

Flavored Water Recipes

Fruits and vegetables you might want to try alone or in combinations:

- orange
- lemon
- lime
- watermelon
- cantaloupe
- berries - either single berry or mixed berries
- cucumber
- mango
- pineapple



Citrus Cucumber Water

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

Place all fruits and vegetables in a pitcher and add water. Allow flavors to blend at least two hours before serving in glasses over ice. Store in refrigerator and drink within 24 hours.

Orange Mint Water

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

Place mint and orange slices in a pitcher and add water. Allow flavors to blend at least two hours in the refrigerator. Pour in glasses over ice and serve garnished with an orange slice and a sprig of mint. Store in refrigerator and drink within 24 hours.

Cucumber Melon Water

- 1 large cucumber, sliced
- 1/4 honeydew melon, cubed
- 1/4 cantaloupe, cubed
- 1 half gallon of water



Place cucumber, melon, and cantaloupe in a pitcher and add water. Allow flavors to blend at least two hours and then serve in glasses over ice. Store in refrigerator and drink within 24 hours.

Watermelon Basil Water

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



Pour water over watermelon and basil. Refrigerate at least two hours and then serve in glasses over ice, garnished with a sprig of basil. Store in refrigerator and drink within 24 hours.

Honeydew Lime Water

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



Add melon slices, lime slices and mint sprigs to a large pitcher. Fill with water and refrigerate two to four hours. Serve in glasses over ice. Store in refrigerator and drink within 24 hours.

Citrus Cilantro Water

- 1 large lemon, sliced
- 1 large lime, sliced
- 1 large orange, sliced
- 1/4 cup cilantro leaves
- 1 half gallon of water

In a large pitcher, pour water over citrus fruits and cilantro. Refrigerate at least two hours. Serve in glasses over ice and garnish with an orange slice and sprig of cilantro. Store in refrigerator and drink within 24 hours.

Frozen Fruit Water

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

Add frozen fruit to a pitcher. **NOTE:** Frozen grapes and berries are a choking hazard for children – slice grapes and/or berries into quarters. Pour water over fruit and let sit at least an hour in the refrigerator. Stir to distribute fruit flavor and serve in glasses over ice. Store in refrigerator and drink within 24 hours. (You can chop up the same kind of fruit, unfrozen, and follow same directions. You'll need to use more ice and/or chill longer when serving the unfrozen fruit-flavored water.)

Strawberry Water

- 4 sliced strawberries
- 8 cucumber slices
- 1 half gallon water

In a large pitcher, add 4 sliced strawberries and 8 cucumber slices. Fill with water and refrigerate two to four hours. Serve in glasses over ice. Store in refrigerator and drink within 24 hours.



Rosemary Berry Water

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

Add blueberries and rosemary sprigs to a large pitcher. Fill with water and refrigerate two to four hours. Serve in glasses over ice. Store in refrigerator and drink within 24 hours.

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•California Department of Public Health.