

## FLAVORED WATER RECIPES

Drinking water is one of the best changes you can make to get healthier. Now that you have a new baby it is the perfect time to get motivated and make healthier choices for you and your baby.

You might find it difficult to drink the recommended amount of water if you do not like the taste. However, there are a couple things you can do to make your water taste better. If you like the way your water tastes, you will be more likely to stick to your water-drinking goals. You can also teach your kids to flavor their water using natural ingredients instead of having sugary drinks. Remember that you are your child's biggest role model and they will learn their healthy habits from you.

The following are some recipes of items you can put in your water to make it taste better. These are just suggestions. You can put in any combination of fresh fruits and herbs that you like. If you would like, you can add carbonated water to these recipes and use it as a replacement for soft drinks. The best part about adding flavor to your water is that there are no rules. You can alter the recipes whichever way you like. You can also use any ingredients you have on hand. Have fun trying to create different recipes. This is also a great way to use up fruits and herbs that you want to keep from spoiling and it will save you money.

### TIPS OF THE WEEK

- Make a whole pitcher of flavored water everyday so that it is ready to drink whenever you like.
- Make your flavored water the night before to get the most flavors out of the ingredients.
- Remember to wash all fruits and herbs that you put into your water.

### WHAT YOU NEED:

- 6 cups of water
- Pitcher
- Spoon to stir
- Any combination of fruits, vegetables, or herbs that you like

### INSTRUCTIONS:

1. Wash and cut up all of your ingredients
2. Add to a pitcher of water
3. Use a wooden spoon to stir all of the ingredients and mash them up a bit to release the flavor.
4. For the best flavor, allow the water to sit in the refrigerator overnight or for a couple hours before drinking.



## FLAVORED WATER RECIPES:

### MINTY CUCUMBER LIME

½ sliced cucumber  
½ sliced lime  
¼ cup of fresh mint leaves

### WATERMELON MINT

1 cup of cubed watermelon  
¼ cup of fresh mint leaves

### STRAWBERRY-LEMON WITH BASIL

1 cup of sliced strawberries  
2 sliced lemon  
¼ cup of fresh basil

### PINEAPPLE-ORANGE WITH FRESH GINGER

½ cup of cubed pineapple  
½ sliced orange  
1 tablespoon of freshly grated ginger

### MIXED BERRY

2 cups of any combination of berries you like including: *strawberries, blueberries, raspberries, blackberries.* Add lemon or lime if desired

### KIWI CUCUMBER GRAPES

6 peeled kiwis  
1 sliced cucumber  
1 cup of green grapes  
¼ cup of basil leaves

### BLUEBERRY ORANGE

½ cup of blueberries  
½ sliced orange

## FLAVORED ICED CUBES

Another easy way to make your water taste better is to make ice cubes with fruits and herbs and you can just add them to your glass of water. These are easy to make and you can make as much as you want ahead of time. This is also a good way to store any fruits that you don't want to go to waste and it will save you money! You can add anything you like or mix any combination of fruits.

Some ideas are:

**STRAWBERRIES**

**BLUEBERRIES**

**PEACHES**

**WATERMELON**

**CUCUMBER**

**KIWI**

**LEMON**

**MINT**

**BASIL**

**ROSEMARY**

**PINEAPPLE**

**GRAPEFRUIT**

**ORANGE**

## REFERENCES:

- Centers for Disease Control and Prevention. (2012). Water: Meeting your daily fluid needs. Retrieved from <http://www.cdc.gov/nutrition/everyone/basics/water.html>.