

Citrus Infused Water



Servings: 16

Nutrition Information:

0g carbohydrates

1 calorie

0g fat

0mg sodium

0g fiber

0g protein

Ingredients:

1-gallon water

1 orange, sliced

6 strawberries, sliced

1 small handful of fresh basil,
rosemary, or mint leaves

Optional other fruits: lemons, limes,
cucumbers, melons, etc.

Directions:

1. Place the orange slices and sliced strawberries in the bottom of a 3-gallon container. Slightly squeeze the fresh herb and place in the container.
2. Pour 3 gallons of water on top of the fruit and place in the refrigerator for ~2-3 hours to allow the flavors to infuse into the water.