

# REFRESHING FRUIT AND BASIL INFUSED WATER

*Bariatric, Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat,  
Lower Sodium, Vegetarian*

*Serves: 8 (Serving = 8 ounces)*

## **Nutrition (per serving)**

Total Fat: 0 g	Calories: 0
Saturated Fat: 0 g	Total Sugars: 0 g
Sodium: 0 mg	Added Sugars: 0 g
Total Carbohydrate: 0	Protein: 0 g
Dietary Fiber: 0 g	

## **Ingredients**

- 1 cup strawberries, quartered
- 2 cups watermelon, cut into 1/2 inch cubes
- 8-10 basil leaves, julienned
- 8 cups water

## **Directions**

1. Add fruit and basil to a pitcher.
2. Pour water over fruit and basil.
3. Refrigerate for at least 3 hours.

*Note: Can be refrigerated for up to 2 days.*