

# Rosemary and Mint Brain Water



**Pure, Simple and Refreshing**  
**Always a firm favourite for the whole family and so simple!**

## Ingredients

Sprig of Rosemary  
Sprig of Mint  
Water

## Method

Prep 2 mins

Get a sprig of Rosemary and a sprig of mint - put into an old wine bottle or anything else that is a pretty shape - add spring water - Sparkling or Still (or normal tap water) Put into the fridge and leave to Chill.

You can keep topping it up. Change the herbs every 2/3 days.

See the Health Benefits of Herbs on our website page [www.freshherbsalt.com](http://www.freshherbsalt.com)

**Now! Please tell us on the Social networks on our site what you think or if you did something different! We would love to hear from you!!**