



Raspberry Wild Orange Yogurt

The 8 Secrets to Optimal Breast Health

INGREDIENTS: (Serves 1)

- 1 cup vanilla coconut yogurt
- ½ cup fresh or frozen red raspberries
- 2 drops Wild Orange essential oil
- Optional: serve with granola

Try a variety of fruit and oils:

- Raspberries + Lemon essential oil
- Mango + Wild Orange essential oil
- Mango + Lime essential oil
- Banana + Wild Orange essential oil

Please make sure the essential oils you purchase are high quality and state that they are safe to ingest. Not all oils are alike!



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