



長壽素食
Vegetables For Long Life

檸檬茶

2杯水
2茶匙紅茶葉（或茶包）
1湯匙檸檬汁
2茶匙糖（根據口味調整）
請享用

Lemon Tea

2 cups water
2 teaspoons black tea leaves (or tea bags)
1 tablespoon lemon juice
2 teaspoons sugar (to taste)
Enjoy

