



STRAWBERRY, BASIL AND LEMON INFUSED WATER

Yield: 2 Servings

Ingredients

- 2 cups Water
- 3 each Strawberries
- 1½ teaspoon Fresh Basil Leaves
- ¼ each Fresh Lemon

Procedure

1. Measure water into a slightly larger container.
2. Remove stems from strawberries and slice.
3. Tear basil leaves.
4. Thinly slice lemon.
5. Add strawberries, basil and lemon to the water.
6. Refrigerate overnight to infuse flavor.

Nutrition Facts	
Serving size	8 oz. (224 g)
Amount per serving	
Calories	5
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	0%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 0mg	0%
Potassium 33mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

