



EATING SMART
BEING ACTIVE

Flavored Water

Makes: 2 quarts

Preparation Time: 5 minutes

Ingredients

Try these refreshing flavor combinations, or create your own!

Watermelon Lime

1 cup watermelon

1 lime

Cucumber Lemon (or Lime)

½ cucumber

1 lemon or lime

5 mint leaves (optional)

Pineapple Grape

1 cup canned diced pineapple

Pineapple juice from can

1 cup grapes

Berry Kiwi (or Orange)

10 strawberries or blackberries

1 kiwi or 1 orange

Directions

1. Wash all produce.
2. Collect, slice*, and measure all ingredients before starting to prepare the recipe.
3. Add all ingredients plus enough cold water to fill a 2 quart pitcher. Chill overnight in the refrigerator for the most flavor, and store in the refrigerator until ready to drink. The fruit will stay fresh in the water for up to 48 hours after being prepared.
4. After you drink the water, you can eat the fruit or blend it into a smoothie!

****Tips for releasing flavors of the produce:***

Watermelon: Cut into small pieces (1 to 2 inches).

Citrus fruit (oranges, lemons, limes): Remove rinds, and slice into thin pieces.

Cucumber: Slice into thin pieces.

Mint: Tear leaves.

Grapes: Slice in half.

Berries: Remove top (strawberries only). Slice into small pieces.

Kiwi: Remove peel, and slice into thin pieces.



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