



FIG-MINT-WATER

1, 2, detox! That's how easy it is to make this fig-mint-water. The fruity sweetness of the figs and the freshness of the mint ensure a very light and balanced flavour. Figs are low in calories and high in fibers, magnesium and potassium - a real all-rounder for your health!

INGREDIENTS

For 1 L:

4 figs
6-7 mint leaves
1 L still water

PREPARATION

Fill the BODDELS SUND glass carafe with cold water. Cut each fig in four and put it alternately on the fruit skewer together with the mint leaves. Let it rest overnight in the refrigerator. After that you can fill the water in the BODDELS EEN drinking bottle 600 ml and enjoy it as a healthy refreshment during your workout.

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You can find more recipes for infused water, smoothies, teas and other healthy drinks on www.boddels.com