# Four Thieves Blend



## INGREDIENTS

- *1 Tbsp sage leaf*
- *2 tsp lavender flowers*
- *2 tsp rosemary leaf*
- *1 tsp thyme leaf*
- *1/2 tsp black peppercorns, crushed*
- *4 cloves garlic, chopped*
- *16 oz raw apple cider vinegar or*
- *water (for making a tea) or*
- *Vodka (for a tincture)*

## VINAIGRETTE

*Turn this blend into a delicious vinaigrette (recipe from mountainroseherbs.com)*
*1 part four thieves vinegar (above)*
*1 part olive oil*
*1/2 part mustard*
*salt and pepper to taste*
*Add ingredients to a blender or whisk vigorously until well blended.*

## NOTE:

*This antimicrobial herb blend can be made into a simple tea, a tincture, or the traditional use of an herbal vinegar. Herbal vinegars are easy to incorporate into the diet by using as a vinaigrette on salads and in marinades or adding a splash of it into drinks.*

## HERBAL POWDER

*Create a powder that can be turned into capsules, a sprinkle, herbal oil or any other herbal preparation.*
*4 parts powdered garlic*
*4 parts sage powder*
*2 parts lavender powder*
*2 parts rosemary leaf powder*
*1 part thyme powder*
*1/2 part black pepper*

