

INFUSED WATER

Make a delicious sugar-free drink together!

Materials: pitcher, water, cups, fruits and/or vegetables (ex: melon, cucumber, lemon, mint, basil, grapefruit, orange, lime)



1. Cut the fruit and or vegetables into slices or cubes.
2. Place the fruit and or vegetables into the pitcher of water and set aside for 15-20 minutes.
3. Pour the infused water into cups and taste.
4. Experiment with new combinations of fruits and vegetables for a delicious drink with no added sugar!