



# Cucumber and red pepper infused water

**5 minutes**  
Hands on

**4**  
Portion(s)

**1**  
Difficulty



## Ingredients

- 1/2 cucumber
- 1 red bell pepper
- 1 sprig(s) rosemary
- 1/2 teaspoon(s) pepper
- 1 liter water
- 6-7 ice cubes

## Διατροφικός πίνακας

Nutrition information per portion

18 Calories (kcal)	0.51 Total Fat (g)	0.01 Saturated Fat (g)	1.9 Total Carbs (g)
1%	1%	0%	1%
1.8 Sugars (g)	0.95 Protein (g)	0.93 Fibre (g)	0.01 Sodium (g)
2%	2%	4%	0%

## Method

- Wash and cut the cucumber into slices.
- Remove the stem and seeds from the red pepper and quarter it.
- Fill a pitcher with water and add all of the ingredients.
- Refrigerate for 30 minutes before serving to chill.