

Kiwi Lemonade – the Beauty Elixir Cleansing Drink

This delicious and nutritious drink is a great energizer. It not only hydrates but gives an instant pick me up energy boost and is a loaded source of vitamin C which is great for the skin. Remember to drink a lot of water as well; water is a purifier and has a natural cleansing effect on the body.

Kiwi Lemonade

Ingredients:

- 1 lemon, freshly squeezed (use lemon in addition to the juice)
- 1 Kiwi peeled and sliced (keeping skin adds more vitamin C – use organic only)
- 1-2 tablespoons agave nectar (as desired)
- 2 cups water

Directions:

Place all ingredients in blender. Blend on high for 60 seconds, pour over ice, and add garnish. Additional ice may be added to blender for a slushier version.



Source:

www.dianastobo.com NakedChallenge