



Drink

More

Water



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THESE RECIPES ARE FREEBIES IN YOUR MEAL PLAN!

# Strawberry Kiwi Water

## Ingredients

1 cup ice  
1/2 cup chopped fresh strawberries  
1 medium kiwifruit peeled  
1 1/4 cups cold water

## Instructions

Place ice in a tall glass. Set aside.  
Combine strawberries and kiwi in a large cocktail shaker.  
Mash well with back of a wooden spoon or muddler.  
Add water; cover and shake.  
Strain into ice-filled glass and enjoy.

# Blueberry Vanilla Lime Water

## Ingredients

1 cup ice  
1/2 cup blueberries  
3 slices fresh lime  
1/4 tsp. pure vanilla extract  
1 1/4 cups cold water

## Instructions

Place ice in tall glass; set aside.  
Combine blueberries, lime, and vanilla in large cocktail shaker. Mash well with back of a wooden spoon or muddler.  
Stir in water; cover and shake.  
Strain into ice-filled glass and enjoy.

# *Orange Vanilla Cinnamon Water*

## **Ingredients**

1 cup ice  
3 slices fresh orange  
¼ tsp. pure vanilla extract  
1 cinnamon stick, broken into pieces  
1¼ cups cold water

## **Instructions**

Place ice in tall glass; set aside.  
Combine orange, vanilla, and cinnamon stick in large cocktail shaker. Mash well with back of a wooden spoon or muddler.  
Stir in water; cover and shake.  
Strain into ice-filled glass and enjoy.

# *Minty Watermelon Lime Water*

## **Ingredients**

1 cup ice  
½ cup diced watermelon  
3 slices fresh lime  
4 fresh mint leaves  
1¼ cups cold water

## **Instructions**

Place ice in tall glass; set aside.  
Combine watermelon, lime, and mint in large cocktail shaker. Mash well with back of a wooden spoon or muddler.  
Stir in water; cover and shake.  
Strain into ice-filled glass and enjoy.



# *Honeydew Basil Water*

## **Ingredients**

1 cup ice  
½ cup diced honeydew melon  
4 fresh basil leaves  
1¼ cups cold water

## **Instructions**

Place ice in tall glass; set aside.  
Combine honeydew melon and basil in large cocktail shaker. Mash well with back of a wooden spoon or muddler.  
Stir in water; cover and shake.  
Strain into ice-filled glass and enjoy.

# *Tropical Lime Water*

## **Ingredients**

1 cup ice  
¼ cup diced pineapple  
¼ cup diced fresh mango  
3 slices fresh lime  
1¼ cups cold water

## **Instructions**

Place ice in tall glass; set aside.  
Combine pineapple, mango, and lime in large cocktail shaker. Mash well with back of a wooden spoon or muddler.  
Stir in water; cover and shake.  
Strain into ice-filled glass and enjoy.

# *Rosemary Grapefruit Water*

## **Ingredients**

1 cup ice  
3 slices fresh grapefruit  
1 sprig fresh rosemary  
1¼ cups cold water

## **Instructions**

Place ice in tall glass; set aside.  
Combine grapefruit and rosemary in large cocktail shaker. Mash well with back of a wooden spoon or muddler.  
Stir in water; cover and shake.  
Strain into ice-filled glass and enjoy.

# *Minty Citrus Ginger Water*

## **Ingredients**

1 cup ice  
2 slices fresh orange  
2 tsp. grated fresh ginger  
4 fresh mint leaves  
1¼ cups cold water

## **Instructions**

Place ice in tall glass; set aside.  
Combine orange, ginger, and mint in large cocktail shaker. Mash well with back of a wooden spoon or muddler.  
Stir in water; cover and shake.  
Strain into ice-filled glass and enjoy.