COOKING: (Fruit Infused Waters)

KITCHEN GEAR:
• Pitcher
• Knife
• Cutting board
• Cups

Fruit infused water is a great way to hydrate! Simply add your favorite flavor combinations of fruits, vegetables, and herbs to water, and enjoy!

INGREDIENTS:

Citrus Water
• 1-2 liters of water
• 2 lemons
• 2 limes
• 1 orange

Tropical Fruit Water
• 1-2 liters of water
• 1 mango
• ½ pineapple

Watermelon Mint Water
• 1-2 liters of water
• 1 part of a watermelon (cubed with rind)
• 1 lime
• 1 handful of fresh mint
• 2 cups of pineapple (optional)

INSTRUCTIONS:
1. Start by cutting fruit into chunks.
2. Add your fruit slices to the empty pitcher
3. Fill your pitcher with water and enjoy!