



# Citrus Mint Energy Cooler

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2 Persons



5 minutes

## INGREDIENTS

- 2 cups of water
- 1 orange, sliced
- 1 lemon, sliced
- A few fresh mint leaves
- 1-2 tablespoons of honey (optional)
- Ice cubes (optional)

## DIRECTIONS

1. Wash the citrus fruits, orange and lemon thoroughly.
2. Slice them into thin slices using a sharp knife.
3. Pour 2 cups of water to a pitcher.
4. Add the slices to the pitcher of water.
5. Chop the mint leaves slightly and add them to the pitcher.
6. Add 1 to 2 tablespoons of honey to sweeten the drink, if needed and stir well.
7. Refrigerate the drink for at least 30 minutes to release the flavor of fruits.
8. Pour into glasses and enjoy with chilled ice cubes.