

Prep Time	10 minutes
Infusion / Steep Time	15 minutes
Total Time	25 minutes
Yield	4 Servings (Approx. 32 oz total)
Culinary Intensity Level	Very Easy (Beginner)
Flavor Profile	Zesty, Herbaceous, Warm Spice, Crisp

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Ingredients List

To prepare a batch of the Flat Belly Flush, gather the following organic, fresh ingredients:

- Green Tea: 2 organic green tea bags (or 2 teaspoons loose-leaf green tea)
- Filtered Water: 4 cups (32 fl oz) pure filtered water
- Fresh Ginger Root: 1.5-inch piece, washed and thinly sliced (peeling optional)
- Fresh Turmeric Root: 1-inch piece, washed and thinly sliced (or ½ tsp organic ground turmeric)

- Lemon: 1 whole organic lemon, thoroughly washed and thinly sliced into rounds
- Cucumber: ½ medium organic cucumber, thinly sliced into rounds
- Fresh Mint: 10 to 12 fresh mint leaves, lightly bruised to release essential oils
- Black Pepper: 1 tiny pinch freshly cracked black pepper (essential for turmeric activation)
- Optional Sweetener: 1 teaspoon raw unpasteurized honey or pure stevia drops (if desired for taste)

Step-by-Step Preparation Instructions

1.Simmer the Botanical Base:Extracting active compounds from root ingredients.

In a medium stainless steel saucepan, bring 4 cups of filtered water to a gentle boil. Add the thinly sliced ginger root, sliced turmeric root, and the tiny pinch of freshly cracked black pepper. Reduce heat to low and let it simmer uncovered at low intensity for 5 minutes. This gentle extraction decocts the dense root fibres to release their essential oils and nutrients.

2.Steep the Green Tea:Temperature management for optimal flavor.

Turn off the heat completely and remove the saucepan from the hot burner. Allow the water to cool slightly for 60 seconds (water around 175°F-180°F avoids scorching green tea leaves). Submerge the 2 green tea bags into the liquid. Cover the pot with a lid and let it steep at medium-low intensity for 3 to 5 minutes. Avoid over-steeping to prevent bitterness. Remove and discard the tea bags.

3.Infuse Fresh Aromatics:Adding temperature-sensitive herbs and citrus.

Pour the warm liquid into a large heat-resistant glass pitcher. Add the fresh lemon slices, cucumber slices, and bruised mint leaves directly into the warm mixture. Stir gently with a wooden spoon. Allow the mixture to sit at room temperature intensity for 10 to 15 minutes so the cold ingredients infuse their fresh enzymes and aroma into the warm brew.

4. Strain or Serve Fresh: Customizing texture and temperature.

You can serve the beverage warm in a ceramic mug or chill it in the refrigerator for 1 to 2 hours over ice for a crisp, cold drink. If storing for later, leave the cucumber and lemon slices in the pitcher for up to 24 hours to deepen the flavor profile.

How and When to Drink for Maximum Results

To get the most out of your Flat Belly Flush, consistency and timing are key:

1. **First Thing in the Morning:** Drink 1 cup (8 oz) warmed up on an empty stomach about 20 to 30 minutes before breakfast. Warm liquids help wake up the gastrointestinal tract and stimulate peristalsis.
2. **Mid-Afternoon Refreshment:** Enjoy a chilled glass around 2:00 PM to 3:00 PM when energy levels naturally dip. The subtle caffeine from green tea provides a smooth energy boost without the crash of heavy coffee drinks.
3. **Before Heavy Meals:** Sipping 8 oz about 15 minutes before dinner helps pre-hydrate your system and aids smooth digestive breakdown.

Storage & Shelf-Life Guidelines

- Refrigeration: Store the strained or unstrained liquid in a sealed glass Mason jar or pitcher in the refrigerator for up to 48 hours.
- Freshness Tip: If keeping the drink for longer than 24 hours, strain out the lemon slices and mint leaves to prevent the white citrus pith from introducing a bitter aftertaste.
- Freezing: You can freeze this mixture into ice cube trays and pop a few cubes into your daily water bottle for an instant flavor and antioxidant boost.

Complete Nutritional Profile

Below is the estimated nutritional breakdown per serving (8 fl oz / 1 cup), calculated without optional sweeteners.

Nutrient	Amount Per Serving	% Daily Value (DV)*
Calories	12 kcal	< 1%
Total Fat	0.1 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	—
Sodium	4 mg	< 1%
Total Carbohydrates	3.1 g	1%
Dietary Fiber	0.8 g	3%
Total Sugars	0.6 g	—
<i>Added Sugars</i>	<i>0 g</i>	<i>0%</i>
Protein	0.4 g	< 1%
Vitamin C	14.2 mg	16%
Potassium	88 mg	2%
Manganese	0.1 mg	6%