

Flavored Water

From the United States Department of Agriculture

<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/flavored-water>

Ingredients

- 1 cup watermelon
- 1 lime
- 5 mint leaves (optional)

Instructions

1. Wash all produce.
2. Collect, slice, and measure all ingredients before starting to prepare the recipe.
3. Add all ingredients plus enough cold water to fill a 2-quart pitcher. Chill overnight in the refrigerator for the most flavor, and store in the refrigerator until ready to drink. The fruit will stay fresh in the water for up to 48 hours after being prepared.
4. After you drink the water, you can eat the fruit or blend it into a smoothie!

Makes 1 serving (1 cup)

Nutrition information per serving

Calories: 8	Dietary Fiber: 0 g
Total Fat: 0 g	Sodium: 0 mg
Saturated Fat: 0 g	Protein: 0 g
Cholesterol: 0 g	Carbohydrates: 2 g

Notes

Try these refreshing combinations, or create your own!

Cucumber Lemon (or Lime)

- ½ cucumber
- 1 lemon or lime

Pineapple grape

- 1 cup canned diced pineapple
- Pineapple juice from can
- 1 cup grapes

Berry Kiwi (or Orange)

- 10 strawberries or blackberries
- 1 kiwi or orange