

Cherry Water

Drinking water is essential for good health. There are infinite possibilities to create to make your water more interesting. In this recipe I used cherries but you can use any berry or herbs you like.

Yield: 3 cups

3 cups water

5 cherries rinsed and pitted

3 mint leaves rinsed and torn

1 slice of lemon, seeds removed

- Combine all ingredients in a large glass jar.
- Using the back of a spoon or your stone pestle, smash the ingredients together in the water so they begin to release their flavor.
- Allow mixture to sit for at least 15 minutes so the water takes on the taste of the flavor of the other ingredients.
- Chill and enjoy.
- The fruit will sit on the bottom but you can strain it if you prefer.
- Save the fruit for your smoothies.