

PINEAPPLE AND MINT 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 Fat: 0 g

Saturated Fat: 0 g

Sodium: 0 mg

Total Carbohydrate: 0 g

Dietary Fiber: 0 g

Total Sugars: 0 g

Added Sugars: 0 g

Protein: 0 g

Ingredients

- 3 cups fresh pineapple, cubed
- 8-10 mint leaves, julienned
- 8 cups water

Directions

1. Add pineapple and mint to a pitcher.
2. Pour water over pineapple and mint.
3. Refrigerate for at least 3 hours prior to serving.

Note: Can be refrigerated for up to 2 days.



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