

Ginger, Cucumber, Lemon Infused Water

You want to lose weight, and they keep telling you to DRINK MORE WATER. But...water is boring. It is plain. Am I wrong?? So, how are YOU going to drink all your water in this weight loss journey without suffering through the plain taste? Try fruit infused water. Not only does it taste delicious, but you get all the vitamins and minerals that seep out of the fruit. The recipe below is a great combination that supports blood sugar control and weight loss.

Ingredients:

¼ cup	Fresh ginger root, sliced or cubed
1 small	Cucumbers, sliced
1 whole	Lemon, sliced
1 Gallon	Water

Directions:

1. Combine water, fresh ginger, cucumbers, and lemon slices in to a large pitcher or gallon.
2. Cover the water and place in the fridge for 8 hours. *It is super easy to just make this before bed and let it sit overnight* You can let it sit for a longer or shorter time. The longer it sits, the stronger the flavor gets.
3. Remove from the fridge and enjoy!

**This recipe makes a large gallon. If you want just enough for your water bottle, just add a few small pieces of ginger root, 2 slices cucumber, and 1-2 lemon slices.

Nutrition Facts:

Servings: 16

Serving size: 1 cup (8 oz)