



Lemon Blueberry Rosemary Infused Water

8 Servings • 1 Serving = 1 cup

Tips for Rosemary



How To Store

Wrap in a damp paper towel, seal in a plastic bag & place in the refrigerator.



How To Use

Use in meat dishes, soups, garlicky mushrooms & hearty root vegetables.



Health Benefits

Lowers the risk of some cancers. Promotes healthy brain cells & digestion.

INGREDIENTS

- 1 lemon, thinly sliced
- 2 small sprigs rosemary
- 1 cup blueberries
- 8 cups water

DIRECTIONS

- Combine lemon, rosemary, blueberries 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 4mg	0%
Iron 0mg	0%
Potassium 24mg	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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