

RECIPE OF THE WEEK

Basil Lemonade

Ingredients

- 1 Ideal Protein Lemon Water Enhancer packet
- 3/4 Cup Basil, packed fresh leaves

- 2 Cups Sparkling or regular water
- Fresh lemon slices



Preparation

1. Pour Lemon Water Enhancer packet into water and stir well
2. Cut the basil leaves in half to release flavor
3. Put basil leaves onto the solution so it diffuses
4. Leave it in the refrigerator to chill for sometime
5. Serve with a fresh lemon slice garnish
6. Note: The longer the solution sits and chills, the more flavorful it becomes

