



## RECIPE: LEMON-AID by JJ Virgin on July 15, 2017

Find out some surprising ways the ingredients in my Lemon-Aid work to ditch cravings, boost your metabolism, and much more!

### Lemon

Besides being rich in Vitamin C, potassium, magnesium, and anti-aging antioxidants, the sour taste of lemon can actually quiet your appetite, while aiding in digestion and detoxification.

Also, when lemon juice is taken about 30 minutes before eating, it can lower your blood sugar response to your meal. As if all that wasn't reason enough to love this citrus fruit, research shows that a daily dose of lemons can have positive effects on your blood pressure.

### L-Glutamine

This is what I call the ultimate multitasker! L-glutamine is an amino acid, the building blocks of protein. L-glutamine is the most abundant source of amino acids in your bloodstream and can help you crush cravings, especially for sugar and alcohol. It also helps you build muscle and burn fat, while also supporting digestion, healing stomach ulcers, and soothing a leaky gut.

If that's not enough to motivate you to add a scoop to your Lemon-Aid, research also shows L-glutamine can boost your immune system, balance blood sugar, and decrease your risk of cardiovascular disease!

### Chia seeds

This high-fiber superfood can help cut those pesky cravings and keep you satisfied for hours. The high omega-3 fat content can also reduce inflammation, while studies show the antioxidants in chia seeds can protect your heart and kidneys, while also providing anti-aging and even anti-cancer benefits.

### Lemon-Aid

This easy homemade lemonade recipe has no added sugar, plus plenty of extra superfood ingredients to help crush cravings and protect your health. Yields: 32 Ounces

### Ingredients

- Zest and juice of 1 whole organic lemon, plus
- 1/2 thinly sliced organic lemon
- 32 oz. filtered water
- 1 tsp [L-Glutamine Powder\\*](#)
- Pure organic stevia or monk fruit extract (sweeten to taste)
- 2 tbsp chia seeds or 2 tsp JJ Virgin [Extra Fiber\\*](#)

### Directions

1. In a pitcher, stir together the lemon zest, lemon juice, and water.
2. Add the [L-Glutamine Powder\\*](#), approved sweetener (xylitol, monk fruit, erythritol, pure stevia), and [Extra Fiber\\*](#) or chia seeds.
3. Combine well, then gently stir in the lemon slices. Serve over ice.