

The background of the entire page is a solid light pink color. It is decorated with several slices of citrus fruit, including a large orange slice at the top left, a pink grapefruit slice at the top center, a lemon wedge at the top right, a lemon slice in the middle right, and a whole lemon at the bottom right. There are also two green leaves: one in the upper left and one in the lower left.

Lemon rehydration drink.

STAY HYDRATED AS SUMMERS
HEATS UP

What you will need:

- 500ml water
- 2 tbsp lemon juice or citrus of your choice
- 1/4 tsp sea salt
- 2 tsp honey
- ice cubes (optional)

How to:

1. Combine ingredients (except ice cubes) and mix well until salt has dissolved.
2. Add ice, if desired & garnish with slices of citrus and a sprig of mint or basil.
3. feet up & enjoy

You can keep this drink in a jar in the fridge for up to 4-5 days