

# Flavored Water that you can make yourself!



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EXTENSION

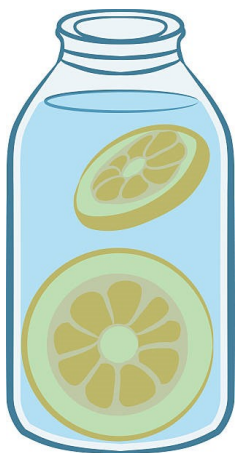
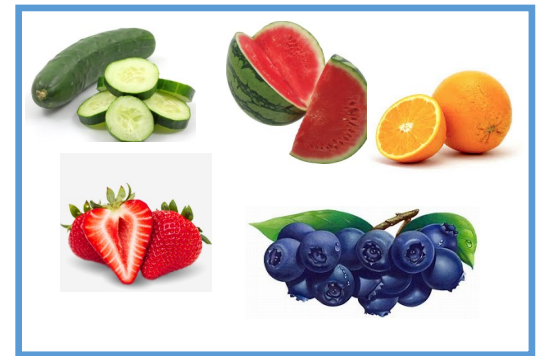
## Drink Water!



Some fruits and vegetables you might want to try alone or in combination with other fruits:

Orange  
Lemon  
Lime  
Watermelon  
Cantaloupe

Cucumber  
Mango  
Pineapple  
Strawberries  
Blueberries



**It's Simple! Place the fruits and vegetables in a pitcher and add water. Refrigerate and allow to infuse for 2 hours. Add more time for more flavor!**

## Simple Flavored Water Recipes (for a 2 quart pitcher)

- **Cucumber Lemon:** 1/2 large cucumber and 1 lemon, sliced.
- **Berry Orange:** 6 strawberries and 1 orange, sliced.
- **Pineapple Grape:** 1 cup canned diced pineapple and the pineapple juice from the can plus 1 cup of grapes.
- **Strawberry Cucumber:** 6 strawberries and 1/2 large cucumber, sliced.
- **Frozen Fruit Water:** 2 cups of your choice of frozen apple chunks, berries or pineapple.

***Or have fun creating your own combinations!***

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