

Mint Lemonade

10-12 fresh mint sprigs

1 lime

1 TBS agave nectar

1 cup ice

12 oz. sparkling water

Lemon slice for decoration

Pulse mint leaves, juice of 1 lime, agave nectar, and ice in blender till ice is crushed. Pour in glasses and add sparkling water. Enjoy

1/4 cup of mint provides nearly half of your daily needs of vitamin A. The plant-based form of the vitamin helps protect your cells from damage by scavenging free radicals that can cause damage to organ tissue, helping reduce your risk of chronic diseases like heart disease, diabetes, and some cancers. Another possible benefit: Compounds found in peppermint leaves have been linked to inhibiting enzymes that promote tumors.

Mint is packed with a varied range of antioxidants that help prevent free radical activity. Free radical activity could take a toll on your immunity. Mint is also enriched with anti-inflammatory properties that help ease discomfort and pain that is often tied with cold and flu.