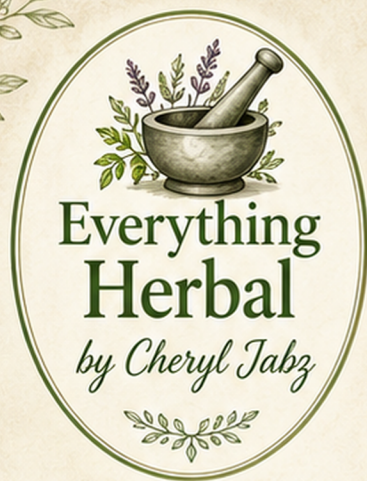




Flat Belly Peppermint Infused Water

Refreshing • Hydrating • Bloat-Friendly



Flat Belly Peppermint Infused Water is a light, refreshing drink made with water, fresh peppermint, cucumber, and lemon. It is a simple spa-style infusion that supports hydration and may help reduce bloating while offering a crisp, cooling flavor.

INGREDIENTS

-  1 liter water
-  Fresh peppermint leaves
-  Cucumber slices
-  Lemon slices



INSTRUCTIONS



Add the peppermint, cucumber, and lemon to 1 liter of water.

Chill for at least 2 hours before drinking.

Serve cold and enjoy throughout the day.



WHY IT HELPS



Reduces bloating



Encourages hydration (key for weight loss support)



Refreshes without sugar or calories



Tip: For best flavor, let it infuse overnight in the refrigerator.



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