



BIG ORANGE FRUIT INFUSED WATER

Servings: 8

4 to 6 oranges or your favorite fruit (try combinations of oranges, lemons, limes, strawberries or other berries)

Water

Wash and slice fruit.

In a pitcher, place sliced fruit and fill with water.

Chill in the refrigerator for 4-6 hours before serving.

Nutrition information per serving: 30 calories; 0 g total fat; 0 mg sodium; 5 g carbohydrates; 1.5 g dietary fiber; 0 g protein.

Sip Smarter

Choose water. Sip on water with or before every meal. Add fruit to give your water more flavor.

Shop Smart to Save

Keep your refrigerator organized so you can see everything and know what you have on hand. This will help you when you get ready to shop for food.

