



Water Hydration Recipes

We have an array of water recipes for those that prefer something on the sweeter side and for those who are looking for a more natural and healthier approach.

Rene's Water

Ingredients:

- 2 lime slices
- 1/3 cup of raspberries
- 1/2 tsp of ginger

Shelby's Water

Ingredients:

- 2 orange slices
- 1/3 cup of blueberries

Isaiah's Water

Ingredients:

- 2 lemon slices
- 3 mint leaves
- 3 cucumber slices

Mojito Pitcher

Ingredients:

- 1/2 cup of blueberries
- 4 mint leaves
- 3 lime slices

Directions:

- Place your selected fruits and/or herbs into a clean container (preferably glass)
- Muddle the fruits and/or herbs to help release the flavors
- Pour filtered or distilled water into your water bottle or pitcher, then add the muddled fruits and/or herbs
- Cover and place in the refrigerator for at least 3-4 hours
- After 24-hours remove the fruits and herbs so that your water does not become bitter

“If it doesn't challenge you, it doesn't change you.”

