

Pepino Powered Water!

by Mero Cocinero Karimi

Water is a precious resource, but how much water are we really drinking, Good People? We need to drink it because in the end it is who we really are. We are People of the Water, and we need to constantly reconnect to the good energy inside us by replenishing our water!

Elements

Gallon of water, from the tap, or you may use a filter system if you have Oppressed Water supply
Cucumbers, washed.
Pitcher

Process

- A. Wash cucumbers
- B. Slice cucumbers into ¼ inch slices. Not too small.
- C. Use 7-10 slices and place into pitcher.
- D. Place cold tap water into pitcher.
- E. Stir.
- F. Wait 10- 20 minutes. Use this time to share the rest of the cucumber with a loved one. You can use the slices for a salad or you can make Cucumber tostadas. (email me for the recipe.
- G. Save energy, do not place in refrigerator. If the place where you live is oppressed with heat, add 1-2 ice cubes that will slightly raise the temperature,
- H. This is best when it is not too cold, so you can really taste it.
- I. Enjoy. You Enjoy. We Enjoy water. Together as a Community.