



# STRAWBERRY BASIL INFUSED WATER

**PREP TIME:** 5 minutes

**SERVING SIZE:** 2 cups

**SERVES:** 1

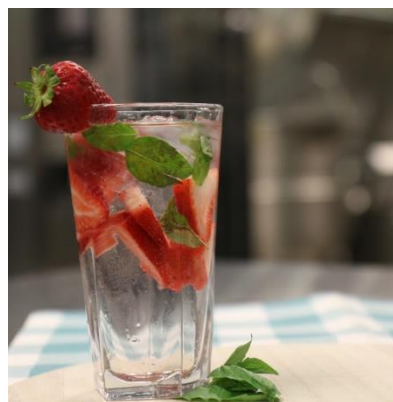
## INGREDIENTS

2 cups of cold water

1 cup of ice

¼ cup strawberries, sliced thinly

2 big leaves of basil torn in half



## PREPARATION

1. Combine all ingredients in a large mason jar or jug and drink immediately.

*Optional:* Let infused water sit in fridge for 1-4 hours to soak in additional flavor.

## SOURCE

CHOICES Nutrition Education Program

## Nutrition Facts

1 servings per container	
<b>Serving size</b>	<b>2 cups</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>15</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 65mg	<b>3%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 167mg	15%
Iron 0mg	0%
Potassium 76mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This institution is an equal opportunity provider. Rev 6/18  
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# INFUSION DE AGUA CON FRESAS Y ALBAHACA

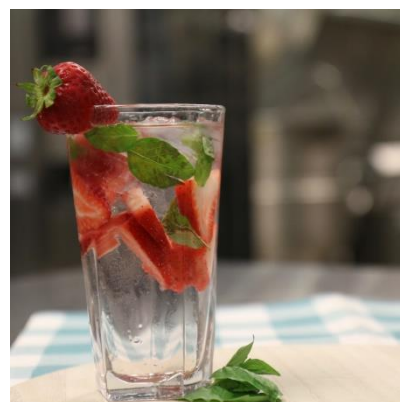
**TIEMPO DE PREPARACIÓN:** 5 minutos

**TAMAÑO DE PORCIÓN:** 2 tazas

**PORCIONES:** 1

## INGREDIENTES

- 2 tazas de agua mineral o agua natural
- 1 taza de hielo
- ¼ de taza de fresas, rebanadas
- 2 hojas de albahaca



## PREPARACIÓN

1. Combina todos los ingredientes en una jarra y tomar inmediatamente

*Opcional:* Para que el sabor este más concentrado, dejar remojar la bebida de 1-4 horas en el refrigerador

## FUENTE

Receta modificada por CHOICES Programa Educativo de Nutrición

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