes, and spiritual tools are coming.

Stay connected by joining the Earth Root Harmony waitlist or following me on Instagram @yourhandle.