

# healthMpowers®

## Recipes

### Infused Water



This institution is an equal opportunity provider. This material was funded by USDA's SNAP and other HealthMPowers partners.

## Fruit Infused Water

### Strawberry and Lemon

#### Ingredients:

- 3 lemons, sliced
- 1/2 lb of strawberries, sliced
- 5 mint leaves (optional)
- 1 gallon of water
- Ice (*optional*)

#### Instructions:

1. Wash ingredients. Place all ingredients into a pitcher.
2. Chill or serve with ice.

\*Muddle strawberries and lemons to intensify flavor!



## Benefits of Drinking Water

✓ Water cushions joints and protects sensitive organs.

✓ Water helps prevent the body from over-heating.

✓ Water helps with digestion.

# Fruit Infused Water

Peach and Lemon

## Ingredients:

- 2 peaches, sliced
- 1 lemon, sliced
- 1 gallon of water
- Ice (*optional*)

## Instructions:

1. Wash ingredients. Place all ingredients into pitcher.
2. Chill or serve with ice.

\* Squeeze lemons to intensify flavor!



## Benefits of Drinking Water

✓ Water benefits the kidneys.

✓ Water boosts performance during physical activity.

✓ Water helps protect the spinal cord and sensitive tissues.

# Fruit Infused Water

Orange and Blueberry

## Ingredients:

- 2 oranges, cut into wedges
- 1 handful of blueberries
- 1 gallon of water
- Ice (*optional*)

## Instructions:

1. Wash ingredients. Place all ingredients into pitcher.
2. Chill or serve with ice.

\* Squeeze orange and muddle blueberries to intensify flavor!



## Benefits of Drinking Water

✓ Water helps the body remain at a normal temperature.

✓ Water helps the body stay energized.

✓ Water helps flush out body waste.