



# Flavored Water

Servings 4 | Prep time 5 mins. | Total time 5 mins.

## Equipment:

Colander  
Cutting board  
Pitcher

## Utensils:

Knife  
Measuring cups and spoons

## Ingredients

1-2 cups fresh fruit, chopped (see flavor suggestions below)  
1 lemon OR lime, juiced  
8 cups water

## Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Add chopped fruit and lemon or lime juice to a large pitcher. Fill pitcher with water and cover with plastic wrap.
3. Store overnight in refrigerator.

## Flavor suggestions:

- 1 cup watermelon, 1 lime, 5 mint leaves
- 1 cup strawberries, 1/2 cucumber (sliced)
- 2 cups pineapple cubes, 5 mint leaves, 4 slices of ginger
- 1 orange (thinly sliced), 1 pint raspberries

## Nutritional Information:

Calories 25  
Total Fat 0g  
Sodium 20mg  
Total Carbs 3g  
Protein <1g