

# Simple Lemon Balm-ade

*Vegetarian, gluten free, dairy free*

## Ingredients

- ½ C local honey
- 2 C warm water
- 2/3 C fresh lemon juice
- Zest of 1 lemon
- 1 C Lemon Balm - fresh, washed, dried
- 1 C cold water
- 2-3 C club soda

## Directions

1. Mix warm water and honey together well
2. Finely chop lemon balm, then add to water and honey mixture
3. Add lemon juice and lemon zest, refrigerate for 1 hour
4. Strain liquid, and add cold water and club soda
5. Serve with a spring of fresh lemon balm and a lemon wedge



### Lemon Balm

Lemon Balm (*Melissa officinalis*) is a member of the mint family. The leaves of the lemon balm plant have a wonderful sweet citrus flavor. They contain a wide range of antioxidants with many health benefits. Lemon balm is known for its some relaxing qualities, so if you live a stressful life, adding lemon balm will help support your adrenals. It also helps to detoxify the liver and improve heart health. It supports the immune system, helps with sleep and can regulate diabetes. Add lemon balm to your skin care routine, as studies has shown it can help with acne and reduce wrinkles.

For more information about the amazing benefits of lemon balm, check out these references:

<https://www.organicfacts.net/lemon-balm.html>

<https://draxe.com/lemon-balm/>



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