



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 them well.
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.

Notes:

- ▶ 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.

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

Visit FoodHero.org for easy, tasty recipes.



Oregon State University
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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 Safe Net at 211. USDA is an equal opportunity provider and employer.

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