

*Sea of Colors*  
**YELLOW SOLAR PLEXUS CHAKRA RECIPE**



# Solar Plexus Lemon Tea

by Kimberly Bizjak

## Ingredients

- 1 black tea bag
- 2-3 lemon slices
- 1 tsp lemon zest
- 1 Tb honey

## Directions

1. Put tea bag into your favorite mug.
2. Pour boiling water over tea.
3. Add lemon slices, lemon zest, ginger, and honey.
4. Enjoy hot.