



# Peppermint Detox Water

*Refreshing Herbal Infused Water*

## INGREDIENTS

- 1 liter water
- Handful fresh peppermint leaves
- 1/2 cucumber, sliced
- 1/2 lemon, sliced

## INSTRUCTIONS



1. Add the water, peppermint, cucumber, and lemon to a pitcher or jar.



2. Let infuse in the refrigerator for 2–4 hours.



3. Serve chilled.

## BENEFITS



• Hydration



• Bloating relief



• Gentle detox support



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THIS RECIPE



*Cool, crisp, and refreshing—perfect for everyday hydration.*



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