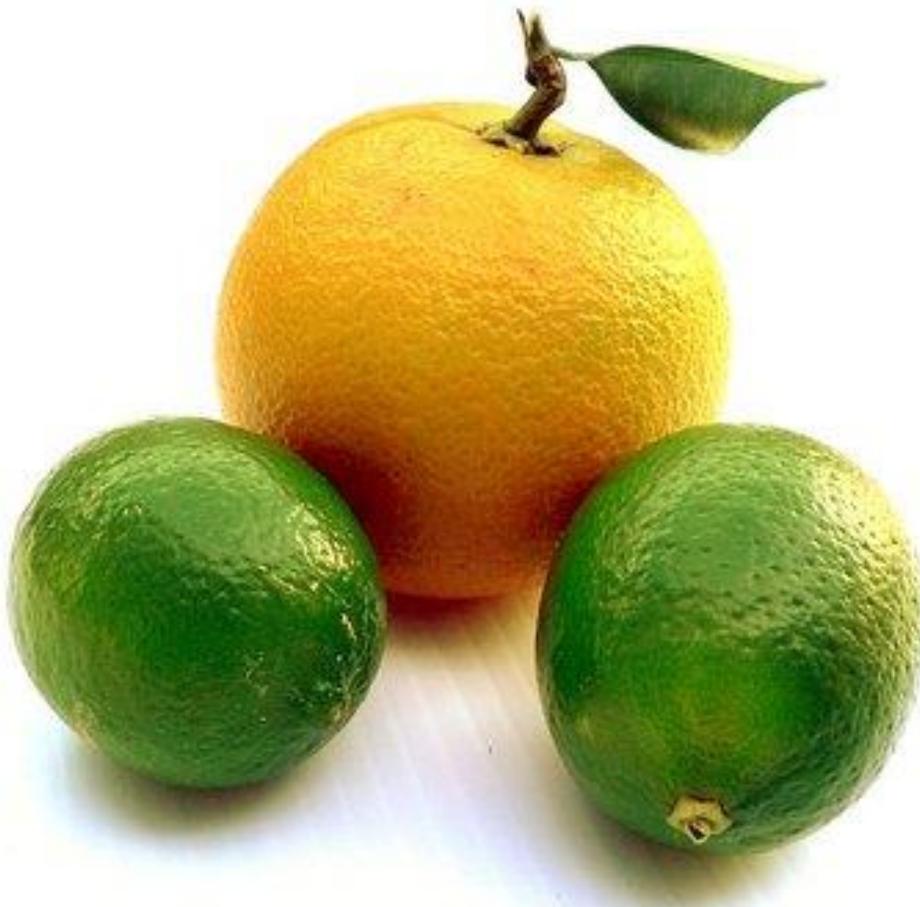


# Top Five Lemon Recipes for Healthy Living and Weightloss

By Elisha Graham



Lemon, a small fruit belongs to citrus groups of fruits, and originated in Himalayas of North-East India. It is a fruit that contains lowest amount of calories among all the fruits in citrus groups, which is one of the most prominent reasons of being a great weight loss fruit.

There are many benefits of having it every day like:

1. It is a very low glycemic fruit. (# a high glycemic fruit increases your blood glucose level)
2. It doesn't have saturated fats. (# saturated fat increases cholesterol levels and needs to be avoided)
3. It is high in dietary fiber. (# dietary fiber is good to control cholesterol and aids in digestion)
4. 100 gram serving of lemon has only 29 calories that is good if you're struggling with excess weight.
5. Lemons are rich in citrus acid. (#citrus acid is good to dissolve kidney stones and helps in digestion)
6. It is an excellent source of Vitamin C (Ascorbic Acid). (#Ascorbic acid is a natural anti-oxidant that is easily soluble in water, and helps in increasing our immunity)
7. Lemon juice with water is good for liver cleanse
8. Lemons are also rich in body essential minerals like potassium, calcium, iron etc.

There are a lot more health benefits of using lemons in our daily routine. But, taking its juice directly is not good for your teeth. Therefore, we have prepared some great

recipes that would taste better and you'd easily reap the benefits of this natural ingredient.

## 1. Morning lemon detox



**When to take:** this lemon juice recipe is good to be taken in morning in empty stomach after daily rituals. Don't eat anything after 30 minutes of taking it.

### **Ingredients:**

1. A half squeezed lemon
2. A glass of water (200 ml approx.)
3. One teaspoon of honey

**How to make it:** Warm water (not more than 50 degree centigrade), have the half squeezed lemon in it and one teaspoon of honey.

**Benefits:** Good for digestion, reduces your belly fat, good for liver cleanse.

## 2. Master Cleanse Lemonade



**When to take:** This is good for overweight people who're on intermittent fasting. However, it can be taken at any time. But, a proper schedule could be beneficial.

### **Ingredients:**

1. A Teaspoon of Lemon juice (Fresh lemon, avoid lime if you could)
2. A teaspoon of maple syrup
3. 1/5 teaspoon or 2 drops of cayenne pepper (organic)

4. 150 ml water (preferably warm)

**How to make it:** Mix all the above quantities as instructed. You can increase or decrease quantities as required.

**Benefits:** This is good for people who're struggling to lose weight. This is also helpful in liver cleanse because of lemon juice that helps in making digestive enzymes.

### 3. Mint and Lemon Detox Recipe



**When to take:** This is good to be taken in early morning with empty stomach. It stimulates metabolism and make you feel fresh, active and hydrated after sleep.

**Ingredients:**

1. 250 ml fresh water (purified, boiled or distilled)
2. A half squeezed lemon juice

3. 3 or 4 leaves of mint

**How to make it:** Get all the above ingredients mixed and stirred.

**Benefits:** Mint is a good stimulator of digestive enzymes that break the excess fat and turn it to energy. The combination of lemon and mint has added advantage to overcome weight loss.

## 4. Ginger tea with lemon



**When to take:** You can replace with your milk tea, best time to take is before bedtime or breakfast.

**Ingredients:**

1. Ginger tea (a cup or 60 ml)

## 2. Juice of a half lemon

**How to make it:** Just boil the water up to 90 degrees, and add two slices of ginger and keep the combination for 5 to 6 minutes until the temperature drops. Then mix it up with half squeezed lemon juice.

**Benefits:** Ginger is a good fat and calories burner that stimulates metabolism and increases functioning of liver.

## 5. Lemon, pineapple and pomegranate combination



**When to take:** It can be taken throughout the day but it is best to replace your lunch with it if you have excess weight.

### **Ingredients:**

1. One medium sized lemon juice

2. 3 to 4 cups of distilled or purified water (boiled water and cooled to room temperature is also good)
3. One cup of pomegranate juice
4. Half cup of pineapple juice

How to make it: Mix all the ingredients, stir it and it is ready to serve.

Benefits: Pomegranate has antioxidants that keep your body fit and fine. Pineapple has anti-inflammatory properties.

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