



Everything Herbal by Cheryl Jabz ♡

Herbs for Health ♡ Home ♡ Body ♡ Garden ♡ Kitchen

Simple. Natural. Made with Love. ♡



Lemon Balm Summer Refresher

Cool, citrusy, and gently herbal—this easy lemon balm refresher is the perfect drink to help you relax and stay hydrated on warm summer days.

Benefits of Lemon Balm

- ♡ Calming & relaxing
- ♡ Supports digestion
- ♡ Naturally refreshing
- ♡ Helps ease occasional stress

INGREDIENTS

- ♡ Handful fresh lemon balm (leaves and tender stems)
- ♡ 1 sliced lemon
- ♡ 4 cups water
- ♡ Optional: honey or maple syrup to taste



INSTRUCTIONS

- 1 Lightly crush lemon balm leaves and lemon slices to release their natural flavor.
- 2 Add to a pitcher with 4 cups of water.
- 3 Chill in the refrigerator for 1–2 hours.
- 4 Strain if desired and pour over ice.
- 5 Sweeten with honey or maple syrup if desired. Stir well and enjoy!



— A refreshing, calming herbal drink. —



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