

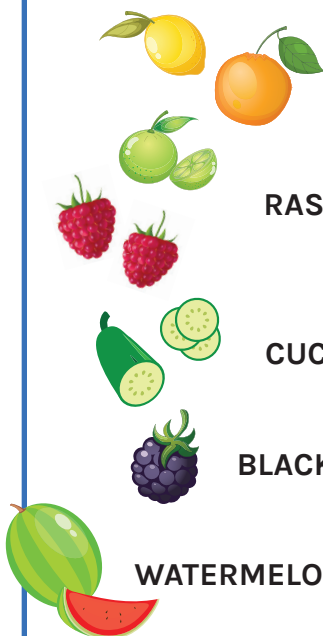
DIY SPA WATER



IT'S EASY!

Add 2 cups of fruit to a jar or pitcher.
Press and twist with a muddler or handle of wooden spoon,
just enough to release some of the juices.
Fill jar/pitcher with ice cubes and add water to fill to the top.
Cover and refrigerate for up to 3 days.

TRY THESE DELICIOUS & NUTRITIOUS RECIPES!



ALL CITRUS: Slice 1 orange, 1 lime, and 1 lemon into rounds, then cut the rounds in half. Add to jar and muddle. Add ice and water.

RASPBERRY LIME: Quarter 2 limes; With your hands, squeeze the juice into the jar, then add the squeezed lime quarters. Add 2 cups raspberries; muddle, add ice and water.

CUCUMBER MINT: Place a sprig of mint into the jar and muddle. Add 2 cups sliced cucumber pieces; muddle, add ice and water.

BLACKBERRY SAGE: Place a sprig of sage into the jar and muddle. Add 2 cups blackberries; muddle, add ice and water.

WATERMELON ROSEMARY: Place a sprig of rosemary into the jar and muddle. Add 2 cups watermelon cubes; muddle, add ice and water.



Greater Cleveland
Food Bank