

EVERYTHING HERBAL
by Cheryl Jabz

Berry Basil Sparkling Metabolism Refresher



*Refreshing, lightly sweet,
and perfect for a
cool herbal pick-me-up.*

INGREDIENTS:

- 1/2 cup fresh strawberries (sliced)
- 5-6 basil leaves
- Juice of 1/2 lemon
- 1 tsp raw honey (optional)
- 1 cup cold sparkling water
- Ice

INSTRUCTIONS:

Muddle strawberries and basil gently in a glass.

Add lemon juice and honey.

Fill with ice and top with sparkling water.

Stir and sip.

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