

Fruit-Infused Water

Try this refreshing flavor combination of watermelon and lime or create your own!

Makes: 8 servings

Ingredients

- 1 lime
- 1 cup watermelon
- 8 cups cold water (or less, depending on the amount of fruit added)
- 5 mint leaves (optional)



Directions

1. Slice limes.
2. Cut watermelon into 1-inch cubes.
3. Add lime and watermelon, plus enough cold water to fill a 2-quart pitcher.
4. Chill overnight in the refrigerator for the most flavor and keep in the refrigerator until ready to drink.
5. Garnish with mint leaves if desired.
6. After you drink the water, you can eat the fruit or blend it into a smoothie.

Notes

Try these other refreshing flavor combinations or create your own:

- **Cucumber Lemon (or Lime)**
 - 1/2 cucumber
 - 1 lemon or lime

- **Pineapple Grape**
 - 1 cup canned diced pineapple with juice
 - 1 cup grapes
- **Berry Kiwifruit (or Orange)**
 - 10 strawberries or blackberries
 - 1 kiwifruit or 1 orange

Recipe from: *Eating Smart, Being Active*, Colorado State University, adapted by the USDA Food and Nutrition Administration.

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