



Infused Water Blend: Watermelon, Mint and Lime

About 1 cup watermelon, in two large slices
or in smaller chunks
2 large sprigs mint
1 small lime, washed and sliced
2 quarts water

Directions

Combine all ingredients in 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: \$1.25 (less if
you use fresh mint from your
garden)

Cost per cup: \$.15