

Fruit-Infused Water

Prep Time: 20 minutes

Makes 8, 1 cup servings

Ingredients:

7 cups water

1 cup ice cubes

Choice of two or more ingredients:

- 1 fresh lemon
- 1 fresh lime
- 1 fresh orange
- 1 cup raspberries or strawberries
- 1 cup melon (any type)
- 1 small cucumber
- Fresh Herbs: Basil, rosemary, or mint

Directions:

1. Fill a pitcher with water.
2. Rinse choice of fruits and/or vegetables. Cut into slices.
3. Add ingredients to water and squeeze out some of the juices, pressing fruit against sides of pitcher using a large spoon.
4. Stir in ice cubes and fresh herbs, if desired
5. Serve immediately or let stand at least 30 minutes prior to serving for stronger flavor.



Fruit-infused water is a naturally sweet choice!

Replace soft drinks and sugary beverages with low-calorie options.



Cerro Gordo County
Department of Public Health

H. H. Food Bank & Cerro Gordo County Dept. P. H.. Courtesy of Iowa United Method Church Funds & sponsorship of ITC Holdings

RECIPE TIPS

Try these refreshing flavor combinations!

Raspberry Mist = Raspberries + Lime

Citrus Mint = Lime + Orange + Fresh Mint

Watermelon-ade = Watermelon + Lemon

Cucumber Lemon = Cucumber + Lemon + Fresh Mint

Looking for a fizzy beverage?

Replace plain water with seltzer water for a fizzy drink!

Not sweet enough?

Add a splash of 100% juice to your water or seltzer water.

Serving Size: 1 cup

Nutrition Facts:

Calories: 3

Fat: 0 g

Saturated Fat: 0 g

Sodium: 0 mg

Total Carbohydrates: 1 g

Fiber: 0 g

Protein: 0 g



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Nutrition Services

For more recipes and information about FREE public health services visit:

www.cghealth.com or call 641-421-9300

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