

Detox Water

Kick off the New Year with New Healthy Habits!

Ingredients:

- Lemon
- Lime
- Grapefruit
- Cucumber
- Fresh Mint
- Ice
- Water



Instructions:

- 1 Wash the lemon, lime, grapefruit, cucumber and mint. After washed, carefully slice the fruit so it will fit into whichever glass/jug/container you decide to use (leaving the skin on is fine).
- 2 In your container, combine water and ice to fill about 3/4 of the glass.
- 3 Add the sliced lemon, lime, grapefruit, cucumber and mint until the drink is full. For a mason jar use approximately 2 full slices of lemon, 1 slice of grapefruit, 2 slices of lime, 3 slices of cucumber and 6 mint leaves.
- 4 Stir and let sit for 5 minutes before drinking. Leave all ingredients in the drink while enjoying it.

Notes: Lemons and limes are natural energizers, plus help kick start your metabolism! Grapefruits are also natural energizers that add a touch of sweetness to your drink. The mint will help with digestion.
