



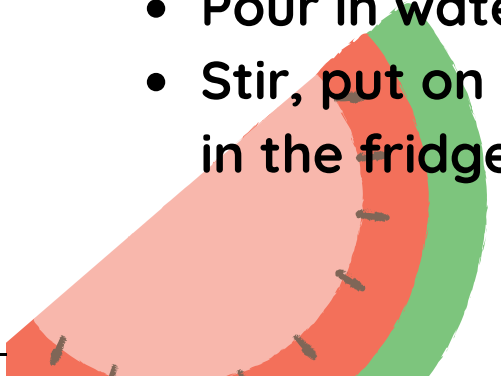
FLAVORED WATER

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.
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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.
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