



## 4-H HEALTHY HABITS WATER WITH A TWIST

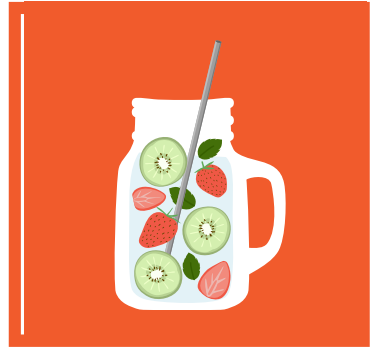
### Ingredients:

- ¼ cup of fruit (sliced or diced)
- ¾ cup of water



### Optional:

- 2-3 mint leaves
- 4-6 slices of cucumber
- up to ¼ cup of ice



### Directions:

1. Select ingredients and wash them
2. Prepare fruits, veggies, and herbs by slicing, dicing, and removing seeds
3. Add your selections to the bottom of your cup
4. Add water and ice if desired, or chill in the fridge for an hour
5. Enjoy

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

This recipe is from the Choices 4 Health: Food, Fun, Fitness Curriculum from Cornell University.