



Fruit Water Recipe



***Fruit water is a fun way to get some flavors into water without sugar.
It is also refreshing, looks pretty and is quick to make.***

Here's how:

- Cut up some fruits you like and have on hand. Example, strawberries, cucumber, watermelon, peaches, lemons, limes or oranges.
- Finely chop fresh herbs, such as rosemary, basil, mint or lemon balm.
- Add the chopped fruit and herbs to a pitcher of water.
- Refrigerate until cold and enjoy.

Note: You can re-fill the pitcher with water a few times, but discard the fruit and start over after three days, or earlier if necessary.

Popular Fruit Water Combinations

Cucumber Strawberry Water: Combine half of a cucumber and as many strawberries as you like in a big pitcher of water. Refrigerate & enjoy!

Lime mint cucumber water: Combine half of a cucumber, a sprig of chopped fresh mint, and the juice of a few lime wedges into a big pitcher of water. Refrigerate and enjoy!