

## INGREDIENTS:

- 175g sugar
- 400g strawberries, hulled and quartered, plus extra whole strawberries to serve (optional)
- 200ml freshly squeezed lemon juice (the juice of about 4-5 lemons)
- ice, to serve

MAKES 1.5L

## HOW TO PREPARE:

### STEP 1:

Tip the sugar and 1 litre water into a saucepan over a medium heat and heat, stirring, until the sugar has dissolved. Remove from the heat and leave to cool completely..

### STEP 2:

Put the strawberries in a blender and blitz to a purée. You can strain this through a fine mesh sieve to remove any seeds, if you prefer. Tip the strawberry purée into a large jug with the sugar water and lemon juice, and stir to combine. Pour into glasses filled with ice and serve garnished with whole strawberries, if you like. Will keep chilled for a day.



## Routine Flora-Pro for Gut Health



### How To Use:

1 capsule to be taken 1 to 3 times per day, or as advised.

KCAL: 72	FAT: 0.2G	SATURATES: 0G
CARBS: 17G	<b>NUTRITIONAL INFORMATION</b>	FIBRE: 1G
PROTEIN: 0.2G	SALT: 0G	SUGARS: 17G