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3 MOST POPULAR Herbal Drinks

Simple. Refreshing. Made with Real Ingredients for Natural Wellness.



Lemon, Honey & Ginger Tea

A classic immune-supporting tea that helps ease throat irritation and congestion.

INGREDIENTS:

- Juice of 1 lemon
- 2 tbsp raw honey
- 1 tbsp fresh sliced ginger
- 1 cup hot water

INSTRUCTIONS:

Steep ginger in boiling water for 10 min. Add lemon juice and honey. Stir well and drink warm.

Nourish Your Body, Naturally.



Cucumber Pineapple Hydration Drink

INGREDIENTS:

- 1 cup fresh pineapple chunks
- 1/2 cucumber (peeled if waxed), sliced
 - 1–2 cups cold water (or coconut water for extra electrolytes)
- Juice of 1/2 lime (optional but brightens flavor)
- 4–6 mint leaves (optional) & ice cubes

INSTRUCTIONS:

Add cucumber, pineapple, and water into a blender. Blend until smooth. Strain if you prefer a lighter juice (or leave it pulpy for fiber). Stir in lime juice and mint. Serve over ice and enjoy chilled.

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Ginger & ACV Weight Loss Drink

Supports digestion, may reduce post-meal blood sugar spikes.

INGREDIENTS:

- 1 tbsp apple cider vinegar
- Juice of 1/2 lemon
- 1/2–1 tsp fresh grated ginger
- 1 tsp raw honey – 1 cup warm water

INSTRUCTIONS:

Mix all ingredients thoroughly. Drink before meals.

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Simple. Natural. Real.



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