

# GOJI WATER



## INGREDIENTS

1 cup of Goji berries  
1 gallon of water

## TOP TIPS

Use the water as a base for smoothies, soup, juice, or tea. Add 1/3 cup of lemon juice to the water and use the water to add to herbal teas that are not pleasant tasting. I add it to any tea to enjoy the many benefits it offers, I mix half Goji water to half of whatever tea I am drinking.



## EQUIPMENT

Containers to soak the berries in



## METHOD

1. Soak a cup in a gallon of water for two to four hours shaking gently every so often.
2. Once the allotted time has passed strain the berries from the water, you can then use them in a variety of ways.

