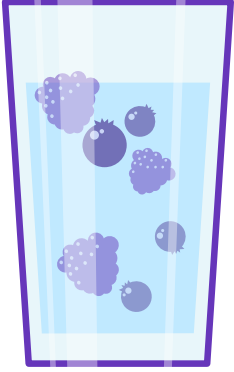


Make a **SPLASH!**

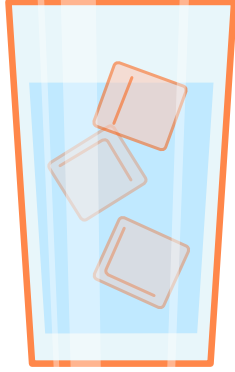
Fun ways to flavor your water

Freeze your fruit

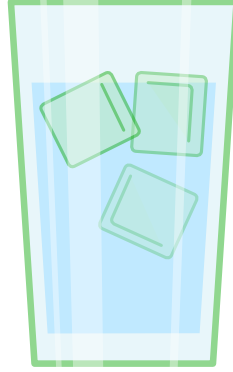
Add frozen berries for flavor and color. Or freeze pureed fruit or 100 percent juice in ice cube trays.



Very Berry



Mango Delight



Marvelous Melon

Squeeze in citrus

Cut fruit into wedges or slices — or just splash the juice in.



Lemon Lover



Luscious Lime



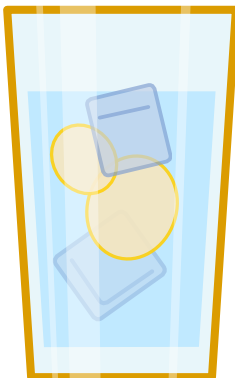
Orange Fusion

Go herbal

Add unique flavors with chopped or whole herbs and spices.



Minty Refresher



Juicy Ginger



Basil Sipper

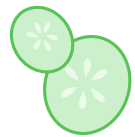
No recipe to follow!

Quantities of fruit and other flavorings can vary based on taste and what you have on hand.



Mix and match

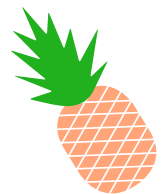
Whether it's a full pitcher or just a glass, get creative with your combos.



Green Goodness
cucumber + rosemary



Strawberry Sparkler
strawberry + basil + sparkling water



Tropical Treat
pineapple + kiwi + mint

Zzzzz

Snooze and infuse.

Mix your fresh pickings with cold water — and refrigerate overnight for maximum flavor.

Fruit and vegetable peels may carry bacteria, so be sure to rinse produce thoroughly before slicing or serving.

Sources: Sources: American Heart Association; American Institute for Cancer Research

The information provided here is for general informational purposes only and not intended to be nor should be construed as medical or other advice. You should consult your own doctor and/or an appropriate professional to determine what may be right for you.

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