



A Nutrition Resource

Sarvis Berry and Mint Infused Water

Ingredients:

- 1/4 cup sarvis berries
- 1-2 sprigs of mint
- lemon wedge (optional)
- 16 oz water

Directions:

- 1) Wash all produce.
- 2) Collect, slice, and measure all ingredients before starting to prepare the recipe.
- 3) Add all ingredients plus enough cold water to fill a 2-quart pitcher. Chill overnight in the refrigerator for the most flavor, and store in the refrigerator until ready to drink. The fruit will stay fresh in the water for up to 48 hours after being prepared.

Recipe provided by FAST Blackfeet (<https://www.fastblackfeet.org/>). Used with permission for educational purposes.

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