

Need something refreshing &  
quenches your thirst?

# WATERMELON

*Rosemary*

# REFRESHER



## Ingredients:

1/2 small watermelon, chopped  
2 sprigs fresh rosemary  
8 cups water

## Instructions:

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

## Benefits of drinking this watermelon rosemary refresher:

**Hydration:** Watermelon is rich in water and contains electrolytes. It is a good choice for hydration.

**Anti-inflammatory:** Rosemary has anti-inflammatory properties, which may help with reducing inflammation.

**Antioxidants:** Rosemary has antioxidants which may help boost the immune system.

**Enjoy your refreshing and nutritious watermelon rosemary drink!**

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