

Lemon Orange Blueberry Splash

Ingredients:

2 orange slices
1 lemon slice
10 blueberries

Directions:

1. Add the ingredients to filtered water and allow them to infuse either at room temperature (for frozen blueberries) or in the refrigerator (for fresh blueberries) for 4-8 hours. Maximum flavor occurs after 24 hours.
2. Pour over ice and enjoy!

Nutrition Facts	
Serving Size 32 oz. (48g) Servings Per Container 4	
Amount Per Serving	
Calories 20	Calories from Fat 0
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	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 0g	
Vitamin A 2%	• Vitamin C 35%
Calcium 2%	• Iron 0%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	<small>Less than 65g 80g</small>
Saturated Fat	<small>Less than 20g 25g</small>
Cholesterol	<small>Less than 300mg 300mg</small>
Sodium	<small>Less than 2,400mg 2,400mg</small>
Total Carbohydrate	<small>300g 375g</small>
Dietary Fiber	<small>25g 30g</small>
<small>Calories per gram:</small>	
	<small>Fat 9 • Carbohydrate 4 • Protein 4</small>

For more information, please contact:

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Source: Kasia Roberts, RN

