

FLAVOR YOUR WATER.



LOL Blend

1 lemon, sliced
1 orange, sliced
2 limes, sliced



Rosemary Watermelon

3 cups cubed watermelon
2-3 sprigs rosemary, washed

Peachy Strawberry Medley

2 cups strawberries, cut in half
1 peach, pitted, cut in chunks

This material was adapted from the Rethink Your Drink Water Recipe Card, originally developed by the Nutrition Education and Obesity Prevention Branch—Rethink Your Drink Campaign of the California Department of Public Health.