



## **Sassy Water!**

*- from Denise's Kitchen*

This is called "Sassy Water", which is said to help flatten your belly. The cucumber & lemon are natural diuretics, and the ginger & mint relieve bloating. All I can say is that it tastes great, so I thought I would share the recipe with you...

### **Ingredients:**

1 pitcher of purified water  
1 tsp of grated ginger  
1 medium organic cucumber, thinly sliced  
1 medium organic lemon, thinly sliced  
12 organic mint leaves

### **Directions:**

Add all of the ingredients to the pitcher of water and refrigerate overnight. Hold a small strainer over your glass when pouring yourself a serving of this water. Try to drink the entire pitcher of "Sassy Water" throughout the day. Enjoy the refreshing taste!