

Need something refreshing & quenches your thirst?

Cucumber Lemon Mint Refresher

Ingredients:

1/2 cucumber, sliced

1/2 lemon, sliced

1/4 cup fresh mint leaves

8 cups water



Instructions:

Mix all ingredients in a large pitcher and let it chill in the fridge for at least an hour.

Benefits of drinking this cucumber lemon mint refresher:

Vitamin C: Lemons are high in Vitamin C, which can help support a healthy immune system.

Hydration: Drinking water with lemon can make it more flavorful and encourage you to drink more water, which is important for staying hydrated.

Digestion: Some people find that drinking lemon in water can help with digestion and relieve bloating and constipation.

Antioxidants: Lemons contain antioxidants, which can help protect the body from damage caused by harmful molecules called free radicals.

Enjoy your refreshing and nutritious cucumber lemon mint drink!

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