

Blueberry, Apple, Raspberry Infused Water

Sometimes water just gets boring. Am I wrong?? So, how are YOU going to drink all your water without suffering through the plain taste? Try fruit infused water. Not only does it taste delicious, but you get all the vitamins and minerals that seep out of the fruit. The recipe below is a great combination that offers antioxidants, phytonutrients, and vitamins!

Ingredients:

1 cup Blueberries
2 large Apples, sliced
1 cup Raspberries
1 Gallon Water

Directions:

1. Combine water, blueberries, apples, and raspberries in to a large pitcher or gallon.
2. Cover the water and place in the fridge for 8 hours. *It is super easy to just make this before bed and let it sit overnight* You can let it sit for a longer or shorter time. The longer it sits, the stronger the flavor gets.
3. Remove from the fridge and enjoy!

**This recipe makes a large gallon. If you want just enough for your water bottle, just add a spoonful of blueberries, 2 apple slices, and a spoonful of raspberries.

Nutrition Facts:

Servings: 16

Serving size: 1 cup (8 oz)

Calories: 5-10

FAT: 0 g

CHO: <1-2 g

PRO: 0 g