

FRUIT INFUSED WATER | USING FALL/WINTER FRUITS



APPLE, PEAR & GINGER FLAVORED WATER

INGREDIENTS:

- 1 apple, sliced
- 1 pear, sliced
- 2 tablespoons minced ginger
- Water or carbonated water
- Ice

DIRECTIONS:

- Add all ingredients to a pitcher and gently smash to release some of the juices.
- Add ice and water to pitcher.
- Stir fruit into water and enjoy!

ORANGE CRANBERRY COOLER

INGREDIENTS:

- 1 cup cranberries
- 2 oranges, sliced thin
- Water

DIRECTIONS:

- Add cranberries to a pitcher and gently smash to release some of the juices.
- Add orange slices.
- Pour water on top of fruit.
- Stir to mix.
- Serve immediately or chill, covered in the refrigerator.

CITRUS SPLASH

INGREDIENTS:

- 1 lime, sliced thin
- 1 lemon, sliced thin
- 1 orange, sliced thin
- Ice
- Carbonated water

DIRECTIONS:

- Add orange, lemon and lime to a pitcher.
- Gently press fruit with a spoon to release some of the juices.
- Fill the pitcher with ice, then fill with carbonated water.
- Gently stir fruit to mix.
- Serve immediately or chill, covered, in the refrigerator.

ALWAYS REMEMBER TO RINSE YOUR FRUIT BEFORE USING!