

## MAKE FUN

# Flavored Water

Infuse a bit of fun flavor into water with fruit, vegetables, or herbs!

Be creative and try lots of different combinations! Let the kids come up with ideas for the next flavor infusion!

You can make infused water in a large jug by simply adding sliced or chopped-up fruit, vegetables, and herbs to the water!

Let it set a few hours, then enjoy poured over ice. Try lemon and orange, melon and mint, cucumber slices or frozen berries. For more ideas see the lists below.

### Fruit

- Berries
- Oranges
- Lemons
- Lime
- Grapefruit
- Pineapple
- Grapes
- Watermelon
- Mango
- Cantaloupe
- Honeydew
- Kiwi
- Cherries
- Apples

### Vegetables

- Cucumber
- Jalapenos
- Bell Peppers
- Celery
- Carrots

### Herbs

- Basil
- Mint
- Rosemary
- Cilantro
- Lavendar
- Tarragon
- Thyme
- Sage
- Ginger Root

gingerapple

Cheers to  
drinking water!

pineapplesage

cucumbermint



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