



Everything Herbal

by Cheryl Jabz

BASIL LEMON DETOX DRINK

*A refreshing herbal drink to
cleanse, hydrate, and revive.*



INGREDIENTS

-  1 handful fresh basil
-  Juice of 1 lemon
-  2 cups water
-  Optional: honey



Cheryl's Tip

For a lighter flavor, let the basil
steep in cold water for 15–20
minutes instead of blending.

INSTRUCTIONS

-  Add fresh basil and water to a blender or pitcher and lightly muddle or blend to release the flavor.
-  Stir in the fresh lemon juice.
-  Add honey if desired and mix well.
-  Chill or pour over ice, then strain if preferred.
-  Garnish with basil leaves and a lemon slice before serving.



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