

# Herbal Legacy Recipes

## Fresh Tomato Juice

Submitted by Herbal Legacy Newsletter subscriber David A. White

### INGREDIENTS:

- 2 large ripe tomatoes (fresh from the garden is best)
- 1/2 teaspoon Sea Salt
- Small hand full of fresh parsley leaves
- Small handful fresh dill or basil (no stems) or
- two squeezes from one half of a fresh lemon

### DIRECTIONS:

Blend and pour over one ice cube.

David says this is “My favorite summer beverage!”



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