

Flavored Water

By Tayna Cabrera
Yields 8 Glasses



Ingredients

2 liters water
2 limes
4 strawberries
4 ounces blueberries
4 mint sprigs

Directions

Rinse all the fruits and the mint. Cut the limes into slices and the strawberries in half.

Add the cut fruit, blueberries, and mint sprigs to the 2 liters of water.

Let it cool in the fridge for 30 minutes. The fruit will end up at the bottom of the container, so it will be very easy to serve.

It is important to remember that once there is no water left the remaining fruit may be eaten— although it will have lost most of its flavor and nutrients. If the fruit is not eaten it should be placed in the compost bin.