

# INFUSED WATER

Makes 4-6 servings

Did you know that a standard glass of fresh squeezed orange juice contains the juice of 4 oranges or over 240 calories? On the other hand, three orange slices in an infused water only contributes 31 calories.

## Ingredients:

- 1 large water jug
- 1 orange, sliced
- ½ pint of raspberries
- 10-15 strawberries, sliced
- 1 lime, sliced

## Directions:

1. Add fruit into water with ice
2. Let sit for 1-2 hours before drinking, then enjoy!

**Be Creative!**  
Try it with fruits,  
vegetables or even  
herbs.

- Cucumbers
- Mint leaves
- Ginger

