

Need something refreshing & quenches your thirst?

Orange Blueberry Refresher

Ingredients:

2 oranges, sliced
1 cup blueberries
8 cups water

Instructions:

Combine all ingredients in a large pitcher and let it chill in the fridge for a few hours before serving.



Benefits of drinking this orange blueberry refresher:

Vitamin C: Oranges are rich in Vitamin C.

Hydration: Drinking water with oranges can make it more flavorful and encourage you to drink more water, which is important for staying hydrated.

Anti-inflammatory: Blueberries contain anti-inflammatory properties, which may help with reducing inflammation.

Antioxidants: Blueberries contain antioxidants which may help boost the immune system.

Enjoy your refreshing and nutritious orange blueberry drink!

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