



## BLUEBERRY-APPLE-RASPBERRY-WATER

This delicious combination of blueberries, raspberries and red apples tastes sweet as sugar. With lots of vitamins and antioxidants, the fruity water is also a very healthy alternative to soft drinks.

### INGREDIENTS

#### For 1 L:

- 1 handfull of blueberries
- 1 handfull of raspberries
- 1/2 red apple
- 1 L still water

### PREPARATION

Wash the apple, cut it in half, remove seeds and cut into slices unpeeled. Stick the apple slices on the fruit skewers along with the blueberries and raspberries and add to the BODDELS SUND glass carafe. Fill the decanter with still water. Let it sit overnight in the refrigerator and fill it into the BODDELS EEN drinking bottle the next day.

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You can find more recipes for infused water, smoothies, teas and other healthy drinks on [www.boddels.com](http://www.boddels.com)