



Flavored Water

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

Equipment:

Cutting board

Colander

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