

# Water of Wellness

Bay Arenac ISD Career Center



## Ingredients

- 1 ¼ cups of water
- Ice
- 2 Kiwi
- 8 strawberries
- 1 Tbsp. lime juice
  
- 3 mint leaves

## Directions

Wash fruit. Hull strawberries, slice. Peel and slice kiwi.

Place the sliced fruit in a large glass, add water and lime juice, add ice. Garnish with mint leaves

## Nutritional Information

- Calories per serving
- Total Fat
- Saturated Fat
- Cholesterol
- Sodium
- Total Carbohydrates
- Dietary Fiber
- Protein

## Servings 2

- 75
- 1g
- 0
- 0
- 13mg
- 19g
- 4g
- 1g