

PINEAPPLE AND MINT INFUSED WATER

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

Serves: 8 (Serving = 8 ounces)

Nutrition (per serving)

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

Ingredients

- 3 cups fresh pineapple, cubed
- 8-10 mint leaves, julienned
- 8 cups water

Directions

1. Add pineapple and mint to a pitcher.
2. Pour water over pineapple and mint.
3. Refrigerate for at least 3 hours prior to serving.

Note: Can be refrigerated for up to 2 days.