

YOUNG LIVING[®]
ESSENTIAL OILS

CHEF KATE

CULINARY OIL
BRAND AMBASSADOR
& CHEF-TO-THE-STARS



LEMON OR APPLE CIDER VINEGAR WATER

MAKES 1 portion

PREP TIME 5 minutes

A NOTE FROM CHEF KATE: This drink is so easy to make and helps set your digestion up for the rest of the day. This is my usual healthy pick-me-up for starting my day off on the right track. If it is too tart, just add some stevia or Young Living Blue Agave*.

INGREDIENTS

- 1 cup Warm water
- 1-2 drops Young Living Lemon, Lime, Tangerine, Citrus Fresh™ or Jade Lemon culinary essential oil
- Young Living Blue Agave* or stevia, to taste
- 1 tbsp. Lemon juice **OR**
- 1-2 tbsp. Apple cider vinegar, to taste



METHOD

1. Place the lemon juice or apple cider vinegar in a cup and add warm water.
2. Stir in the culinary essential oil of your choice and sweeten with Blue Agave or stevia if desired - start with a teaspoon and add more to taste. Enjoy!

TIP: You can also use coconut vinegar sometimes in place of the apple cider vinegar.

NOTE: Drink on an empty stomach and wait 20 minutes before eating. If you are making the drink for more than one person adjust the recipe accordingly.

**Blue Agave is much sweeter than sugar, but with a glycemic index of only 25 (sugar has a glycemic index of 68-85). In recipes, use ½ to ¾ cup in place of 1 cup sugar. You may also need to reduce the amount of liquid. Add the same amount of Blue Agave to cereals, beverages or bread, as you would for honey.*