

Lemon-Infused Water

Prep time: 5 min
Serves: 1 quart

INGREDIENTS

- Ice
- ½ lemon
- ½ sliced lime
- regular or sparkling water

Fill a bottle or mason jar with ice, lemon, and lime.

Fill with regular or sparkling water and serve



Nutrition Facts	
Serving size	600ml
Amount Per Serving	
Calories	0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) 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.