

# LEMON & OIL OF OREGANO IMMUNITY MOCKTAIL



A spicy and **REFRESHING**  
way to **SUPPORT** your  
immune system!

## ✦ INGREDIENTS ✦



3-5 Drops  
MaryRuth's Organic  
Oil of Oregano Liquid Drops



1 Oz  
Fresh Lemon Juice



1 Tbsp  
Maple Syrup



Sparkling Water



1/4 Tsp  
Cayenne Pepper  
(Optional)



Lemon Slice  
(For Garnish)

## ✦ INSTRUCTIONS ✦

1. In a glass filled with ice, add the lemon juice, maple syrup, and Organic Oil of Oregano Liquid Drops to the glass.
2. Stir and top with sparkling water.
3. Optionally, sprinkle cayenne pepper on top and garnish with a slice of lemon.