

# STRAWBERRY DRINK

## INGREDIENTS:

- 1 cup (250 ml) crushed or pureed strawberries
- 4 cups (1L) water
- Sugar or honey to taste
- Ice (optional)

## METHOD:

1. Rinse berries and remove the leaf tops.
2. Puree in food processor or use a knife to chop and crush to a smooth pulp.
3. Mix the crushed strawberries and water in a pitcher.
4. Put the mixture in the refrigerator to chill for 30 minutes or pour over ice.
5. Serve with sugar or honey on the side to be sweetened to personal taste.
6. Pour into ice filled glasses and garnish with a strawberry.  
Enjoy!

