

Nabeez-Inspired Detox Water

Enjoy a refreshing and detoxifying drink inspired by the traditional Islamic beverage Nabeez.


5 min

Total time

Easy

Difficulty

10

kcal / serving

Ingredients

- 1/2 lemon, sliced
- 1/2 cucumber, sliced
- A handful of mint leaves
- 1 tsp grated ginger
- 2 cups water

Steps

- 1 Place lemon slices, cucumber slices, mint leaves, and grated ginger in a pitcher.
- 2 Pour water over the ingredients.
- 3 Stir well and let it sit in the refrigerator for at least an hour before serving.