

Your Healthy Kitchen



 YAVAPAI REGIONAL
MEDICAL CENTER
Proudly Caring for Western Yavapai County

Infused Water Blend: Rosemary, Orange, Ginger, and Cucumber

- ½ navel orange, washed, and sliced
- Optional – ½ lemon, washed and sliced
- 1 large sprig rosemary, rinsed and crushed lightly with your hands
- 3 - 4 quarter-sized slices of peeled, fresh ginger
- ½ cucumber, peeled and sliced
- 2 quarts water

Directions

Slightly crush ginger 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**

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

Cost per cup: \$.16