FLAVOR UP YOUR WATER!

We know that drinking 8 glasses of water daily can seem tedious, so why not flavor it up to actually enjoy it?
Raspberry and Lime Mojito
½ pint of raspberries
10 thin slices of key lime
1 sprig of fresh mint
1 tbsp stevia (optional)
In a pitcher, muddle half the raspberries and mint until they make a mush. Add a few whole raspberries and sliced key limes. Fill with water. Let sit in fridge for a few hours. Stir occasionally. Serve over ice.

Citrus Cucumber
1 thinly sliced cucumber
6 thin slices of lemon
½ thinly sliced lime
In a pitcher, combine cucumber, lemon and lime slices. Fill with cold water. Cover and chill in the fridge for at least 2 hours and serve over ice.

Orange Berry Tea
8 orange zinger tea bags
2 cups of boiling water
½ pin of blackberries
6 thin slices of lemon
6 thin slices of orange or tangerine
1 tbsp of stevia (optional)
Pour 4 cups of boiling water over 8 tea bags in a heat-resistant container. Steep tea for 4 to 6 minutes, then remove tea bags and let cool. In a pitcher, muddle ½ of the blackberries, lemon and oranges. Add cooled tea, and an additional 4 cups of water. Let sit in the fridge for a few hours, then serve over ice.

Cherry Lemonade
6 thin slices of lemon
10 thin slices of key lime
6 pitted black cherries
1 sprig of fresh mint
500 ml of sparkling water
Muddle lemon, lime and mint in the bottom of a pitcher. Add cherries, sparkling water, and fill remaining with cold water. Cover and chill in the fridge for a few hours. Serve over ice.

Coconut Mango Lime
300 ml of coconut water
10 thin slices of key lime
5 to 6 chunks of mango
1 sprig of mint
Muddle lime and mint at the bottom of a pitcher, add coconut water, mango and top with water. Cover and chill in the fridge for a few hours. Serve over ice.