

# 食譜

## Recipes



## Lemon Water

### Ingredients:

Lemon 1-2 slices

Warm water 1 cup

(Remark: 1 cup ≈ 240 ml)

(Serves about 1 person)



### Method:

1. Prepare a cup of warm water.
2. Put the lemon slices in the cup and serve.



### Nutrition Tips

1. Lemon gives a refreshing taste to the drink. However, it is not advisable to add too much lemons as too sour makes the drink unpalatable.
2. Besides lemon, rotate with different vegetables and fruits such as peach, lime and cucumber.