

# Blackberry, Pineapple and Mint Infused Water

## Ingredients

- 6 cups ice
- 1 ½ cups unsweetened blackberries, fresh or frozen
- 1 ½ cups unsweetened pineapple, fresh or frozen
- 8 fresh mint leaves
- 1 ½ - 2 quarts filtered or sparkling water

## Directions

1. Pour ice into a pitcher.
2. Add fruit to pitcher and tamp the fruit with a spoon to release the juices.
3. Scrunch the mint leaves between your fingers to release the oils and add them to the pitcher.
4. Fill the pitcher with filtered or sparkling water.
5. Cover and refrigerate for 3-12 hours.
6. Fill your water bottles and enjoy your flavored water all day.

## Notes

You can also make flavored water in individual pint-sized jars.

