

# SUMMERTIME SPLASH

## Infused Water

Serves: 2, Serving size: 2 cups  
(not including fruit)

### Ingredients:

1 cup strawberry slices  
1/2 lime, sliced  
1 cup watermelon chunks  
4 cups cold, filtered water

### Directions:

1. Place the fruit in a pitcher or glass jar and top with cold water
2. Let the pitcher or jar sit in the refrigerator for 1-3 hours (or overnight) to let the fruit flavors mix into the water
3. Enjoy a refreshing glass of fruit-infused water to stay hydrated on hot summer days! Add ice and/or more cold water as needed, but do not keep the fruit for more than 2-3 days.

*Tip:* experiment with different fruits (and even vegetables or herbs!) in your water for different flavor combinations. Some ideas to try:

- Peach + pineapple
- Cucumber + mint + honeydew melon
- Blueberry + rosemary + lemon
- Mango + raspberry + ginger

