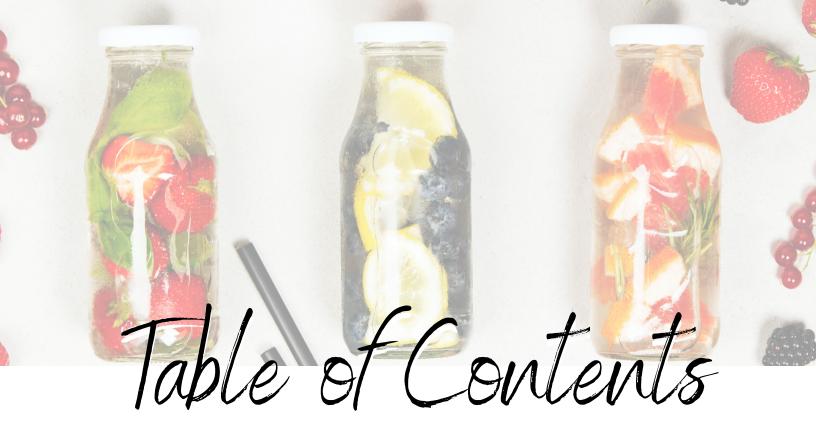
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STRAWBERRY KIWI WATER
BLUEBERRY VANILLA LIME WATER
ORANGE VANILLA CINNAMON WATER
MINTY WATERMELON LIME WATER
HONEYDEW BASIL WATER
TROPICAL LIME WATER
ROSEMARY GRAPEFRUIT WATER
MINTY CITRUS GINGER WATER

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 ½ cup blueberries 3 slices fresh lime ¼ tsp. pure vanilla extract 14 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

1 cup ice

2 cup diced watermelon

3 slices fresh lime

4 fresh mint leaves

11/4 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.

Ingredients

Tropical Line Water

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 Grapetruit Water

Ingredients

1 cup ice 3 slices fresh grapefruit 1 sprig fresh rosemary 1½ 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.