



BLUEBERRY-BASIL-WATER

If you only use basil for cooking, then you're definitely missing out – you can also use it to make some delicious and healthy infused water! The combination blueberry-basil is high in vitamins as well as antioxidants and is especially good for your skin. Convinced yet? Then try it out!

INGREDIENTS

For 1 L:

1 handfull of blueberries
6-7 basil leaves
1 L still or sparkling water

PREPARATION

Wash the blueberries and the basil and put them on the fruit skewer of the BODDELS SUND glass carafe. Fill it up with cold water and let it rest in the refrigerator overnight. If you want to enjoy your infused water on the go or at the office, fill it in the BODDELS TWEE drinking bottle, which will keep your drink cold and fresh the whole day!

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You can find more recipes for infused water, smoothies, teas
and other healthy drinks on www.boddels.com