

Flavored Water (No Sugar Added)

Serves: 6 | Serving Size: 1 cup

Ingredients for Large Serving (6 cups):

- 6 cups water
- 2 cups fresh fruit (strawberries, raspberries, pineapple, watermelon, pomegranate seeds, grapefruit, lemons, limes, etc.)
- Optional: 10 fresh mint leaves



Ingredients for Single Serving (1 cup):

- 1 cup water
- 1/3 cup fresh fruit (strawberries, raspberries, pineapple, watermelon, pomegranate seeds, grapefruit, lemons, limes, etc.)
- Optional: 2 fresh mint leaves

Directions:

1. Cut washed fruit into halves, slices, or chunks depending on the fruit you chose.
2. Optional: cut or tear washed mint leaves in half.
3. Place cut fruit and mint leaves in a large pitcher or a single-serving glass.
4. Optional: lightly mash fresh fruit to get the most flavor.
5. Fill container with water.
6. Optional: substitute 1 cup of water for unflavored tonic or seltzer water.
7. Refrigerate for at least 30 minutes up to 4 hours to allow the ingredients to infuse.
8. Strain and serve over ice if desired.
9. Storage: to avoid bitterness, drain fruit within 24 hours and refrigerate for up to three days.

Combination Ideas:

- Raspberry or strawberry, lemon, and mint
- Kiwi, strawberry, and mint
- Blueberry, lemon, and mint
- Pineapple and mint
- Watermelon and mint
- Lemon and lime