

# Lime Mint Infusion

8 Servings • 1 Serving = 1 Cup



## INGREDIENTS

- 2 limes, thinly sliced
- 1 small bunch mint
- 8 cups water

## DIRECTIONS

1. Combine limes, mint, and water in a large pitcher. Press down gently on the lime and mint with a wooden spoon to muddle.
2. Let the water infuse in the refrigerator for 2-4 hours.
3. Serve with ice. You may also top with a bit of seltzer water for carbonation.

## Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>5</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 0mg	0%
Potassium 35mg	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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@CHEFSanAntonio

