



Comprehensive Diabetes Services

Cleaning with Lemon/Lime Water



Ingredients

6-8 small lemons, washed cut in halves, and juiced

4-6 cups of water

Cooking Instructions

Place all lemon halves into a medium saucepan with the water then cover and bring to a boil, remove the cover and boil for 3 minutes, reduce the heat, and simmer for an additional 5 minutes, allowing the steam to evaporate into the air.

Turn off the heat and with the pot remained uncovered for about an hour; once cool, cover and leave on the stove, and repeat the boiling the next day.



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You could also remove ½-1 cup of the lemon water and place into a microwavable dish and cook on high heat in the microwave for 5 minutes to achieve a steam.

Then wipe inside the microwave, its door and handle; this will clean the microwave and leave a citrus smell while being environmentally friendly.

Alternate Method:

Use 2 tbsp of the fresh lemon/lime juice with 4 cups water in a saucepan, and bring to a boil, remove the cover and boil for 3 minutes while the steam is evaporating, reduce the heat, and simmer for an additional 5 minutes, allowing the steam to evaporate into the air.

Turn off the heat and with the pot remained uncovered for about an hour; once cool, cover and leave on the stove, and repeat the boiling the next day.

Do not use if allergic to lemons or limes.

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