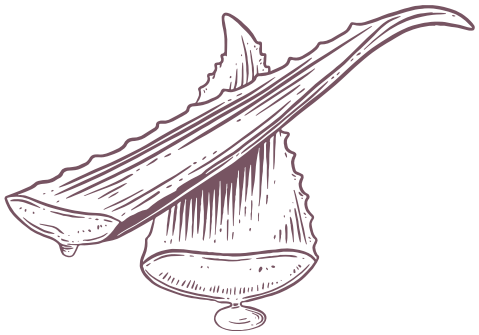
Aloe Vera Juice

In addition to soothing and healing the digestive tract, aloe vera juice has been used for hydration, skin health, mouth sores, inflammation, stomach and digestion issues to name a few.

INSTRUCTIONS

- *Cut one aloe leaf off the plant and set upside down in a jar of water for 15 minutes to drain the latex.*
- *Cut all the green leaf off so only the clear gel is left.*
- *Place in a blender with 1-2 cups of water and blend to desired consistency.*
- *Optional add ins to flavor. Keeps in the fridge for couple days. Can be frozen in ice cube trays.*



NOTE

You can add other juices, herbal tea, flavored stevia drops, or a drop of two of culinary essential oil such as lemon, tangerine or lime to enhance the flavor.

Aloe vera juice can be purchased from your local market.

