



Everything Herbal

by Cheryl Jabz

Cayenne Lemon Warming Elixir



BENEFITS:

Cayenne contains capsaicin, which creates a warming sensation.

Often used traditionally to encourage circulation.

INGREDIENTS:

- ✦ 1 cup warm water
- ✦ Juice of 1/2 lemon
- ✦ Pinch of cayenne pepper
- ✦ 1 teaspoon honey

INSTRUCTIONS:

Combine all ingredients.

Stir well.

Sip slowly while warm.



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