



STRAWBERRY MINT INFUSED WATER

PREP TIME: 5 minutes

SERVING SIZE: 2 cups

COOK TIME: 0 minutes

SERVES: 1

INGREDIENTS

- 2 cups of cold water
- 1 cup of ice
- ¼ cup strawberries, sliced thinly
- 2-3 mint leaves torn in half



PREPARATION

1. Combine all ingredients in a large mason jar or jug and drink immediately.

Optional: Let infused water sit in fridge for 1-4 hours to soak in additional flavor.

SOURCE

CHOICES Nutrition Education Program

Need meal ideas? Visit our recipe database!

www.centraltexasfoodbank.org/recipes

Nutrition Facts

1 servings per container	
Serving size	2 cups
Amount per serving	
Calories	15
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 167mg	15%
Iron 0mg	0%
Potassium 76mg	2%

*The % Daily Value 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.



This institution is an equal opportunity provider. Rev 6/18

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INFUSION DE AGUA CON FRESAS Y MENTA

TIEMPO DE PREPARACIÓN: 5 minutos

TAMAÑO DE PORCIÓN: 2 tazas

PORCIONES: 1

INGREDIENTES

- 2 tazas de agua mineral o agua natural
- 1 taza de hielo
- ¼ de taza de fresas, rebanadas
- 2-3 hojas de menta



PREPARACIÓN

1. Combina todos los ingredientes en una jarra y tomar inmediatamente

Opcional: Para que el sabor este más concentrado, dejar remojar la bebida de 1-4 horas en el refrigerador

FUENTE

Receta modificada por CHOICES Programa Educativo de Nutrición

¿Necesita ideas para platillos? ¡Visite nuestro catálogo de recetas!

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