

# Citrus Cucumber Flavored Water

A fun, citrusy recipe to help keep hydrated.

Makes: 8 servings  
Prep Time: 5 minutes  
Cook Time: 0 minutes

Source: <https://foodhero.org/recipes/citrus-cucumber-flavored-water>



Small Changes,  
BIG Difference!

## Ingredients

- 1 large lemon
- 1 large lime
- 1 large orange
- 1 large cucumber
- 8 cups cold water



## Directions

1. Wash hands with soap and water.
2. Scrub all fruits and cucumber under running water.
3. Cut the citrus fruit into slices, with or without peeling, and put in a pitcher.
4. Cut the cucumber into slices, with or without peeling. Add cucumber slices to the pitcher.
5. Add water, stir well and refrigerate for 2 hours before serving, then keep it cold to keep it safe.
6. Drink within 2 days for best quality.

## Nutrition Information

Serving Size: 1 Cup

Nutrients	Amount
Calories:	0
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	5 mg
Total Carbohydrates:	0 g
Dietary Fiber:	0 g
Total Sugars:	0 g
Added Sugars:	0 g
Protein	0 g

## Utensils Needed

- Pitcher or jar
- Cutting board
- Sharp knife

# SHOPPING LIST

Average total cost without oil and seasonings: \$2.69

Average cost/serving: \$0.34

Recipe makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

## Ingredients



Add 1 to Cart  
Lemon, 1 large



Add 1 to Cart  
Lime



Add 1 to Cart  
Orange



Add 1 to Cart  
Cucumber

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Cooking Tip

- **Keep it Safe!** Do not mix batches of flavored water. Use it up, clean the container, then make a fresh batch.



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