



10
MINUTES

2
INGREDIENTS

5
CALORIES

8
SERVINGS

Lemon and Cucumber Water

SIP SMARTER WITH FRUIT FLAVORED WATER!

Small changes like choosing water instead of sugary drinks can add up to a much healthier lifestyle. It's easier than you think! Here's a simple yet refreshing recipe to get started with.

INGREDIENTS

½ cucumber, thinly sliced
1 lemon, thinly sliced

PREPARATION

1. Wash all produce.
2. Collect, slice, and measure all ingredients before starting to prepare the recipe.
3. Add all ingredients and enough cold water to fill a 2-quart pitcher. Chill overnight in the refrigerator for the most flavor and store in the refrigerator until ready to drink. The fruit will stay fresh in the water for up to 48 hours after being prepared.
4. After you drink the water, you can eat the fruit and enjoy.

Makes 8 servings - 1 cup per serving.

Thirsty for more?
Get additional
healthy recipes at



This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.