



TOLEDO MOMS<sup>SM</sup>

# DIY

## Medicine Ball Recipe

- 1 CUP WATER
- 1 CUP LEMONADE
- SIMMER WATER & LEMONADE
- ADD 1 TEAVANA CITUS MINT  
TEA BAG GREEN TEA
- ADD 1 TEAVANA PEACH  
TRANQUILITY HERBAL TEA BAG
- 1 TABLESPOON OF HONEY

