

# Clean Drinks

## Detox Lemonade

6.5 Cups Water\*

1.5 Cups Organic Lemon Juice\*

5-7 droppers full liquid stevia. \*

\*to your taste

Mixed with a fizzy stick = Fizzy Lemonade

Blend with frozen berries for a slushie.

## Nile of the Valley Hibiscus Mint Tea

Enjoy hot or cold.

<http://nilevalleyherbs.com/content/hibiscus-mint-tea-family-size>

## Tazo Green Teas

Tazo has some organic green teas and iced green teas.

<http://www.tazo.com/>

## Flavored Waters

- Apple Cinnamon Water: Blogger [Sarah's Cool Stuff](#) combines cinnamon sticks, ground cinnamon, and apples to flavor her water. "Skinny spice" cinnamon helps lower blood sugar concentration and improves insulin sensitivity, while apples have been shown in studies to help a wide spectrum of ailments from staving off Alzheimer's to protecting against colon cancer.
- Strawberries and Basil This pretty medley of strawberries and basil provides iron from the herb and vitamin C from the berries, which has been linked to fighting cancer, keeping wrinkles at bay, and more.
- Lime Slices and Basil Blogger [Olive Heart](#) goes green, adding tart lime and fragrant basil to water, giving it a boost of vitamin C and iron.
- Blackberries and Sage [The Yummy Life](#) blogger puts a spin on water with blackberry and sage. Blackberries are brimming with fiber and heart-healthy polyunsaturated fats, while sage contains vitamin A and a variety of minerals like calcium and iron.
- Cucumber Slices and Lemongrass Transform a plain pitcher with this recipe for cucumber and lemongrass water from [EatBoutique](#). Lemongrass is a key ingredient in Thai cuisine; if you can't find it at the market in the produce department, see if you can find frozen stalks in the freezer aisle.