



Infused Water Blend: Blackberries, Lemon and Sage

5 ounces frozen blackberries
4-5 large leaves of fresh sage, rinsed and
crushed lightly with your hands
½ large lemon, washed and sliced
2 quarts water

Directions

Combine all ingredients in a 2 quart
pitcher. Store in refrigerator.



**For more healthy recipes,
please visit *Your Healthy Kitchen*
via www.yrmhealthconnect.org**

Cost per pitcher: \$1.95 (less if
you use fresh sage from your
garden)

Cost per cup: \$.24