## Healthy Children, Healthy Family Fruit Infused Water



Makes: 2 quarts

Preparation time: Make 4-8 hours before

using

Ingredients: Try one of the following:

- ½ lemon (in slices), ½ cucumber (in slices), 6 mint leaves or
- 3 tangerines (peeled, separated into sections, and sliced ) or
- 1 cup of strawberries (without tops and sliced)

## Instructions:

- 1) Fill a large container with water, allowing space for the fruit.
- 2) Add about a cup of fruit, vegetables or herbs
- 3) Store in the refrigerator for at least 4 hours before serving.

Note: Try different combinations of fruit and herbs. Discover your family's favorite! This is a great way to use small leftover pieces of fruits and vegetables.



My Family's Goal: We will try our best to	
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