



Peppermint Berry Detox Water

*A refreshing, naturally infused water
to help cleanse, hydrate, and energize!*

INGREDIENTS:

- 4 cups cold water
- Handful fresh mint leaves
- 1/2 cup strawberries, sliced
- 1/2 cucumber, sliced
- Ice cubes

INSTRUCTIONS:

- 1 Combine all ingredients in a pitcher.
- 2 Refrigerate for at least 1 hour.
- 3 Serve chilled.



A refreshing infused water that helps encourage hydration and supports your natural detox journey.

Herbal Tip:



Peppermint is known to help soothe the digestive system and may support natural detoxification.



Look for more herbal recipes and remedies on my website!

