BERRIES, LEMONS AND CUCUMBERS INFUSION

INGREDIENTS:

1 cup mixed berries:
(Strawberries/blueberries/raspberries)
1 lemon, thinly sliced
1/2 cucumber, thinly sliced
Fresh mint leaves
Ice cubes

INSTRUCTIONS:

Wash the berries, lemon, cucumber, and mint leaves.
Slice the berries, lemon, and cucumber thinly.
Place the mixed berries, lemon slices, cucumber slices, and a handful of fresh mint leaves in a large pitcher.
Fill the pitcher with water,
allowing the ingredients to mingle
and infuse, creating a burst of natural sweetness.

Serve the drink over ice cubes.

TIP:

Hydration is essential for overall health, add nutrients from berries and citrus to support your immune system.

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