

Fruit Infused Water

Quick Tips

- To stay hydrated, drink eight cups of water each day. Drink more when it's hot outside and when you are physically active.
- Fill a water bottle and carry it with you during the day.
- Get creative! Make water even tastier by adding a slice of your favorite fruit.



Spring: Strawberry Basil

Ingredients:

2 cups sliced strawberries
1/4 cup fresh basil leaves
Water or carbonated water
Ice

Directions:

1. Add strawberries and basil to a pitcher.
2. Gently press mixture with a spoon to release some of the juices.
3. Add ice to the pitcher, then fill with water. Stir fruit to mix.
4. Serve immediately or chill, covered, in the refrigerator. Enjoy!

Late Summer: Watermelon and Jalapeño

Ingredients:

2 cups chopped watermelon
1/2 jalapeño, seeds removed and sliced thin
Water or carbonated water
Ice

Directions:

1. Add watermelon and jalapeño to a large pitcher.
2. Crush the ingredients with a spoon.
3. Add ice and water to pitcher. Stir to mix.
4. Serve immediately or chill, covered, in the refrigerator. Enjoy!

Early Summer: Mixed Berry

Ingredients:

2 cups blueberries, raspberries, and/or blackberries
Water or carbonated water
Ice

Directions:

1. Add berries to a pitcher.
2. Gently press fruit with a spoon to release some of the juices.
3. Add ice to the pitcher, then fill with water. Stir fruit to mix.
4. Serve immediately or chill, covered, in the refrigerator. Enjoy!

Fall/Winter: Apple, Pear and Ginger

Ingredients:

1 apple, sliced
1 pear, sliced
2 tablespoons minced ginger
Water or carbonated water
Ice

Directions:

1. Add all ingredients to a pitcher and gently smash to release some of the juices.
2. Add ice and water to pitcher. Stir fruit into water and enjoy!

Just Say Yes to Fruits and Vegetables

NYC
Health

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