



# ReThink YOUR DRINK

## KIWI BERRY BLEND

Makes 4 servings

Prep time: 5 minutes

### Ingredients

- 1- 2 kiwis, sliced or cut into chunks
- 2 cups strawberries, cut in half

### Preparation

1. Fill the pitcher halfway with ice.
2. Add sliced kiwis and strawberries.
3. Fill with water. Chill for at least 20 minutes.
4. Store in the refrigerator.

## Drink water instead of sugary drinks.

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.

