

CITRUS + HERB FLAVORED WATER INSPIRATION



BASIL

ROSEMARY

MINT

Grapefruit

Orange

Lime

In a large pitcher, combine a handful of fresh herbs, 1 sliced citrus fruit, and 1 quart (4 cups) of cold water. Top with ice, serve, and refrigerate leftovers.

Healthy Food,
Healthy Moves,
Healthy YOU.

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