

Flat Belly Water

To Re-Fresh, De-Tox and De-Bloat

Ingredients

1 gallon filtered or spring water
Juice of 3 Lemons
3 inch chunk of fresh grated ginger
1 medium cucumber, sliced
15-20 small mint leaves
1 cup of cranberry juice
during the course of the day.

Directions:

Mix Ingredients together. Let steep overnight.
Drink next day.

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