

From Kathryn's Kitchen
www.SouthernBeautyCoach.com

Morning Tea

Prep Time: 15 minutes
Servings: One 2-cup serving



Ingredients:

- 16 ounces purified water
- 1 small knob fresh ginger
- 1 tbsp fresh squeezed lemon juice
- 1 Arbonne Herbal Detox Tea bag
- 1 Arbonne Energy Fizz Stick
- 1 tsp Bragg Organic Raw Unfiltered Apple Cider Vinegar with the Mother
- 1 tbsp raw organic local honey (optional)

Directions:

Bring water to boil, remove from heat, add sliced ginger, steep five minutes, add tea bag and steep another five minutes. Add Arbonne Energy Fizz Stick to empty, extra large mug, strain water pouring slowly into the mug allowing fizz to settle as you pour, add other ingredients and enjoy.

Note: If using in the evening then simply leave out the Energy Fizz Stick.



*Enjoy,
Kathryn*

