



Cornell University
Cooperative Extension
New York City



Water with a Twist

Ingredients:

2-3 pieces of fruit or vegetables, such as:

- Oranges
- Lemons
- Limes
- Strawberries
- Pineapple
- Cucumber

Water, about 8 cups

(Plain water or seltzer, best if chilled)

Directions:

1. Gently rub fruits or vegetables under cold running water and cut into slices.
2. Add slices to a pitcher of water or to individual cups of water. Squeeze citrus to release more flavor into the water.
3. Serve and enjoy. Eat the fruit as you drink or when you're done!

Yields about 8 servings (1 cup each)

Variations:

- Feel free to mix and match different fruits and vegetables!

Food Safety Note:

- Keep cold or drink within 2 hours.
- Can be refrigerated for up to 3 days.

Source: CHFFF Curriculum, Cornell University Cooperative Extension

Nutrition Facts

servings per container 8
Serving size 1 cup (238g)

Amount per serving
Calories 10

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 3g 1%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 0g

Vitamin D 0mcg 0%

Calcium 18mg 2%

Iron 0mg 0%

Potassium 38mg 0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*Nutrition facts using 1 lemon and 1 orange.



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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