



## Kiwi Berry Blend

**Makes 4 servings.** *1 cup per serving.*

**Prep time:** 5 minutes

### Ingredients

- 1-2 kiwis, sliced or cut in chunks
- 2 cups strawberries, cut in half

### Preparation

1. Fill pitcher halfway with ice.
2. Add sliced kiwis and strawberries.
3. Fill with water. Chill for at least 20 minutes before serving.
4. Store in refrigerator and drink within 24 hours.



**Drink water instead of sugary drinks.**

## Flavor your water.



### LOL Blend

- 1 lemon, sliced
- 1 orange, sliced
- 2 limes, sliced

### Rosemary Watermelon

- 3 cups cubed, seeded, watermelon
- 2-3 sprigs rosemary, washed

### Peachy Strawberry Medley

- 2 cups strawberries, cut in half
- 1 peach, pitted and cut in chunks

### Preparation

1. Fill pitcher halfway with ice.
2. Add fruit and prepared ingredients.
3. Fill with water. Chill for at least 20 minutes before serving.
4. Store in refrigerator and drink within 24 hours.

### Serving Tips

- See the flavor—use a clear pitcher.
- For a stronger flavor, cut the fruit into smaller pieces.
- Drink within 24 hours.

