

Homemade Pro Health or Honey B Healthy Mix

This mixture is a concentrate to be mixed with sugar water syrups; this recipe makes approximately 2 quarts of concentrate.

5 cups **Water**

2 ½ pounds of **Sugar**

1/8 teaspoon **Lecithin Granules** (used as an emulsifier)

15 drops **Spearmint Oil**

15 drops **Lemongrass Oil**

15 drops **Tea Tree Oil**

1. Use hot water to mix the sugar and water together.
2. While the sugar water mixture is hot add the Sugar Water, Lecithin Granules, Spearmint Oil, Lemongrass Oil, and Tea Tree Oil into a blender and mix for 5 minutes.
3. Pour mixture into a container for storage.
4. **Add 1 teaspoon of concentrate mixture per quart of sugar water syrup.**

