



Flavored Waters



Garden Enhanced Nutrition Education

Ingredients:

To one gallon of water, add one or more of the following:

Fruits	Herbs	Edible Flowers
1 cucumber, thinly sliced 1/2 honeydew, cubed 3 lemons, thinly sliced 2 oranges, thinly sliced	Mint leaves Rosemary sprigs Basil leaves	Lavender flowers



Directions:

1. Choose which ingredient(s) you will add to water.
2. Rinse and clean ingredients well, prior to assembling the drinks.
3. Pour water into a pitcher, and add fruit or herbs.
4. Let steep for up to an hour at room temperature.
5. Chill (if possible), and serve.

Servings: 16
Serving size: 1 cup

Nutrition information (per serving):

Calories: 5
Total Fat: 0g
(Saturated Fat: 0g)
Cholesterol: 0mg
Dietary Fiber: 0g
Sodium: 5mg

Tips:

- ▶ This recipe is best prepared and served right away. Do not store flavored waters in water bottles or in pitchers. Discard (in compost piles, if available) after use.
- ▶ Many pesticides are soluble in water. If harvesting fruits, herbs or edible flowers from a garden, choose only those items that have not been sprayed with pesticides. When in doubt, leave it out.

Visit FoodHero.org for more healthy recipes



Source: Oregon State University Extension Service.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

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