

Strawberry, Lime & Mint Infused Water

Sometimes water just gets boring. Am I wrong?? So, how are YOU going to drink all your water without suffering through the plain taste? Try fruit infused water. Not only does it taste delicious, but you get all the vitamins and minerals that seep out of the fruit. The recipe below is a great combination that offers antioxidants, phytonutrients, and vitamins!

Ingredients:

1 cup Strawberries, trimmed and quartered
 2 each Fresh limes, sliced
 Handful Mint leaves
 1 Gallon Water

Directions:

1. Combine water, strawberries, limes, and mint leaves into a large pitcher or gallon.
2. Cover the water and place in the fridge for 8 hours. *It is super easy to just make this before bed and let it sit overnight* You can let it sit for a longer or shorter time. The longer it sits, the stronger the flavor gets.
3. Remove from the fridge and enjoy!

**This recipe makes a large gallon. If you want just enough for your water bottle, just add 2 sliced strawberries, 1 lime slice, and a leaf or two of mint.

Nutrition Facts:

Servings: 16
 Serving size: 1 cup (8 oz)

Calories: 5-10
 FAT: 0 g
 CHO: <1-2 g
 PRO: 0 g

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Nutrition Facts		
Serving Size: 1 Cup		
Amount Per Serving	% Daily Value*	
Calories	5.8 kcal	0 %
Total Fat	0 g	0 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	0.4 mg	0 %
Total Carbohydrate	1.7 g	1 %
Dietary Fiber	0.5 g	2 %
Sugars	0.6 g	
Protein	0.1 g	0 %
Vitamin A	0 %	Vitamin C 13 %
Calcium	1 %	Iron 1 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com		</>