



60 Days to Reclaim YOUR Health

SUGAR FREE LEMONADE

Ingredients

Juice from 1/2 lemon

8 oz. water

Few drops stevia (or 1 individual packet)

To make strawberry lemonade, add 5 frozen strawberries and blend.

SUN TEA

Ingredients

1 glass jug, jar or pitcher of water (approx. 48 oz, with lid or cover)

5 or 6 herbal tea bags

Directions

1. Submerge tea bags and cover jar.
2. Sit glass container in the sun for 4 to 5 hours.
3. Add sweetener of choice.
4. Chill and serve.

Who needs sugar? Use stevia, agave nectar, honey, or maple syrup to create these health-conscious thirst quenchers!