

# SPICY LEMON H2O

Start your day right...detox with spicy lemon water!

SERVINGS	SERVING SIZE	TIME TO MAKE
1	16 FLUID OUNCES	5 MINUTES

## INGREDIENTS

- 1 Lemon, juiced
- Sprinkle Cayenne Pepper
- 1-2 teaspoons Maple Syrup (optional)
- 16 fluid ounces Water, filtered

## DIRECTIONS

1. In a large mason jar, or container to hold 16 fluid ounces (try to avoid plastic), add water first, then the rest of your ingredients.
2. Either stir with a spoon or place lid on jar and shake until sugar is dissolve and pepper is evenly distributed.
3. Uncover, drink throughout the day if not within the first hour of waking.
4. Enjoy!

Nutritional Information per serving: 51 Calories, 0 grams Fat, 0 gram Saturated Fat, 0 mg Cholesterol, 12 mg Sodium, 14 grams Total Carbohydrates, 1 gram Fiber, 8 grams Sugar, 1 grams Protein, 13% Vitamin A, 53% Vitamin C, 5% Calcium, 1% Iron