Herbal Honey Blends

ANTIBIOTIC BLEND

2 tablespoons garlic powder
1 cup raw honey

ANTI-VIRAL BLEND

1 part oregano
1 part sage
4 Tbsp dried herb per 1 cup raw honey

CITRUS BLEND

1 part dried lemon zest (or peel)
1 part dried orange zest (or peel)
4 Tbsp of each for a total of
8 Tbsp per 1 cup of raw honey

COUGH & COLD BLEND

1 part ginger powder
1 part marshmallow root powder
1 part astragalus powder
4 Tbsp herb blend per 1 cup raw honey

IMMUNE BOOSTER

1 part elderberries
1 part rosehips
½ cup herbs per 1 cup of raw honey

RESPIRATORY BLEND

1 part rosemary
1 part thyme
4 Tbsp dried herb per 1 cup of raw honey

STRESS AWAY BLEND

1 part chamomile
1 part rose petals
4 Tbsp dried herb per 1 cup of raw honey

TUMMY EASE BLEND

1 part peppermint
1 part spearmint
4 Tbsp dried herb per 1 cup raw honey

