

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
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Ingredients

- 1 cup hot water
- 1 drop of Ongaard 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*

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