

Orange Strawberry Basil Infused Water

8 Servings • 1 Serving = 1 cup

Tips for Basil



How To Store

Trim the stems, place in water, cover it with a plastic bag & leave on the counter.



How To Use

Try it in omelets, on baked or grilled veggies, in soup, or sliced fresh into salads.



Health Benefits

Vision & immunity health. Lowers the risk of some cancers.

INGREDIENTS

- 1 orange, thinly sliced
- 1 small bunch basil
- 4 strawberries, quartered
- 8 cups water

DIRECTIONS

- Combine orange, basil, strawberries and water in a large pitcher.
- Let the water infuse in the refrigerator for 2-4 hours.
- Serve with ice. If you prefer bubbles, top with a bit of seltzer water.

Nutrition Facts

8 servings per container

Serving size 1 cup (227g)

Amount per serving

Calories 10

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 3g 1%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 0g

Vitamin D 0mcg 0%

Calcium 21mg 2%

Iron 0mg 0%

Potassium 23mg 0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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