

# LEMON DETOX

*Lemons help cleanse your liver and improve your immune system. Tastes great. Easy to make!*



## Ingredients

- 4 Organic Lemons
- 1 Large Mason Jar
- 1 Quart Filtered Water
- 1 Juicer
- 1 Tea Cup or Pretty Glass

## Directions

1. Add 1 quart filtered water to your mason jar
2. Juice your lemons
3. Add the juice to your mason jar
4. Shake it up!
5. Warm is best, serve as a hot beverage in a nice tea cup
6. Drink daily to cleanse your liver

## Adaptation:

*Too tart? After heating up your lemon water, add your favorite tea bag and steep!*