

Watermelon and Berry Water



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Serves 4

Preparation time: 5 minutes

How about a refreshing colourful drink during a hot summer day!

Ingredients

- 1 jug plain water (approximately 1.5L), either tap or sparkling
- 1 cup of fruit selected from:
 - Sliced red apple (leave skin on)
 - Diced watermelon
 - Sliced strawberries
 - Raspberries (fresh or frozen)

Method

1. Pour water into jug
2. Wash fruit
3. Prepare fruit by slicing or dicing, as necessary
4. Mix water and fruit together
5. Add a handful of ice cubes

You can find the recipe at:

<https://www.healthier.qld.gov.au/food/recipes/wonderful-watermelon-berry-water/>.

For more great recipes, see

<https://hw.qld.gov.au/blog/boost-your-recipes/>.