



Warm Lemon Water

Serving Size: 1 cup

- 1 cup of warm water
- 1/2 freshly squeezed lemon juice (no seeds) use your hand to catch them or a squeezer from the lemon

Optional

- Matte Tea
- 1/4 teaspoon of turmeric
- A dash of black pepper (if using Turmeric)
- Cayenne Pepper
- 1/8 teaspoon of cinnamon
- A dab of honey or agave

Total Time

Approximately 3 minutes depending on how long it takes your water to warm.

Directions

Warm up 1 cup of water to desire warmth. While water is warming, squeeze lemon juice from lemon into mug, and add optional ingredient like turmeric, black pepper, cinnamon and honey.... enjoy