



Flavored Water

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

Equipment: Cutting board, Colander, Pitcher

Utensils: Knife

Ingredients

1-2 cups fresh fruit, chopped (see flavor suggestions below)

1 lemon or lime, juiced

2 quarts 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.

Nutritional Information:

Calories 25

Total Fat 0g

Sodium 20mg

Total Carbs 3g

Protein <1g