

# Hydrating Summer Sippers



## MY FAVORITE FLAVOR IS SWEET

### Strawberry & Cucumber Water

Mix 10 sliced strawberries and 1 sliced cucumber with water in a 2-quart pitcher. Chill for at least 20 minutes and enjoy. Other sweet fruits to try include watermelon, berries, peaches and kiwi.

## MY FAVORITE FLAVOR IS TANGY

### Cranberry & Lime Fizz

Mix 1 cup 100% cranberry juice (with no added sugar) with 4 cups seltzer water. Rinse, then slice the Lime and squeeze juice into the mixture. Stir and serve.



## MY FAVORITE FLAVOR IS TROPICAL



### Pineapple Mango Lemonade

Blend 4 cups 100% pineapple juice (with no added sugar), 2 cups fresh or frozen mango, ¼ cup fresh Lemon juice, and ½ cup of water with ice in a blender until smooth. This recipe makes enough for 5. Chill for at least 20 minutes and enjoy.

Wash ingredients first. Serve chilled for freshness and drink within 24 hours (recipes serve five).

Sip, share, and enjoy!

