



cucumber  
& lime

strawberry & lemon

## add flavor to water *without adding sugar!*

1. Wash and slice fresh fruits, vegetables or herbs.
2. Place in a pitcher, cup or water bottle. Add water.
3. Refrigerate for at least 1 hour before serving for the most flavor.

### **Keep flavored water safe:**

*Store leftover water with sliced fruit, vegetable or herbs in the refrigerator within 2 hours.*



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