

From Kathryn's Kitchen
www.SouthernBeautyCoach.com

Arbonne Long Life Iced Tea

Prep Time: 10 minutes
Servings: Two (16 oz each)

Ingredients:

- 32 ounces water
- 1 Lemon
- 1 Tbsp Elderberry Syrup
- 1 (or 2) Arbonne Herbal Detox Tea bags
- 1 packet Arbonne Healthy Skin Within Skin Elixir
- 1 packet Arbonne Essentials Mind Health
- 1 packet Arbonne Energy Fizz Stick, Citrus
- 1 packet Arbonne Antioxidant & Immunity Booster
- 1 packet Phytosport Complete Hydration

Directions:

Boil 8 ounces of water and steep Herbal Detox Tea bag(s) for five minutes. In your 32 ounce bottle, add 24 ounces of cold, filtered water, tbsp. of Elderberry Syrup, and packets of Healthy Skin Within Skin Elixir, Essentials Mind Health, Energy Fizz Stick, Antioxidant & Immunity Booster and Phytosport Complete Hydration. Close and Shake. Pour in the 8 ounces of Herbal Detox Tea. Cut lemon in half; squeeze juice from one half into tea and stir. Cut other half into wedges.

To Serve: pour over ice, dividing into two 16-ounce Hurricanes, garnish with lemon wedge.



Esthetician, Makeup Artist, Nutrition Specialist, Personal Trainer

Enjoy,
Kathryn

