

Healthier Lifestyles - with Coach Linda

www.coachlindajohnson.com

CHERRY LEMONADE

(THM FP)

A cool refreshing easy-to-make drink that will hydrate you in a tasty way while giving your body a healthy boost!

Ingredients, Stir together & Enjoy:

- THM Lemon Hydrate or True Lemonade packet
- THM Cherry Hydrate or 1 T THM Cherry Berry Mix
- 1 T Baobab powder
- 2 donks (1/16 tsp) Stevia powder
- 1/4 tsp Turmeric powder (optional)
- 3 drops Lemon Essential Oil (optional)
- 24 oz. water
- Ice to equal 1 quart total for drink