



Sea of Colors
PURPLE THIRD EYE CHAKRA RECIPE

Third Eye Lavender Blackberry Tea

by Kimberly Bizjak

Ingredients

- 1.5 tsp loose dried lavender flowers or lavender tea bag.
- 2-3 crushed blackberries
- Optional: 1 Tb cane sugar or honey

Directions

1. Put tea leaves or bag into your favorite mug.
2. Pour boiling water over tea.
3. Add blackberries and sugar/honey.
4. Enjoy cooled in the refrigerator over ice.