



Lemon Zing Immune Support

Ingredients:

- 3-4 organic lemons
- 8-10 organic garlic cloves
- 16 ounces filtered waters
- Optional: Lemon essential oil

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Directions:

- Wash the organic lemons and cut them in half (with the skin)
- Peel and dice the garlic cloves.
- Let the diced garlic rest for fifteen minutes.
- Pour 16 ounces of filtered water into your blender.
- Add the lemon halves and diced garlic.
- Blend until smooth-ish.
- Strain the mixture through cheesecloth, straining out as much liquid as possible.
- Add 5-10 drops of lemon essential oil if desired.
- Store in a mason jar in your fridge for 5-7 days.
- This is a strong drink made from two simple ingredients for wellness support. Enjoy 1-2 ounces at a time (more at once is *not* suggested).



Search pubmed.gov for the health benefits of lemons and garlic