

# MASTER CLEANSE

## HOMEMADE DETOX LEMONADE CLEANSE RECIPE

### INGREDIENTS

- 1 Cup Lemon Juice
- 2 Tablespoons Honey
- 1/4 Teaspoon Cayenne Pepper
- 1/4 Teaspoon Ground Ginger
- 4 Cups Hot Water

\*To Make Just One Mug You Can Do 1/4 Cup Lemon Juice, 1/2 Tablespoon Honey, Pinch Cayenne And Ground Ginger, And 1 Cup Hot Water.

### INSTRUCTIONS

1. In A Mug, Combine The Lemon Juice, Honey, And Spices.
2. Stir Well To Combine As Much As Possible.
3. Pour Hot Water Into 4 Separate Glasses, About 1 Cup Each.
3. Top Each With 1/4 Of The Lemon Mixture, Making Four Drinks Total.
4. Enjoy!

SERVES  
4



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