RECIPE

Citrus Cucumber Flavored Water

A fun, citrusy recipe to help keep hydrated.

Makes: 8 servings
Prep Time: 5 minutes
Cook Time: 0 minutes

Source: https://foodhero.org/recipes/citrus-cucumber-flavored-water

Ingredients

- 1 large lemon
- 1 large lime
- 1 large orange
- 1 large cucumber
- 8 cups cold water

Directions

1. Wash hands with soap and water.
2. Scrub all fruits and cucumber under running water.
3. Cut the citrus fruit into slices, with or without peeling, and put in a pitcher.
4. Cut the cucumber into slices, with or without peeling. Add cucumber slices to the pitcher.
5. Add water, stir well and refrigerate for 2 hours before serving, then keep it cold to keep it safe.
6. Drink within 2 days for best quality.

Small Changes, BIG Difference!

Nutrition Information

Serving Size: 1 Cup

Nutrients	Amount
Calories:	0
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	5 mg
Total Carbohydrates:	0 g
Dietary Fiber:	0 g
Total Sugars:	0 g
Added Sugars:	0 g
Protein	0 g

Utensils Needed

- Pitcher or jar
- Cutting board
- Sharp knife

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