

# Fruit Infused Water

## Quick Tips

- To stay hydrated, drink eight cups of water each day. Drink more when it's hot outside and when you are physically active.
- Fill a water bottle and carry it with you during the day.
- Get creative! Make water even tastier by adding a slice of your favorite fruit.



## Spring: Strawberry Basil

### Ingredients:

2 cups sliced strawberries  
1/4 cup fresh basil leaves  
Water or carbonated water  
Ice

### Directions:

1. Add strawberries and basil to a pitcher.
2. Gently press mixture with a spoon to release some of the juices.
3. Add ice to the pitcher, then fill with water. Stir fruit to mix.
4. Serve immediately or chill, covered, in the refrigerator. Enjoy!

## Late Summer: Watermelon and Jalapeño

### Ingredients:

2 cups chopped watermelon  
1/2 jalapeño, seeds removed and sliced thin  
Water or carbonated water  
Ice

### Directions:

1. Add watermelon and jalapeño to a large pitcher.
2. Crush the ingredients with a spoon.
3. Add ice and water to pitcher. Stir to mix.
4. Serve immediately or chill, covered, in the refrigerator. Enjoy!

## Early Summer: Mixed Berry

### Ingredients:

2 cups blueberries, raspberries, and/or blackberries  
Water or carbonated water  
Ice

### Directions:

1. Add berries to a pitcher.
2. Gently press fruit with a spoon to release some of the juices.
3. Add ice to the pitcher, then fill with water. Stir fruit to mix.
4. Serve immediately or chill, covered, in the refrigerator. Enjoy!

## Fall/Winter: Apple, Pear and Ginger

### Ingredients:

1 apple, sliced  
1 pear, sliced  
2 tablespoons minced ginger  
Water or carbonated water  
Ice

### Directions:

1. Add all ingredients to a pitcher and gently smash to release some of the juices.
2. Add ice and water to pitcher. Stir fruit into water and enjoy!

*Just Say Yes* to Fruits and Vegetables

**NYC**  
Health

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