Flavored Water

Water is the healthiest beverage option. Here are a few ways to change it up:

All Citrus Flavored Water
- Slice 1 orange, 1 lime, 1 lemon into rounds
- Cut the rounds in half
- Add to jar, press and twist with a muddler or the handle of a wooden spoon (Press enough to release some of the juices, but don’t pulverize the fruit into pieces)
- Fill the jar with ice
- Pour in water to the top
- Stir, put on a lid and put it in the fridge to chill.

Raspberry Lime Flavored Water
- Quarter 2 limes; with your hands, squeeze the juice into the jar, then throw in the squeezed lime quarters
- Add raspberries
- Press and twist with a muddler to release some of the juices (don’t pulverize the fruit)
- Fill the jar with ice
- Add water to the top.
- Stir, cover, and refrigerate.