

# Your Healthy Kitchen



 YAVAPAI REGIONAL  
MEDICAL CENTER  
*Proudly Caring for Western Yavapai County*

## Infused Water Blend: Cucumber, Lemon, Ginger and Mint

- ½ cucumber, peeled and sliced
- 2 large sprigs mint, rinsed and crushed lightly with your hands
- ½ large lemon, washed and sliced
- 3 - 4 quarter-sized slices of peeled fresh ginger, optional
- 2 quarts water

### Directions

Slightly crush ginger, if using, with the side of the blade of a chef's knife. Add all ingredients to a 2-quart pitcher of water. Store in refrigerator.



**For more healthy recipes,  
please visit *Your Healthy Kitchen*  
via [www.yrmhealthconnect.org](http://www.yrmhealthconnect.org)**

Cost per pitcher: \$1.30 (less if you use fresh mint from your garden)

Cost per cup: \$ .16