

Lavender Chicken

Serves 4

4 chicken breasts
1 drop of thyme oil
1 c. white cooking wine
4 tsp. lemon juice
2 Tbs. Dijon mustard
1 drop of Lavender Vitality Oil
1 c. blue agave
½ c. apple juice

Young Living Oils Used in this Recipe:

#5590 Lavender Vitality Oil

Mix all ingredients (except chicken) in a large bowl. Place chicken in the marinade, cover, and refrigerate for around 3 hours.

Bake chicken (in marinade) at 350 for 1 hour or until an internal temperature of 165. Remove chicken from pan.

Reduce juices on stove-top until sauce is the consistency of syrup. Pour juices over chicken and serve.