

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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