



# BLUEBERRY, LEMON AND ROSEMARY INFUSED WATER

Yield: 2 Servings

## Ingredients

2 cups  
¼ cup  
1/4 each  
1 tablespoon

Water  
Fresh Blueberries  
Fresh Lemon  
Fresh Rosemary sprigs

## Procedure

1. Measure water into a slightly larger container.
2. Thinly slice lemon.
3. Add blueberries, lemon and rosemary to the water.
4. Refrigerate overnight to infuse flavor.

Nutrition Facts	
<b>Serving size</b>	<b>8 oz. (224 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>20</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 2mg	<b>0%</b>
<b>Total Carbohydrate</b> 5g	<b>0%</b>
Dietary Fiber 2g	<b>8%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 23mg	0%
Iron 1mg	6%
Potassium 69mg	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.

