



Thirsty Thursday:

Lemon and Rosemary

Infused Water

This week's Thirsty Thursday Recipe is Lemon and Rosemary Infused Water!

Instead of sugary beverages, choose water to keep your body hydrated! Drinking enough water each day is necessary for keeping active and helping your body perform at its best. Adding fresh flavors to water such as cucumber, lemon, and mint, is perfect for quenching thirst the healthy way!

Make the recipe yourself and be sure to share your picture on Facebook, Instagram, or Twitter. Tag @chefsantonio and we just might share your photo!

Infused Water Recipe Card:

<https://bit.ly/2KEbjM4>

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