

REFRESHING FRUIT AND BASIL INFUSED WATER

Bariatric, Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 8 (Serving = 8 ounces)

Nutrition (per serving)

Calories: 0	Total Carbohydrate: 0
Total Fat: 0 g	Dietary Fiber: 0 g
Saturated Fat: 0 g	Total Sugars: 0 g
Sodium: 0 mg	Added Sugars: 0 g
	Protein: 0 g

Ingredients

- 1 cup strawberries, quartered
- 2 cups watermelon, cut into 1/2 inch cubes
- 8-10 basil leaves, julienned
- 8 cups water

Directions

1. Add fruit and basil to a pitcher.
2. Pour water over fruit and basil.
3. Refrigerate for at least 3 hours.

Note: Can be refrigerated for up to 2 days.