Easy Flavored Water for Groups

What container to use?
Use clear containers to show off the fruits and veggies: pitchers, dispensers with a spigot for serving, glass jars or bowls with a ladle.

Caution - Plastic containers can be damaged by exposure to citrus.

Try:
- using glass containers for citrus.
- removing citrus slices from plastic containers after 1 hour.

Do not leave citrus-infused water in a plastic dispenser overnight.

Flavored water tastes great, is low-calorie and may be low-cost

What about ice?
- If you want to keep the water very cold, make the recipe using the amounts of water given, keep it refrigerated, then add ice just before serving.

Keep it safe!
- Clean hands, surfaces, utensils, and beverage dispensers/containers.
- Wash all fresh fruits, veggies and herbs by scrubbing or rubbing gently under cool running water.
- Do not mix batches. Use up the first batch; clean the container; make a fresh batch.
- Keep water cold after fruits or veggies are added.
- Make an amount you can use within 2 to 3 days.

How much to make?

1 gallon = 4 quarts =
16 cups (1-cup servings) =
64 tasting-size servings (¼ cup each)

2½ gallons = 10 quarts =
40 cups (1-cup servings) =
160 tasting-size servings (¼ cup each)
### Flavored Water Recipes

Keep it simple with one option, or mix flavors together.

<table>
<thead>
<tr>
<th>Flavors</th>
<th>Ingredients</th>
<th>Preparation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cucumber</td>
<td>½ cucumber</td>
<td>Slice crosswise into thin slices. Leave skin on for color.</td>
</tr>
<tr>
<td>Citrus - Lemons Oranges, Limes, Grapefruit</td>
<td>2 small or 1 large or 4 to 5 small or 2 large</td>
<td>Slice thinly in whole circles or quarter wedges. Leave skin on for added color and flavor.</td>
</tr>
<tr>
<td>Herb - Mint, Basil, Rosemary</td>
<td>10 small leaves or a small sprig or 20 to 25 small leaves or 2 to 3 small sprigs</td>
<td>Tear or crush the leaves to release the flavor.</td>
</tr>
<tr>
<td>Apple</td>
<td>2 apples and 2 cinnamon sticks</td>
<td>Slice the apple into thin wedges or circles. Core can be left or removed. Leave the skin on for color.</td>
</tr>
<tr>
<td>Strawberry Kiwi</td>
<td>12 to 16 strawberries (about 1 pint) and 2 kiwi</td>
<td>Peel the kiwi. Slice both fruits into thin slices.</td>
</tr>
<tr>
<td></td>
<td>30 to 40 strawberries (about 2 ½ pints) and 5 kiwi</td>
<td></td>
</tr>
</tbody>
</table>

**Preparation Tips:**

1. **To save refrigerator space and make the water easier to transport,** you can prepare the recipe using half the recommended amount of water. Refrigerate. Add the remaining cold water (and ice, if desired) just prior to serving.
2. **Trim away any damaged or bruised areas on produce before adding to water.**
3. **Mash the fruit to release the most flavor. Caution: seeds or mashed fruit can clog water dispenser spigots.**
4. **Refrigerate for several hours or overnight** to allow the most flavoring. Read the other side for more notes on citrus and plastic containers.
5. **Produce from the water can be used as garnish in drinking cups.**
6. **Water will last up to 3 days in the refrigerator.**

Go to FoodHero.org for more easy, tasty drink recipes.