



## Flavored Water

### INGREDIENTS:

Try one of these refreshing flavor combinations or create your own!

#### Berry Kiwi (or Orange)

- 10 strawberries or blackberries
- 1 kiwi or 1 orange

#### Cucumber Lemon (or Lime)

- ½ cucumber
- 1 lemon or 1 lime
- 5 mint leaves (optional)

#### Watermelon Lime

- 1 cup watermelon
- 1 lime

#### Pineapple Grape

- 1 cup canned diced pineapple
- Pineapple juice from can
- 1 cup grapes

### DIRECTIONS:

1. Collect, slice\* and measure all ingredients. Add all ingredients plus enough cold water to fill a 2-quart pitcher.
2. Chill overnight in the refrigerator for the most flavor.
3. Store in the refrigerator until ready to drink. The fruit will stay fresh in the water for up to 45 hours after being prepared.

\*Tips for releasing flavors of the produce:

Watermelon – cut into small pieces (1 to 2 inches)

Citrus fruits – slice into thin pieces

Cucumber – slice into thin pieces

Mint – tear leaves

Grapes – slice in half

Berries – remove tops (strawberries only). Slice thinly

Kiwi – slice thinly