

# 10 REFRESHING FRUIT-INFUSED WATERS



## 1. STRAWBERRY CUCUMBER COOLER 🍓🥒

- 4 FROZEN STRAWBERRIES
- 6 CUCUMBER SLICES
- 24 OZ COLD WATER

## 2. RASPBERRY LIME SPLASH 🍓🍋

- ¼ CUP RASPBERRIES
- 2 LIME SLICES
- 24 OZ WATER OR SPARKLING WATER

## 3. WATERMELON MINT REFRESHER 🍉🌿

- 1 CUP WATERMELON CUBES
- 4 MINT LEAVES
- 24 OZ WATER

## 4. STRAWBERRY LEMON SPARKLER 🍓🍋

- 4 FROZEN STRAWBERRIES
- 2 LEMON SLICES
- SPARKLING WATER

## 5. RASPBERRY CUCUMBER COOLER 🍓🥒

- ¼ CUP RASPBERRIES
- 5 CUCUMBER SLICES
- WATER

## 6. WATERMELON LIME SPLASH 🍉🍋

- 1 CUP WATERMELON CUBES
- 2 LIME SLICES
- WATER OR SPARKLING WATER

## 7. STRAWBERRY RASPBERRY BLEND 🍓🍓

- 3 STRAWBERRIES
- ¼ CUP RASPBERRIES
- WATER

## 8. CUCUMBER MINT SPA WATER 🥒🌿

- 8 CUCUMBER SLICES
- 5 MINT LEAVES
- WATER

## 9. WATERMELON STRAWBERRY REFRESHER 🍉🍓

- ½ CUP WATERMELON
- 3 STRAWBERRIES
- WATER

## 10. BERRY CITRUS SPARKLER 🍓🍓🍋

- STRAWBERRIES
- RASPBERRIES
- LEMON SLICES
- SPARKLING WATER

*INSTRUCTIONS: ADD INGREDIENTS TO A PITCHER OR MASON JAR. REFRIGERATE 30 MINUTES BEFORE SERVING.*

*WHEN FIBROMYALGIA SYMPTOMS FLARE, HYDRATION OFTEN BECOMES AN AFTERTHOUGHT. KEEPING A PITCHER OF INFUSED WATER IN THE REFRIGERATOR CAN MAKE DRINKING WATER MORE ENJOYABLE AND ENCOURAGE CONSISTENT HYDRATION THROUGHOUT THE DAY.*

*FOR EXTRA FLAVOR, TRY USING SPARKLING WATER, ADDING FRESH HERBS LIKE MINT, OR FREEZING FRUIT AHEAD OF TIME TO USE AS FLAVORFUL ICE CUBES.*

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# NUTRITION INFORMATION

**SERVING SIZE: 8 FL OZ (240ML)**

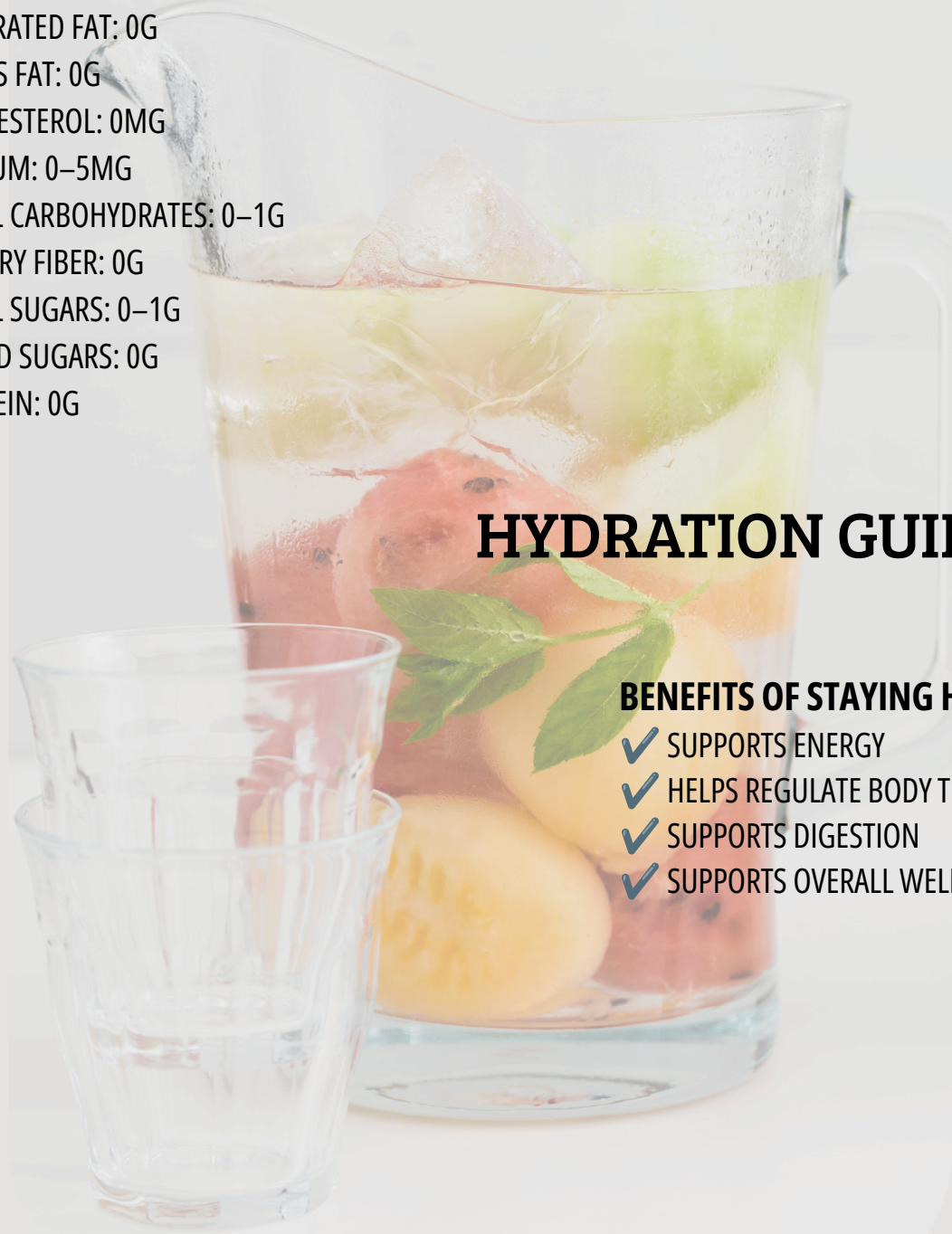
## **APPROXIMATE NUTRITION PER SERVING**

- CALORIES: 0-5
- TOTAL FAT: 0G
- SATURATED FAT: 0G
- TRANS FAT: 0G
- CHOLESTEROL: 0MG
- SODIUM: 0-5MG
- TOTAL CARBOHYDRATES: 0-1G
- DIETARY FIBER: 0G
- TOTAL SUGARS: 0-1G
- ADDED SUGARS: 0G
- PROTEIN: 0G

## **HYDRATION GUIDE**

### **BENEFITS OF STAYING HYDRATED**

- ✓ SUPPORTS ENERGY
- ✓ HELPS REGULATE BODY TEMPERATURE
- ✓ SUPPORTS DIGESTION
- ✓ SUPPORTS OVERALL WELLNESS



*NUTRITION VALUES ARE APPROXIMATE AND BASED ON FRUIT-INFUSED WATER WHERE THE FRUIT IS USED FOR FLAVORING AND NOT CONSUMED. ACTUAL VALUES MAY VARY DEPENDING ON INGREDIENTS AND INFUSION TIME.*

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