



Traci D Mitchell

## Parsley Lemon Detox

This simple detox recipe gives the perfect kick-start to any morning. Parsley is more than just a pretty decoration on a plate! Parsley is full of volatile oils that have cancer-fighting properties. Lemons are an incredible source of vitamin C, another nutrient that does a great job protecting the body from harmful bacteria. Combined, both do a great job pushing excess fluid out of the body.

1 bunch parsley  
2 oz lemon juice (unsweetened)  
8 – 10 ounces water  
1 packet stevia

Using a juicer, combine parsley, lemon juice and stevia to a juice. Add stevia to flavor. Enjoy.

If you don't have a juicer, add parsley to 10 ounces of water in a small saucepan. Bring to a boil, then reduce to a simmer for five minutes. Strain parsley and pour remaining liquid in a glass. Allow to cool, or add ice cubes to chill. After liquid is cooled, add lemon and stevia. Enjoy.

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