



Flavored Water Recipes



RETHINK YOUR DRINK RETHINK YOUR DRINK RETHINK YOUR DRINK



Citrus Cucumber

Makes 8 cups

Orange Mint

Makes 8 cups

Ingredients:

- 1 large lemon, sliced
- 1 large lime, sliced
- 1 large orange, sliced
- 1 large cucumber, sliced
- 1 half gallon of water

Preparation:

1. Place all fruits and vegetables in a pitcher and add water.
2. Allow flavors to blend at least two hours before serving in glasses over ice.

Ingredients:

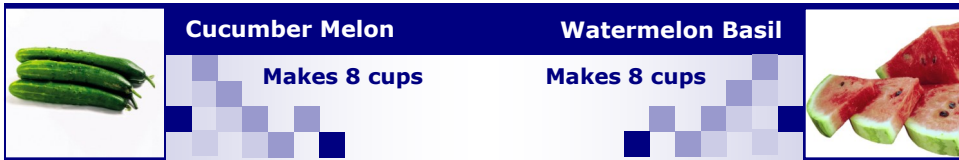
- 3 large oranges, sliced
- 10 mint leaves
- 1 half gallon of water

Preparation:

1. Place mint and orange slices in a pitcher and add water.
2. Allow flavors to blend at least two hours in the refrigerator.
3. Pour in glasses over ice and serve garnished with an orange slice and a sprig of mint.



Recipes adapted from *Flavored Water Recipes* by the Bay Area Nutrition and Physical Activity Collaborative (BANPAC) and Kaiser Permanente. Made possible with funding from the Centers for Disease Control and Prevention.



Cucumber Melon

Makes 8 cups

Watermelon Basil

Makes 8 cups

Ingredients:

- 1 large cucumber, sliced
- ¼ honeydew melon, cubed
- ¼ cantaloupe, cubed
- 1 half gallon of water

Preparation:

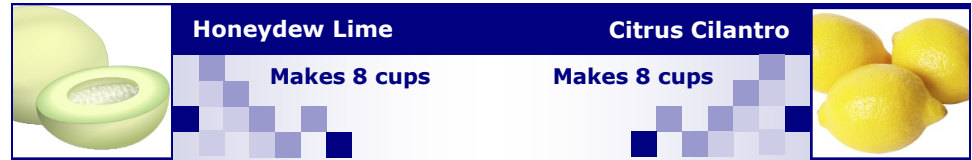
1. Place cucumber, melon, and cantaloupe in a pitcher and add water.
2. Allow flavors to blend at least two hours and then serve in glasses over ice.

Ingredients:

- 2 cups of seedless watermelon, cubed
- 10-12 basil leaves
- 1 half gallon of water

Preparation:

1. Pour water over watermelon and basil.
2. Refrigerate at least two hours and then serve in glasses over ice, garnished with a sprig of basil.



Honeydew Lime

Makes 8 cups

Citrus Cilantro

Makes 8 cups

Ingredients:

- 2-3 slices of ripe honeydew melon
- 1 lime, sliced
- 4 sprigs of mint
- 1 half gallon of water

Preparation:

1. Add melon slices, lime slices and mint sprigs to a large pitcher.
2. Fill with water and refrigerate two to four hours.
3. Serve in glasses over ice.

Ingredients:

- 1 large lemon, sliced
- 1 large lime, sliced
- 1 large orange, sliced
- ¼ cup cilantro leaves
- 1 half gallon of water

Preparation:

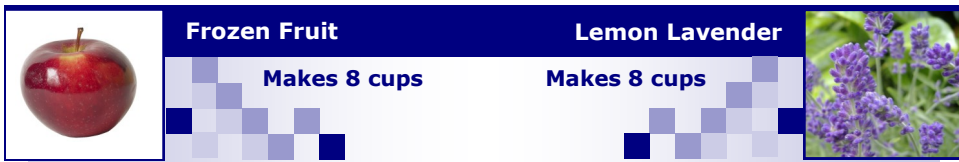
1. In a large pitcher, pour water over citrus fruits and cilantro.
2. Refrigerate at least two hours.
3. Serve in glasses over ice and garnish with an orange slice and sprig of cilantro.



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Frozen Fruit

Makes 8 cups

Lemon Lavender

Makes 8 cups

Ingredients:
 2 cups frozen apple chunks, grapes, or berries
 1 half gallon of water

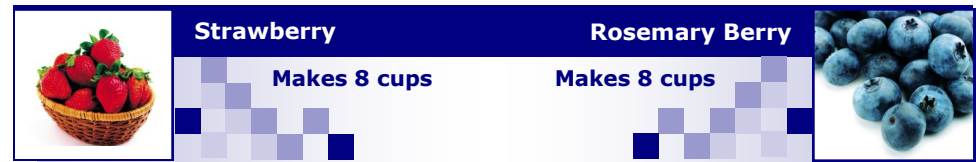
Preparation:
 1. Add frozen fruit to a pitcher.
 2. Pour water over fruit and let sit at least an hour in the refrigerator.
 3. Stir to distribute fruit flavor and serve in glasses over ice. (Note: you can chop up the same kind of fruit, unfrozen, and follow same directions. You'll need to use more ice when serving the unfrozen fruit-flavored water.)

Ingredients:
 3 large lemons, thickly sliced
 ¼ fresh lavender leaves
 1 half gallon of water

Preparation:
 1. In a large pitcher, pour water over the lemons and lavender.
 2. Refrigerate at least two hours and serve in glasses over ice, garnished with a sprig of lavender.



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Strawberry

Makes 8 cups

Rosemary Berry

Makes 8 cups

Ingredients:
 4 sliced strawberries
 8 cucumber slices
 1 half gallon of water

Preparation:
 1. In a large pitcher, add 4 sliced strawberries and 8 cucumber slices.
 2. Fill with water and refrigerate two to four hours.
 3. Serve in glasses over ice.

Ingredients:
 1 cup fresh blueberries, lightly crushed
 2 4-inch sprigs of fresh rosemary, lightly crushed (to release more flavor)
 1 half gallon of water

Preparation:
 1. Add blueberries and rosemary sprigs to a large pitcher.
 2. Fill with water and refrigerate two to four hours.
 3. Serve in glasses over ice.



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Cucumber Mint

Makes 8 cups

Make Your Own!

Ingredients:
 1/2 cup sliced cucumber
 1-2 sprigs fresh mint
 Ice
 1 half gallon of water

Preparation:
 1. Fill pitcher halfway with ice.
 2. Add sliced cucumbers and mint.
 3. Fill with water. Chill for at least 20 minutes before serving.
 4. Store in refrigerator and drink within 24 hours.

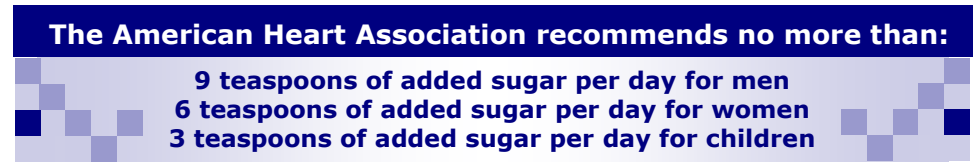
Make your own spa water with water...

...and fruits, vegetables and herbs you might want to try alone or in combinations:

- | | | |
|------------|--------------|-----------|
| Orange | Lemon | Lime |
| Watermelon | Cantaloupe | Berries |
| Cucumber | Mango | Pineapple |
| Apple | Fresh Ginger | Mint |
| Basil | Rosemary | Parsley |



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The average American consumes:

- 22 teaspoons of sugar per day—*that's 352 calories!*
- 45 gallons of sugary beverages containing 39 lbs of sugar annually
- \$850 spent per year by the average family

Regular soda and fruit drinks are the leading sources of sugary drinks...

...it's time to Rethink your drink and Be SUGAR SAVVY.