Essential Oils Wellness Tea

This warming natural tea promotes health and immunity!

Servings: 1 cup  
Prep Time: 5 minutes  
Cook Time: 5 minutes  
Storage: 2-3 days in refrigerator  
Freeze: 1 month  
Author: Chef Chandra, Cooking with Chef Chandra

Ingredients

- 1 cup hot water  
- 1 drop of Onguard essential oil  
- 2 drops of lemon essential oil  
- 1 drop frankincense essential oil  
- 1–2 teaspoons raw honey, maple syrup or sweetener of choice  
- optional: slice of fresh lemon

Instructions

1. Heat water up in microwave for 2 minutes.  
2. Remove. Add essential oils and honey to the hot water. Stir and drink.

Adapted Joyful Healthy Eats recipe

CC’s S.O.U.L. Food  
Chef Chandra’s Seasonal/Sustainable, Organic, Unprocessed, and Local Food  
925.395.4185  
info@ccsoulfood.com