

Need something refreshing & quenches your thirst?

Strawberry Basil Refresher

Ingredients:

10 strawberries, sliced
1/4 cup fresh basil leaves
8 cups water

Instructions:

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



Benefits of drinking this strawberry basil refresher:

Vitamin C: Strawberries are high in Vitamin C, which can help support a healthy immune system.

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

Anti-inflammatory: Basil contain anti-inflammatory properties, which an help boost the immune system and reduce inflammation.

Enjoy your refreshing and nutritious strawberry basil drink!

www.ourwarriorspirit.com