

# HOW TO MAKE OKRA WATER



## Ingredients

- ½ pound okra pods (slit down 1 side)
- 8 ounces water

## Instructions

1. Wash and cut the tops and tails off of 4-5 okra pods.
2. Place in a sterile pint mason jar
3. Cover with water
4. Allow to sit overnight.
5. Remove okra pods and strain liquid to remove any seeds.

## Health Benefits:

A nutrient-rich drink to keep your sugar levels in check.