



Infused Water

4 Servings • 1 Serving = 1 Cup

INGREDIENTS

- 4 cups water
- Choice of 1 herb: mint, basil, or cilantro
- Choice of 1 or 2 fruits and/or vegetables: cucumber, strawberries, lime, lemon, orange, pineapple, apple, watermelon, blackberries, raspberries, blueberries, jalapenos, or pears

DIRECTIONS

1. Pour water into a pitcher.
2. Gently tear your choice of herb and add to the pitcher.
3. Slice your choice of the fruit and/or vegetables and add to the pitcher.
4. Cover pitcher and refrigerate for at least 2 hours.
5. Serve cold for up to 3 days.

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