

Breakfast

How to Make Fruit Infused Water

You can make one glass, a water bottle, a pitcher, a full drink dispenser; or whatever size you want.

Prep time: 10 minutes preparing/slicing fruit/herbs; 1-2 hours sit time (or) overnight

INGREDIENTS

In-Season Fruit/Veggies and/or Herbs of choice... the combinations are endless.

PREPARATION

1. Cut desired fruit/veggies into slices
2. Fill container of choice halfway with ice
3. Put in fruit slices
4. Fill with water
5. Let sit for at least an hour
6. Sip and enjoy.



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Nutrition information per serving: 100% good for you! Drink up...



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