



RECIPE

# DETOX WATER

# Detox Water

**THIS DETOX WATER CLEANS OUT YOUR KIDNEYS**, helps with bloating, is great for the skin, and aids in detoxifying any bad germs in your system. There are no calories in the water, so drink as much as you want and enjoy!

**PREPARATION TIME: 5 MINUTES**

**TOTAL TIME: 5 MINUTES**

**SERVINGS: 8 CUPS**

## INGREDIENTS:

- 1/2 gallon purified water
- 1/2 lemon, sliced
- 1/2 lime, sliced
- 1/2 grapefruit, sliced
- 1 cup cucumber, sliced
- 1 teaspoon ginger, sliced (add more if you like)
- Small handful of peppermint leaves

## QUICK TIP:

Citrus fruit (the lemon, lime, and grapefruit in this recipe) helps detoxify the kidneys. The lemon has antioxidant compounds called limonoids that activate detoxifying enzymes. Cucumber helps de-puff your body and is excellent for your skin. Peppermint is a natural appetite suppressant and antimicrobial that eliminates germs in food and makes you feel fuller. Ginger is a digestive tonic that aids circulation.



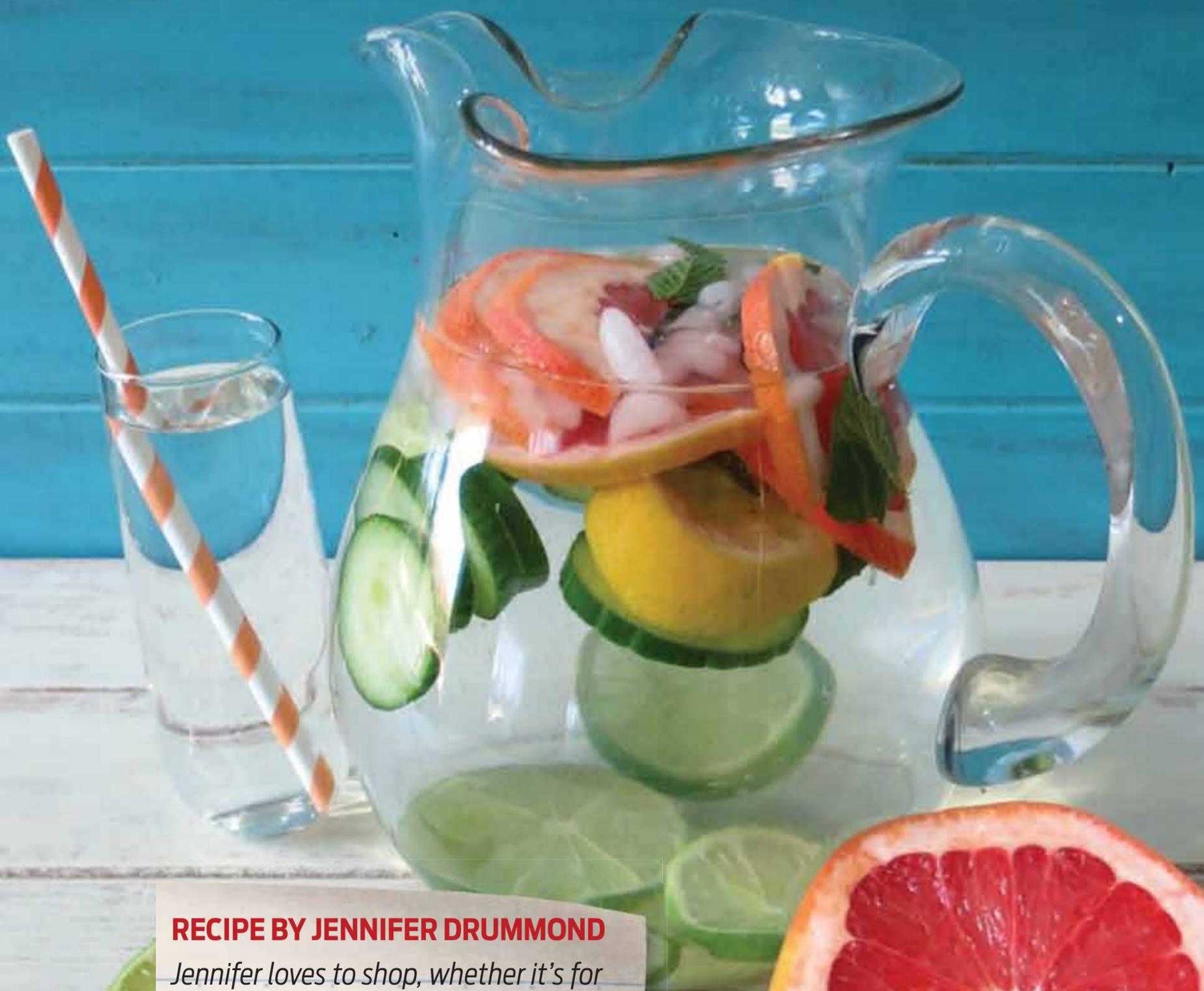
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## DIRECTIONS:

1. Add the ingredients to large pitcher and mix. Add some ice cubes if you like.
2. Place in the refrigerator for at least 2 hours before drinking.

## NOTES:

- Please do not drink the mix after 24 hours, as the fruit tends to get soggy and becomes strong-tasting from the citrus. Make a new batch instead.



### RECIPE BY JENNIFER DRUMMOND

Jennifer loves to shop, whether it's for food, clothing, or shoes. She shares her finds with us on her blog, [Peanut Butter and Peppers](#), as well as on [Twitter](#) and [Facebook](#).