

BUILD YOUR OWN Infused Water

Choose from your favorite ingredients and make it your own!

Prep Time: 15 minutes
Total Time: 25 minutes



FRUIT



2 limes,
sliced



½ cup frozen
berries



½ cup watermelon,
diced



½ cup pineapple,
sliced or diced

VEGETABLE



1 cucumber,
sliced



1 jalapeño,
sliced



½ cup fennel
fronds, chopped

HERB



¼ cup mint,
chopped



¼ cup basil,
chopped



1 teaspoon fresh
ginger root, minced

Directions:

- Select a fruit, vegetable, and/or herb.
- Combine fruit, vegetable, and/or herb choices in a water pitcher. Fill with ice and water. Stir to combine.
- Refrigerate water for at least 2 hours for best flavor.
- Makes 8 servings.
- Refill empty pitcher with water and ice to reuse flavoring ingredients once within 4 days if desired.
- As you become more familiar with the recipe, try adding or replacing with different fruits, vegetables, and herbs for a different flavor.

**Eat Smart
Move More**

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