



Wellness Elixir

INGREDIENTS

- 5 cups water
- 3 lemons cut in slices
- 1 tsp FRESH grated ginger
- ¼ tsp cayenne pepper
- 1 garlic clove minced

INSTRUCTIONS

1. Put all ingredients in a pot and bring to a boil
2. Let simmer for 45 minutes
3. Drink warm
4. Can be stored in a jar in the refrigerator for up to 2 days