

Lemon Water

1 SERVING 5 MINUTES



INGREDIENTS

2 cups Water (hot or cold)

1/4 Lemon (juiced)

1 tbsp Raw Honey

NUTRITION

AMOUNT PER SERVING

| | | | |
|-----------|-----|-----------|------|
| Calories | 63 | Iron | 0mg |
| Fat | 0g | Vitamin D | 0IU |
| Carbs | 18g | Folate | 2µg |
| Fiber | 0g | Magnesium | 10mg |
| Protein | 0g | Zinc | 0mg |
| Vitamin C | 5mg | | |

DIRECTIONS

01 Combine water, honey and lemon juice in a glass. Enjoy!

NOTES

RECIPE ID 127

LIKES IT FIZZY

Make it with sparkling water.

MORE FLAVOUR

Garnish with extra lemon slices.