



## *Thirsty Thursday:*

## *Watermelon and Purple Basil*

## *Infused Water*

This week's Thirsty Thursday Recipe is Watermelon and Purple Basil Infused Water! If you can't find purple basil, just use regular basil or substitute your favorite herb! You can also puree the watermelon and purple basil to make a colorful pink drink!

Instead of sugary beverages, choose water to keep your body hydrated! Drinking enough water each day is necessary for keeping active and helping your body perform at its best. Adding fresh flavors to water such as cucumber, lemon, and mint, is perfect for quenching thirst the healthy way!

Make the recipe yourself and be sure to share your picture on Facebook, Instagram, or Twitter. Tag @chefsanantonio and we just might share your photo!

**Infused Water Recipe Card:**

<https://bit.ly/2KEbjM4>

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