

Your *Healthy* Kitchen



 YAVAPAI REGIONAL
MEDICAL CENTER
Proudly Caring for Western Yavapai County

Spa Water with Mint, Ginger, Lemon and Cucumbers

3-4 sprigs fresh mint

½ to 1 cucumber, peeled and sliced

1 small lemon, sliced

2-3 slices peeled fresh ginger root

Directions

Fill a large pitcher with water. Add all ingredients and chill in the refrigerator.

Will stay fresh for 1-2 days.

***For more healthy recipes,
please visit Your Healthy Kitchen
via www.yrmchealthconnect.org***