HURRAY FOR WATER

Flip for kid-friendly recipes.
STRAWBERRY-PINEAPPLE LEMONADE

Blend 4 cups 100% pineapple juice (with no added sugar), 2 cups fresh or frozen strawberries, 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 min and enjoy.

CUCUMBER, LIME & MINT WATER

Mix ½ sliced cucumber, 1 sliced lime, and 5 mint leaves with water in a 2-quart pitcher. Chill for at least 20 minutes and enjoy.

MELON COOLER

Blend 2 cups chopped watermelon and 2 cups cold water in a blender until smooth. This recipe makes enough for 5. Chill for at least 20 min and enjoy.

ORANGE & BLUEBERRY WATER

Mix 1 sliced orange and 20 blueberries with water in a 2-quart pitcher. Chill for at least 20 minutes and enjoy.

Wash ingredients first. Serve chilled for freshness and drink within 24 hours (recipe serves five). Sip, share, and enjoy!

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