

Flavored Water Recipes

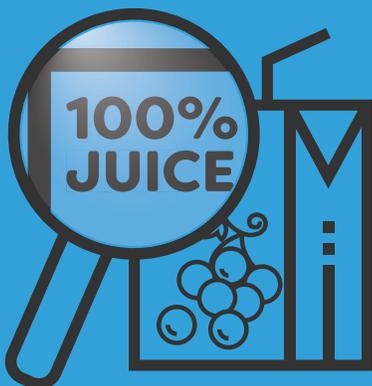
Keep it simple with one option, or mix flavors together.

Flavors	Ingredients		Preparation
	1 Gallon Water	2½ Gallons Water	
Cucumber	½ cucumber	4 to 5 cucumbers	Slice crosswise into thin slices. Leave skin on for color.
Citrus - Lemons, Oranges, Limes, Grapefruit	2 small or 1 large	4 to 5 small or 2 large	Slice thinly in whole circles or quarter wedges. Leave skin on for added color and flavor.
Herb - Mint, Basil, Rosemary	10 small leaves or a small sprig	20 to 25 small leaves or 2 to 3 small sprigs	Tear or crush the leaves to release the flavor.
Strawberry Kiwi	12 to 16 strawberries (about 1 pint) and 2 kiwi	30 to 40 strawberries (about 2 ½ pints) and 5 kiwi	Peel the kiwi. Slice both fruits into thin slices.

- To save refrigerator space and make the water easier to transport, you can prepare the recipe using half the recommended amount of water. Refrigerate. Add the remaining cold water (and ice, if desired) just prior to serving.
- Trim away any damaged or bruised areas on produce before adding to water.
- Mash the fruit to release the most flavor. Caution: seeds or mashed fruit can clog water dispenser spigots.
- Refrigerate for several hours or overnight to allow the most flavoring.
- Produce from the water can be used as garnish in drinking cups.
- Water will last up to 3 days in the refrigerator.

SOURCE: FOOD HERO

If the label doesn't say 100% juice, that drink box may contain added sugar.



Help kids switch from soda to seltzer by adding a little fresh fruit juice to the can.



315.331.8415
FingerLakesEatSmartNewYork.org

facebook.com/FLESNY
instagram.com/FingerLakesEats

FINGER LAKES
EAT SMART NEW YORK



Cornell University
Cooperative Extension

foodlink
abundance shared



Finger Lakes Eat Smart NY is funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institute is an equal opportunity provid-