

Strawberry Infused Water



Servings: 16

Nutrition Information:

0g carbohydrates

1 calorie

0g fat

0mg sodium

0g fiber

0g protein

Ingredients:

1 gallons of water

6 strawberries, sliced

1 lemon sliced

Handful of fresh mint or basil

Directions:

1. Place fruit in the bottom of a glass pitcher and gently scrunch the herbs before placing them in the bottom.
2. Pour the water over the top and place in the refrigerator for 4 hours before serving. Keeps for ~3 days.