



STRAWBERRY, BASIL & LIME INFUSED WATER

PREP TIME: 15 minutes; ready in 4 hours 15 minutes **SERVINGS:** 5 (2-cup servings)

INGREDIENTS

- 8 cups filtered water
- 2 cups sliced strawberries
- 1 pound organic strawberries
- 2 small limes, peel removed, sliced
- ½ cup packed fresh basil leaves, torn

INSTRUCTIONS

Stir water, strawberries, limes and basil together in a large pitcher. Cover and refrigerate for at least 4 hours to blend flavors. Strain out solids, if desired.

To make ahead: Refrigerate for up to 4 days. (If you don't finish your infused water by the end of the first day, strain out the solids and discard them.)

NUTRITION INFORMATION

Each serving contains 0 calories; 0 fat (0 sat); 0 fiber; 0 carbohydrates; 0 protein; 0 folate; 0 cholesterol; 0 sugars; 0 g added sugars; 0 vitamin A; 0 vitamin C; 11 mg calcium; 0 iron; 15 mg sodium; 0 potassium

Source: EatingWell
Find more recipes at shine365.marshfieldclinic.org