

berry lime water

Makes 1 pitcher

PREP TIME: 10 minutes

¼ cup frozen blueberries or raspberries

1 lime sliced

40-50 oz filtered or sparkling water

1 cup ice (optional)

ADD frozen berries and lime to a pitcher of water.

ALLOW to sit at room temperature for 30-60 minutes.

SERVE room temperature or over ice.

STORE in refrigerator for up to 3 days.

Note: The lime flavor continues to get more intense and bitter from the rinds with time. Remove the lime if storing more than a few hours so it does not overpower the blueberry flavor.

