

Beverage | Side

Fruity Fresh Spa Water

Side Effect: Altered Taste

10 Mins
Prep Time

0 Mins
Cook Time

1
Serving

0 Calories **0g** Fat **0g** Carbs **0g** Protein



Ingredients

1 Serving • **1** Pitcher Serving Size **10** Mins Total Time **Allergens: None**

1 Cup Sliced, Fresh Strawberries, **wash before slicing**

1 Cup Fresh Basil Leaves, stems removed, **wash before using**

2 Cups Ice

Filtered Water

Nourishment Note



Flavored Water

Adding different fruit flavors or citrus juices to plain water can help heighten flavor when experiencing changes in taste.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Add Ingredients to Pitcher

To a water pitcher, add strawberries, basil and ice. Fill pitcher with filtered water.

3. Serve & Store

Pour water into a glass and enjoy right away, or keep in the refrigerator for up to 2 days and enjoy as needed.

4. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Water Pitcher



Cutting Board



Knife



Measuring Cups

Fatigue Buster

- Ask a friend or family member to help make this beverage.