Cucumber / Limon

• In a jar: Add 2 L water + 1 cucumber and lemon (sliced) ¼ tz finely chopped basil 1/3 + tz of finely chopped mint leaf. Let stand in refrigerator overnight.

Strawberry / Lemon or Rasberry / lemon

• In a jar: Add 2 L water + 6 strawberries or rasberries and lemon (sliced) 1/2 cup of finely chopped mint leaf. Let stand in refrigerator overnight.

Digestive - Fennel / citric

1 - 3 g of chop fennel and boil 5 - 10 min. Let cool.

• In a jar: Add 2 L water + juice of 2 lemons (slicing the remains and throw them), + an orange, 1/2 cup of finely chopped mint leaf + previously prepared fennel infusion. Let stand in refrigerator overnight.

AntiOX - Blackberry / Sage leaves

• In a jar: Add 2 L of water + 1 cup blackberries 4 + 3 sage leaves. Let stand in refrigerator overnight.

Watwrmelon / Romero

• In a jar: Add 2 L water + 1 cup watermelon cubes + 2 stalks of rosemary. Let stand in refrigerator overnight.

Pineapple / Mint

• In a jar: Add 2 L water + 1 cup pineapple cubes + ½ cup of chopped mint leaves. Let stand in refrigerator overnight.

Apple / Cinnamon

• In a jar: Add 2 L water + 1 cup diced apple cinnamon strips + 2 + 2 tablespoons ground cinnamon. Let stand in refrigerator overnight.

Ginger / Green Tea

Heat 1 tablespoon ginger 2 green tea cup button for 5 to 10 min. Allow to cool.

• In a jar: Add 2 L water + 2 tzs tea with ginger (previously done) + 3 pieces of ginger cubes. Let stand in refrigerator overnight.