



## *Thirsty Thursday:*

## *Raspberry and Thyme*

## *Infused Water*

This week's Thirsty Thursday Recipe is Raspberry and Thyme Infused Water! Fresh thyme is delicious and brings a fresh flavor to this infusion mixed with raspberries. You can use frozen berries too!

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 @chefsanantonio and we just might share your photo!

### **Infused Water Recipe Card:**

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

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