

Lemon Water Morning Tonic

Serves 1

Ingredients

8oz warm filtered water

Juice of 1/2 a fresh lemon

Optional – 2 shakes cayenne pepper and/or 2 tsp Bragg's Cider Vinegar and/or 1 tbs. MCT oil or extra virgin coconut oil melted

Instructions

1. Combine ingredients and drink* first thing in the morning

*drinking with a straw will help protect tooth enamel

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