



4-H HEALTHY HABITS

FRUIT CUBES

Ingredients:

- $\frac{1}{4}$ cup of fruit (sliced or diced)
- $\frac{3}{4}$ cup of water



Optional:

- 2-3 mint leaves
- 4-6 slices of cucumber
- up to $\frac{1}{4}$ cup of ice



Directions:

1. Select ingredients and wash them
2. Prepare fruits, veggies, and herbs by slicing, dicing, and removing seeds
3. Add ingredients to an ice cube tray
4. Add water, freeze overnight

OR

3. Blend until smooth in blender, then fill your ice cube tray
4. Freeze overnight
5. Add to a glass of water or seltzer water and enjoy!

4-H Healthy Habits uses Learn, Grow, Eat & Go!, a research based curriculum of the Junior Master Gardener program.