

Fruit Infused Water

Makes: 4 servings (8 oz)

Ingredients

1 lemon or lime, sliced
4 cups water, cold
Mint sprig, optional

Directions

1. Wash all fresh produce before slicing. You can use fresh, frozen or canned fruit based on cost or availability.
2. Slice fresh produce into thin slices.
3. For each variation of water, place fruit/herbs into pitcher with cold water and mix.
4. Ideally, chill in the refrigerator overnight; but if not able, you can enjoy after preparing.
5. The fruit will stay fresh in the water for up to 48 hours.
6. After the water has been finished you can eat the fruit or blend it into a smoothie.

Try these other refreshing combinations:

Cucumber Lemon

- 1 cucumber, small
- 1 lemon
- 1 sprig mint

Strawberry Cucumber

- 3/4 cup strawberry
- 1 cucumber, small

Watermelon Lime

- 1 cup watermelon
- 1 lime

Cost per Serving: 0.26 cents;

Cost per Recipe: \$1.04

Recipe cost provided for Lemon Water recipe

Source: adapted from Colorado State University Extension; Eating Smart, Being Active



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