



Mint Citrus Water (4-6 servings)

Ingredients

8 cups water

½ cup mint leaves

1 lemon - *sliced*

½ cup sliced cucumber

2 limes - *sliced*

Preparation

- Pour room temperature water into a container with a lid
- Slightly bruise (muddle) the mint leaves so that its oils are released when mixed with the water.
- Add the cucumber, lemon and lime slices to water and stir.
- Let the water mixture sit at room temperature for 8-10 hrs, stir and refrigerate.
- Serve the next day, or when fully infused.

