

## Wolfberry Lemonade

Use organic ingredients whenever possible for better taste and greater health.



### *Ingredients:*

- 750 ml alkaline water
- 500 ml of ice
- 1 whole lemon
- 3 tbsp of Young Living NingXa wolfberries
- 1 tsp of ginger
- ½ tsp of sea salt
- 3 tbsp of raw agave syrup
- 2 drops of Young Living orange oil
- 2 drops of Young Living peppermint oil

### *Instructions:*

Put all ingredients into a blender and blend. Filter before serving on ice with a sprig of mint as garnish.

Makes 4-5 servings.

## **NUTRITIONAL INFORMATION AND MEDICINAL PROPERTIES**

**Alkaline Water:** Cancer prevention by creating an alkaline terrain.

**Whole lemon:** Alkalinize the body and the rind contains dlimonene, a powerful antioxidant.

**NingXa Wolfberry:** High in antioxidant, amino acids, and Vitamin C.

**Ginger:** Lowers blood cholesterol by stimulating bile flow.

**Raw Agave Syrup:** Low glycemic sweetener.

**Orange Oil:** Lifts the spirit, calms the body, and contains dlimonene, a powerful antioxidant.

**Peppermint Oil:** Restores digestive efficiency, improves concentration and mental sharpness.