

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.



Winter: **Citrus Splash** *(Adapted from Pinterest.com)*

Ingredients:

1 orange, sliced thin
1 lemon, sliced thin
1 lime, sliced thin
Ice
Carbonated water

Directions:

1. Add orange, lemon and lime to a pitcher. Gently press fruit with a spoon to release some of the juices.
2. Fill the pitcher with ice, then fill with carbonated water. Gently stir fruit to mix.
3. Serve immediately or chill, covered, in the refrigerator. Enjoy!

Spring: **Cucumber, Lime and Mint** *(Adapted from eatingrichly.com)*

Ingredients:

1 lime, sliced thin
12 mint leaves (optional)
1 cucumber, sliced thin
Water

Directions:

1. Add lime slices, mint leaves and sliced cucumber to a large pitcher.
2. Add cold water to pitcher. Stir ingredients into water.
3. Serve immediately or chill, covered, in the refrigerator. Enjoy!

Summer: **Strawberry Pineapple** *(Adapted from fruitinfusedwater.com)*

Ingredients:

2 cups of fresh or frozen strawberries
1 cored pineapple, sliced or 1 20 oz. can of drained pineapple slices
Water
Ice

Directions:

1. Cut strawberries in half. Add strawberries and pineapple slices to a pitcher.
2. Add ice to the pitcher, then fill with water. Stir fruit to mix.
3. Serve immediately or chill, covered, in the refrigerator. Enjoy!

Fall: **Orange Cranberry Cooler** *(Adapted from fruitinfusedwater.com)*

Ingredients:

1 cup cranberries
2 oranges, sliced thin
Water

Directions:

1. Add cranberries to a pitcher and gently smash to release some of the juices. Add orange slices.
2. Pour water on top of fruit. Stir fruit to mix.
3. Serve immediately or chill, covered, in the refrigerator. Enjoy!



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