



Metabolism Peppermint Detox Tea

Refreshing Herbal Support

INGREDIENTS:

- ✦ 1 tbsp fresh peppermint leaves (or 1 tsp dried)
- ✦ 1 green tea bag
- ✦ 1 slice lemon
- ✦ Hot water

INSTRUCTIONS:

- 1 Steep peppermint and green tea together for 5–7 minutes.
- 2 Add lemon.



Why it helps:



Supports digestion.



May gently boost metabolism (green tea + hydration).



Helps curb appetite between meals.



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