

— MY FAVORITE FLAVOR IS —

HERBAL



Try these tea-like infusions.



WATERMELON & BASIL WATER

Mix **1 cup** cubed watermelon and **5** basil leaves with water in a **2-quart** pitcher. Chill for at least 20 minutes and enjoy.



CUCUMBER, LIME & MINT WATER

Mix $\frac{1}{2}$ **sliced** cucumber, **1 sliced** lime, and **5** mint leaves with water in a **2-quart** pitcher. Chill for at least 20 minutes and enjoy.



GRAPEFRUIT & ROSEMARY WATER

Mix **1 peeled and chopped** grapefruit and **1** sprig of fresh rosemary with water in a **2-quart** pitcher. Chill for at least 20 minutes and enjoy.

Wash ingredients first. Serve chilled for freshness and drink within 24 hours (recipe serves five). Sip, share, and enjoy!

— MY FAVORITE FLAVOR IS —

SWEET



Juicy fruit flavors make water extra sweet.



MELON COOLER

Blend **2 cups** chopped watermelon and **2 cups** cold water in a blender until smooth. This recipe makes enough for 5. Chill for at least 20 minutes and enjoy.



STRAWBERRY & CUCUMBER WATER

Mix **10 sliced** strawberries and **1 sliced** cucumber with water in a **2-quart** pitcher. Chill for at least 20 minutes and enjoy.



BERRY-BLASTED WATER

Mix **1 cup** frozen mixed berries with water in a **2-quart** pitcher. Chill for at least 20 minutes and enjoy.

Wash ingredients first. Serve chilled for freshness and drink within 24 hours. (recipe serves five). Sip, share, and enjoy!

— MY FAVORITE FLAVOR IS —

TANGY



Give your water a citrus boost.



LEMON & CUCUMBER WATER

Slice $\frac{1}{2}$ cucumber and **1** lemon. Mix with water in a **2-quart** pitcher. Chill for at least 20 minutes and enjoy.



ORANGE & BLUEBERRY WATER

Mix **1 sliced** orange and **20** blueberries with water in a **2-quart** pitcher. Chill for at least 20 minutes and enjoy.



CRANBERRY & LIME FIZZ

Mix **1 cup** 100% cranberry juice (with no added sugar) with **4 cups** seltzer water. Rinse, then slice lime and squeeze juice into mixture. Stir and serve.

Wash ingredients first. Serve chilled for freshness and drink within 24 hours (recipe serves five). Sip, share, and enjoy!

— MY FAVORITE FLAVOR IS —

TROPICAL



Let these water recipes take you on vacation.



KIWI & STRAWBERRY WATER

Mix **1 peeled and sliced** kiwi and **10 sliced** strawberries with water in a **2-quart** pitcher. Chill for at least 20 minutes and enjoy.



STRAWBERRY-PINEAPPLE LEMONADE

Blend **4 cups** 100% pineapple juice (with no added sugar), **2 cups** fresh or frozen strawberries, **¼ cup** fresh lemon juice, and **½ cup** of water with ice in a blender until smooth. This recipe makes enough for 5. Chill for at least 20 minutes and enjoy.



MANGO & JALAPEÑO WATER

Mix **1 cup chopped** mango with **½** fresh jalapeño (no seeds) with water in a **2-quart** pitcher. Chill for at least 20 minutes and enjoy.

Wash ingredients first. Serve chilled for freshness and drink within 24 hours (recipe serves five). Sip, share, and enjoy!

HURRAY FOR WATER



Flip for kid-friendly recipes.



STRAWBERRY-PINEAPPLE LEMONADE

Blend **4 cups** 100% pineapple juice (with no added sugar), **2 cups** fresh or frozen strawberries, **¼ cup** fresh lemon juice, and **½ cup** of water with ice in a blender until smooth. This recipe makes enough for 5. Chill for at least 20 min and enjoy.



CUCUMBER, LIME & MINT WATER

Mix **½ sliced** cucumber, **1 sliced** lime, and **5** mint leaves with water in a **2-quart** pitcher. Chill for at least 20 minutes and enjoy.



MELON COOLER

Blend **2 cups** chopped watermelon and **2 cups** cold water in a blender until smooth. This recipe makes enough for 5. Chill for at least 20 min and enjoy.



ORANGE & BLUEBERRY WATER

Mix **1 sliced** orange and **20** blueberries with water in a **2-quart** pitcher. Chill for at least 20 minutes and enjoy.

Wash ingredients first. Serve chilled for freshness and drink within 24 hours (recipe serves five). Sip, share, and enjoy!