



Cornell University

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## Water with a Twist

Makes 8 servings

### Ingredients:

Choose one or more fruits or vegetables, such as:

- Oranges
- Lemons
- Limes
- Strawberries
- Pineapple
- Cucumber
- Chilled water

### Instructions:

1. Wash fruits or vegetables 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.

Feel free to mix and match different fruits and vegetables!  
Eat the fruit as you drink or when you're done!

**Variation:** Use seltzer water instead of plain water

**Food Safety Note:** Keep cold or drink within 2 hours. Can be refrigerated for up to 3 days.

## Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>1/8th (238g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>0</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0mg	0%
Potassium 1mg	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.

sliced cucumber

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

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