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Spring Lemon Verbena Infused Water. Combine 6 fresh lemon

verbena sprigs, half a cup of fresh blueberries and water in a

large pitcher for a light and herb-y infused water.

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Soak Time and Temperature. Infuse water at room temperature

for no more than 2 hours. After that, put it in the fridge to

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Choose from pineapple, peach, apple, orange, mint, and more!

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