

Flavored Water



INGREDIENTS

Watermelon Lime

1 cup **watermelon** diced

1 **lime**

5 **mint leaves** (optional)

Pineapple Grape

1 cup **canned, diced pineapple**

Pineapple juice from can to taste

1 cup **grapes** sliced

DIRECTIONS

- 1 Wash all produce.
- 2 Collect, slice, and measure all ingredients before preparing the beverage.

Nutrition Facts: 8 Total Calories, 0 g Total Fat, 0 g Saturated Fat, 0 mg Cholesterol, 0 mg Sodium, 2 g Total Carbohydrate, 0 g Dietary Fiber, 1 g Total Sugars, 0 g Protein. 4 mg Calcium, 30 mg Potassium.

Berry Kiwi (or Orange)

10 **fresh or frozen strawberries or blackberries**

1 **kiwi or orange**

Cucumber Lime (or Lemon)

1/2 **cucumber**

1 **lime or lemon**

8
SERVINGS

10
MINUTES
TOTAL TIME

- 3 Add all ingredients plus enough cold water to fill a 2-quart pitcher. Chill overnight in the refrigerator for the most flavor, and store in the refrigerator until ready to drink.

Recipe adapted from whatscooking.fns.usda.gov.

For tips and tricks to help your family live healthier, visit EatSmartWNY.org.

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