

Jazz up your water!

Adding healthy ingredients, like fruit, to water can make it more fun and appealing. Flavoring water makes it taste a lot like a juice drink or a soda, while remaining a healthier alternative.

Try these at home and engage the whole family in making them. You can switch up the ingredients and get creative! For best flavor, let the fruit and water infusion sit overnight in the refrigerator

Cucumber Mint Water

- 1 medium sliced cucumber
- 4 fresh mint leaves
- 1 gallon of water

Strawberry Basil Water

- 16-20 sliced strawberries
- 12 fresh basil leaves
- 1 gallon of water

Apple Cinnamon Water

- 2 sliced apples
- 1 splash of apple juice
- 2 teaspoons of cinnamon
- 1 gallon of water

