



# Glamorizing Water



- ❖ Slices of lemon, limes, and oranges (alone or together).
- ❖ Blueberries, raspberries, cherries, and sliced strawberries (alone or together).
  - ❖ Slices of apples, pears, and lemon.
  - ❖ Mint (alone or with other fruits).
- ❖ Any type of melon (make into balls or slices).
- ❖ In place of ice-cubes, try using frozen fruits
  - ❖ Dilute all juices with 1/2 water.
- ❖ Make your own ice pops using diluted 100% fruit juice
- ❖ Make your own snow cones using 100% fruit juice.

