



Hi! It's Brenda :)

Here is the Lemon Olive Oil Morning Drink recipe you requested:

Ingredients

- 1 whole organic lemon
- 4 cups filtered water
- 2 TBSP extra virgin olive oil (organic, unfiltered, cold-pressed)
- Handful of ice cubes (optional)
- Other add in options: 1 tsp of vanilla, 1-inch piece of raw ginger root, a couple drops of stevia or raw honey to taste if you need a little more sweetness)

>> Video Instructions:

Clean the lemon very well. Cut it into fourths and throw it in the blender (vita-mix works great). Add 4 cups of cold filtered water. Add olive oil, ice and any add-ins. Blend on high for a minute or so. Pour mixture through a fine mesh strainer to remove the lemon seeds and pulp and discard. Your beverage is now ready to consume! I usually drink a 6-8 oz. glass and save the rest for the next couple days.

Chad and I hope you enjoy this delicious and super-healthy morning drink!

Remember... if you want to learn the BEST way lose stubborn fat and reclaim your health...[we recommend joining our 30- Day Challenge here.](#)

Best!

Brenda Walding, DPT, FDN-P