



## Lemon Zinger

Serves: 1 Large Cup

### Ingredients:

- 1 Cup Water
- 5 to 15 Drops Liquid Stevia (depending on taste)
- 1 Whole Lemon with peel (no pips)

### Method:

In your LadyShip Organic Essence Extractor\*, place the number 1 filter into the jug. Whizz up lemon and water until nice and frothy. Dispense out the tap and add stevia to taste.

\*If you do not have a LadyShip Organic Essence Extractor, use any blender and then pour liquid through a nut milk bag or sieve. Enjoy!

## Wheatgrass Lemon Zinger

Serves: 1 Large Cup

### Ingredients:

- 1 Cup Water
- 5 to 15 Drops Liquid Stevia (depending on taste)
- Big handful of fresh Wheat Grass
- 1 Whole Lemon with peel (no pips)

### Method:

In the LadyShip Organic Essence Extractor\* place the number 1 filter in the slot provided then blend all the ingredients together, (except the stevia), until light and frothy, then turn the tap on the machine whilst it is still running and pour into the cup. Add stevia as per taste requirements. Serve immediately.

\*If you do not have a LadyShip Organic Essence Extractor, use any blender and then pour liquid through a nut milk bag or sieve. Enjoy!