



## Wonderful Water

Flavor your water with fruits and herbs! This is a great way to get fluid without the added calories or artificial sweeteners of many drinks. Sodas, sports drinks and fruit juice can be high in calories and sugar. Too many calories will cause weight gain. Watching your caloric beverage choices can help you control your weight. Water has zero calories and is needed by the body.

### Minty Cucumber Lime

- 1/2 a cucumber, sliced
- 1/2 a lime, sliced
- 1/4 cup fresh mint leaves

### Strawberry-Lemon with Basil

- 1/2 cup sliced strawberries
- 1/2 a lemon, sliced
- 1/4 cup fresh basil leaves

### Strawberry- Mint

- Slice 1/2 cup fresh strawberries
- Select several sprigs of fresh mint

### Watermelon Mint

- 1 cup cubed watermelon
- 1/4 cup fresh mint leaves

### Pineapple-Orange with Ginger

- 1/2 cup cubed pineapple
- 1/2 an orange, sliced
- 1 tablespoon freshly-grated ginger

### Lemon –Basil

- Slice 1 whole lemon
- Select 1/4 to 1/2 cup fresh basil leaves

### You will need:

- 1-quart jars, water and a wooden spoon

### Directions:

1. Choose which recipe you're making or come up with your own combination (such as cucumbers and rosemary) and gather all of the ingredients.

2. Place the fruit, herbs, and/or spices in the bottom of one of the glass jars, and muddle with a wooden spoon. (That basically means mash up the fruit in the bottom of the jar to release some of the flavor-filled juices.) Fill the jar with water and give it a taste. Enjoy as-is or refrigerate overnight for maximum flavor. Enjoy and be well hydrated.