



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!