



Flavored Waters



Garden Enhanced Nutrition Education

Ingredients:

To one gallon of water, add one or more of the following:

Fruits	Herbs	Edible Flowers
1 cucumber, thinly sliced 1/2 honeydew melon, cubed 3 lemons, thinly sliced 2 oranges, thinly sliced	Mint leaves Rosemary sprigs Basil leaves	Lavender flowers



Directions:

1. Choose the ingredient(s) you will use to flavor your water.
2. Rinse the ingredients under cool running water. Cut or slice as desired.
3. Put flavoring ingredients in the bottom of a pitcher and fill with water.
4. Let the water sit for up to an hour at room temperature.
5. Chill (if possible) and serve.

Notes:

- ▶ This recipe is best prepared and served right away. Do not store flavored waters in water bottles or in pitchers. Throw away (in compost piles, if available) after use.
- ▶ Many pesticides are soluble in water. If harvesting fruits, herbs or edible flowers from a garden, choose only those items that have not been sprayed with pesticides. When in doubt, leave it out.

Servings: 16
Serving size: 1 cup

Nutrition information (per serving):

Calories: 5
Total Fat: 0g
(Saturated Fat: 0g)
Cholesterol: 0mg
Dietary Fiber: 0g
Sodium: 5mg

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