

The Weleda Elixir Collection

Birch, Prunus & Sea Buckthorn Recipes





Weleda's elixirs are inspired by the power of plants and rooted in a long tradition of botanical wellbeing. Rather than blending multiple ingredients together, each elixir celebrates a single hero plant, allowing its unique flavour, character, and heritage to shine through.

Whether you're looking to brighten your morning, add freshness to a meal or create a nourishing daily ritual, each elixir offers its own distinctive experience.

Three Plants, Three Personalities.



Sea Buckthorn Elixir

Made from vibrant sea buckthorn berries, naturally rich in vitamin C and valued for their bright, citrus-like character.

Tangy, fruity and refreshing

Birch Juice

Crafted from young birch leaf extract, traditionally enjoyed as part of seasonal wellbeing. Its fresh, herbal taste makes it wonderfully versatile.

Clean, herbal and lightly earthy



Prunus Elixir

Made from wild-grown Prunus spinosa (blackthorn or sloe) berries. Rich, fruity and deeply coloured, it has a distinctive flavour that lends itself to both sweet and savoury recipes.

Rich, fruity with gentle tartness



Cold Drinks



Prunus Elixir

Apple & Blackthorn Fizz

1 to 2 tablespoons
Prunus Elixir

1 x can of Appletiser

1 x Handful of Ice

Place Ice in the glass

Pour the Prunus Elixir
over the ice

Top up with Appletiser

Sea Buckthorn Elixir

Golden Glow Refresher

1 teaspoon Sea Buckthorn
Elixir

Sparkling water

Slices of lemon and orange

Fresh mint leaves

Mix and serve chilled
over ice for a refreshing
summer glow.





Cleansing Birch

A birch drink for seasonal cleansing

2 tablespoons of
Birch Juice

Half glass of organic
white grape juice

Juice from half a lime

Handful of mint leaves

Sparkling spring water
to top up

Mix for a refreshing drink
to activate the kidneys
and encourage the
elimination processes in
the body.

Prunus Elixir

The famous Dr Wallace*

Capful of Prunus Elixir
Half glass of Belvoir
Elderflower Fizz
Sparkling water to top up
Mint leaves
Lemon slice

Mix and serve over ice

*Named after the Head of Operations at Weleda UK. Rumour has it she adds a splash of Gin to her version, but we cannot possibly confirm this!





Smoothies

You will need a blender for these.



Birch Juice

Supporting Birch

500 ml filtered water

Handful of blueberries

1 beetroot

1 avocado

2 tablespoons of
Birch Juice

Blend to make a refreshing drink that is packed with antioxidants, fibre and valuable flavonoids to help encourage the elimination process in your body.

Prunus Elixir

Purple Power House

1 – 2 tablespoons
Prunus Elixir

Handful of spinach leaves

Handful of blueberries

Half a banana

250 – 500ml almond milk

BLEND!

Then pour over ice to
serve





Sea Buckthorn Elixir

Pretty in Pink

Half a banana

4-6 strawberries

1 tablespoon of
Sea Buckthorn

Cashew milk to top up

BLEND!

Then pour over ice to
serve

Birch Juice

Clean

Green

Machine

1 mug of chilled Green Tea

$\frac{1}{4}$ teaspoon crushed
ginger

1 – 2 tablespoons
Birch Juice

$\frac{1}{2}$ Avocado

Banana

BLEND!

Then pour over ice to
serve





Sea Buckthorn Elixir

Pina Co-Buckthorn

Fresh pineapple

1 – 2 tablespoons

Sea Buckthorn Elixir

½ avocado

Coconut milk

BLEND!

Then pour over ice to
serve



Warming Drinks

Birch Juice Hot Toddy

1 – 2 tablespoons

Birch Juice

250ml apple juice

250ml water

1 cinnamon stick

1 star anise

Add all ingredients to a
pan and warm gently

Leave to infuse for
5 – 10 mins

Re-heat to desired
drinking temperature

Strain & enjoy!





Sea Buckthorn Elixir

Hot Toddy

1 – 2 tablespoons
Sea Buckthorn Elixir
250ml orange juice
250ml water
1 cinnamon stick
1 star anise

Add all ingredients to a
pan and warm gently

Leave to infuse for
5 – 10 mins

Re-heat to desired
drinking temperature

Strain & enjoy!

Prunus Elixir

Hot Toddy

1 – 2 tablespoons
Prunus Elixir

1 Mulled Wine spices bag

500ml water

Slice of orange (optional)

Place all ingredients into
a pan and warm through
gently

Leave to steep for
5 – 10 mins

Re-heat to desired
drinking temperature

Strain & enjoy!

