

# Fruit Infused Water

From: Chef Julia  
Serves: 1-2

Prep Time: 5 minutes  
Cook Time: n/a



## Ingredients

- 1 strawberry, washed and sliced
- 2-3 raspberries, washed
- 4-5 blueberries, washed
- 2-3 blackberries, washed
- 1 slice orange
- 1 large sprig mint

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## Instructions

- Fill a glass jar or pitcher with the fruit and very lightly muddle with a spoon to release some of the fruit juices. Add the mint sprig or simply pick the mint leaves and add.
- Fill the jar or pitcher with water to cover the fruit and let sit for at least 1 hour, best after 12 hours in the fridge to allow flavors to infuse

## Notes