



Drink More WATER

Recipe

Cucumber Lemon (or Lime) Flavored Water



INGREDIENTS: 1/2 cucumber, 1 lemon or lime, 5 mint leaves (optional), water

DIRECTIONS

- 1.** Wash all produce.
- 2.** Collect, slice*, and measure all ingredients before starting to prepare the recipe.
- 3.** Add all ingredients plus enough cold water to fill a 2-quart pitcher. Chill overnight in the refrigerator for the most flavor, and store in the refrigerator until ready to drink. The fruit will stay fresh in the water for up to 48 hours after being prepared.
- 4.** After you drink the water, you can eat the fruit or blend it into a smoothie!

* **TIPS FOR RELEASING FLAVORS OF THE PRODUCE:**

CUCUMBER: Cut into small pieces (1 to 2 inches).

CITRUS FRUIT: (oranges, lemons, limes): Wash fruit and slice into thin pieces.

For more information, please visit dph.georgia.gov/snap-ed

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider.



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Recipe
Watermelon Lime Flavored Water



INGREDIENTS: 1 cup watermelon, 1 lime, water

DIRECTIONS

- 1.** Wash all produce.
- 2.** Collect, slice*, and measure all ingredients before starting to prepare the recipe.
- 3.** Add all ingredients plus enough cold water to fill a 2-quart pitcher. Chill overnight in the refrigerator for the most flavor, and store in the refrigerator until ready to drink. The fruit will stay fresh in the water for up to 48 hours after being prepared.
- 4.** After you drink the water, you can eat the fruit or blend it into a smoothie!

* **TIPS FOR RELEASING FLAVORS OF THE PRODUCE:**

WATERMELON: Remove rind and cut into small pieces (1 to 2 inches).

CITRUS FRUIT: (oranges, lemons, limes): Wash fruit and slice into thin pieces.

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