



Everything Herbal

by Cheryl Jabz

Parsley Lemon Detox

— Fresh • Bright • Simple —

Parsley Lemon Detox is a simple fresh herbal drink made with parsley, lemon, and water. It has a bright clean taste and can be enjoyed as a light refreshing drink.

INGREDIENTS

- 1 cup water
- 2 tbsp fresh parsley
- Juice of 1/2 lemon
- Optional: 1 tsp honey

INSTRUCTIONS

- 1 Blend or steep parsley in warm water.
- 2 Strain.
- 3 Add lemon juice and honey, if using.
- 4 Drink fresh.

Best enjoyed fresh. ♡



Download This Recipe

www.EverythingHerbalbyCherylJabz.com

Print • Save • Share