

## hCG Lemonade

cal: **17.3**    fat: **0.2 g**    protein: **1 g**    carbs: **8.9 g**    fiber: **3.8 g**

Refreshing anytime

*5 Minutes to prepare*

*Serves 4 x 8 oz glasses*

*Number of Servings: 3*

*1 serving counts as juice from one lemon*

### Ingredients

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- The juice of 3 lemons or limes
- 1 package of stevia or drops of flavoured stevia
- 1 clove of garlic
- 4 x 8 oz. glasses of water (tap or bottled or mineral)

### Directions

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Squeeze juice from lemons (or limes).

Add all ingredients to blender.

Blend for one minute.

Product will keep for several days in the refrigerator.

### Nutritional Info

Servings Per Recipe: 3

#### Amount Per Serving

- Calories: 17.3
- Total Fat: 0.2 g
- Cholesterol: 0.0 mg
- Sodium: 4.9 mg
- Total Carbs: 8.9 g
- Dietary Fiber: 3.8 g
- Protein: 1.0 g



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