



Peach apple and geranium infused water

5'
Hands on

4
Portion(s)

1
Difficulty



Method

- Wash and **cut** the peach and apple into slices.
- Fill the pitcher with water and add all of the ingredients.
- Refrigerate for 30 minutes before serving to chill.

Ingredients

- 1 peach
- 1 apple
- 1 stick(s) cinnamon
- 2-3 geranium leaves
- 1 liter water
- ice

Διατροφικός πίνακας

Nutrition information per portion

38 Calories (kcal)	0.0 Total Fat (g)	0.0 Saturated Fat (g)	7.9 Total Carbs (g)
2%	0%	0%	3%
7.0 Sugars (g)	0.5 Protein (g)	1.2 Fibre (g)	0.0 Sodium (g)
8%	1%	5%	0%