



## Grapefruit & Thyme Sparkling Water

1 serving  
10 minutes

### Ingredients

- 1 Grapefruit
- 2 Thyme Sprigs
- 2 cups Sparkling Water

### Nutrition

Amount per serving	
Calories	36
Fat	0g
Saturated	0g
Trans	0g
Carbs	9g
Fiber	0g
Sugar	0g
Protein	1g

### Directions

- 1 Cut your grapefruit in half. Squeeze the juice out of one half. Carve the flesh out of the other half. Add both the juice and flesh to the bottom of a glass along with the thyme sprigs. Pour sparkling water over top. Add a straw, stir and enjoy!

### Notes

**Liver Health,** High in both vitamin C and antioxidants, grapefruit increases the natural cleansing processes of the liver. A small glass of freshly-squeezed grapefruit juice will help boost production of the liver detoxification enzymes that help flush out carcinogens and other toxins. Thyme also contains a variety of flavonoids, including apigenin, naringenin, luteolin, and thymonin. These flavonoids increase thyme's antioxidant capacity, and combined with its status as a good source of manganese, give thyme a high standing on the list of anti-oxidant foods. (source: whfoods) . LIVER health is crucial to supporting your fitness and weight loss goals. It's where your hormones are synthesized (think testosterone and growth hormone!), and it plays a role in fat metabolism too. Wanna optimize your liver to help reach your goals? Check out our DeLIVER Results nutrition program at [www.mipstick.com](http://www.mipstick.com)