

Everything Herbal
— by Cheryl Jabz —

Fat-Burning Lemonade



Light metabolism
boost & hydration.
Cayenne may slightly
increase calorie burn.

INGREDIENTS:

- Juice of 1 lemon
- 1 cup water
- $\frac{1}{2}$ –1 tsp green tea
(or brewed & cooled)
- $\frac{1}{4}$ – $\frac{1}{2}$ tsp
cayenne pepper
- 1 tbsp. honey

INSTRUCTIONS:

- 1 Mix all ingredients thoroughly.
- 2 Drink before meals.



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