

**Raw Spa Cuisine 8/24/- Brad Myers**

**Fruit Infused Water**

Mint Leaves, Peeled Ginger and Cucumber, Apple & Lemon Slices

Gently crush your ingredients in the bottom of a mason jar with a wooden spoon. Then fill with ice and add water to the top. Put in fridge overnight. Drink & enjoy!

Fruit Infused Water Combination Chart

Build your own by combining between these 3 categories.

Cucumber	Mint	Lemon
Apple	Parsley	Pineapple
Raspberries	Ginger	Lime
Blackberries	Cilantro	Orange
Blueberries	Rosemary	Grapefruit
Strawberries	Thyme	Kiwi
Watermelon	Basil	Papaya
Peach	Rose	Mango
Pear	Sage	
Cantaloupe	Lavender	
Honeydew	Hibiscus	

**Lettuce Wraps**

Marinade

- 3 Limes
- 1 small piece ginger, peeled and scored
- ¼ cup Bragg's
- 2 T Honey
- 1 T Toasted Sesame Oil

Veggies: julienne equal parts:

- Cucumber
- Carrot
- Red Bell Pepper
- .....Toss with Black Sesame Seeds

Marinade julienned veggies for about 10 minutes.

Assembly:

Open romaine leaf, put in thin layer of chopped spinach & cilantro, marinated veggies, a slice of avocado, & pinch of sprouts. Fold and eat!!

