

Blueberry Lemon Infused Water

“Quench your thirst with water” they say. But water get’s boring. Give your water a flavor makeover with this recipe, which includes juicy tangy lemons and sweet summer blueberries. Plus, enjoy the benefits of the antioxidants and vitamins that seep out into the water!

Ingredients:

2 each Lemons, sliced
1 cup Blueberries
1 Gallon Water

Directions:

1. Combine water, lemons and blueberries into 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 some extra fruit.

Nutrition Facts:

Servings: 16
Serving size: 1 cup (8 oz)

Calories: 5-10
FAT: 0 g
CHO: <1-2 g
PRO: 0 g