

HONEY B HEALTHY

Be sure to use essential oils, NOT FLAVOR OILS

Spearmint Essential Oil 15 drops

Lemongrass Essential Oil 15 drops

Lecithin granules or powder 1/8 teaspoon

(if using granules, you will have to grind to make a powder (mortar and pestle)

Sugar (white granulated) 5 ½ Cups

Water 5 Cups

Bring water to a boil. Add sugar and stir until dissolved. Turn off heat and add lecithin stirring to dissolve. Add spearmint and lemongrass essential oils. Mix well – let cool.