

WILD WATER FLAVORS

Fill up a 2-quart pitcher with water. Add the ingredients, cover and chill for two hours. Before serving, add ice and garnish, if desired.

Lemon Mint

Water
Lemon slices
Fresh mint leaves, rinsed

Raspberry and Rose

Pink rose petals (pesticide free, rinsed)
Fresh raspberries, rinsed

Orange Infused

Orange slices
Tangerine segments

Lime and Cucumber

Lime slices
Cucumber slices
Mint leaves, rinsed (optional)

Berry Blast

1/2 cup halved strawberries
1/2 cup raspberries
1/2 cup blueberries
Lemon slices, optional

Tropical

Pineapple chunks, fresh or canned
1 kiwi, peeled and sliced
1/2 cup sliced strawberries



ALL JUICED UP

Use a juicer or blender with juicing attachments to make one of these fresh juices as a special treat or afternoon snack!

Apple Carrot Juice

2 apples
6 carrots
Wash everything, peel the carrots and cut into sections where needed. Juice everything.

Spicy Sweet Tomato Juice

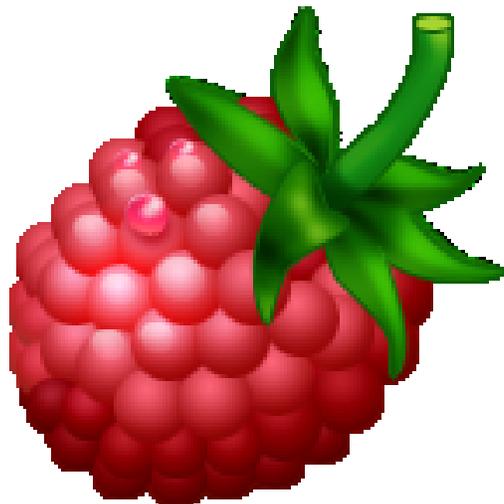
3 cups chopped tomatoes
1 stalk celery
1 cucumber
1 tsp honey
1/2 teaspoon sea salt
white pepper to taste
cayenne pepper to taste

Pineapple Sweet Surprise

1 fresh pineapple or 2 cans of pineapple (drained)
1 sweet potato
4 large oranges

Sweet Kiwi Medley

4 ripe pears
4 kiwi
2 small apples



SMOOTH SUGGESTIONS

Whether you use a large blender or a specially designed bullet with plastic serving cup attachments, these fruity treats will be greeted with great excitement, and they are an alternative way for kids to enjoy some of their daily servings of fruit! Just be sure to serve with a colorful straw for rave reviews!

Peach Melba Smoothie

1/2 of a banana
4 slices of frozen peach
10 frozen raspberries
1/4 to 1/3 cup of milk for your preferred consistency

Blueberry Sunset Smoothie

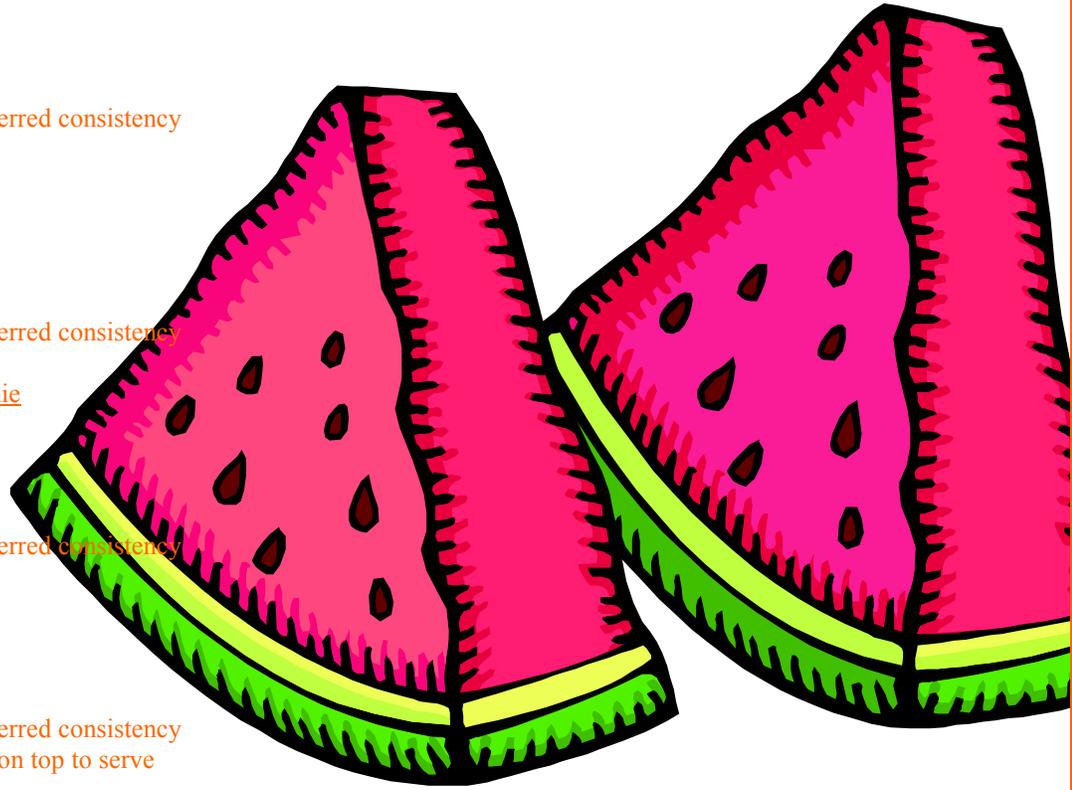
1/2 of a banana
2 slices of frozen peach
2 segments of an orange
12-15 frozen blueberries
1/4 to 1/3 cup of milk for your preferred consistency

Strawberry Pineapple Kiwi Smoothie

4 large frozen strawberries
6 chunks of canned pineapple
1/2 of a kiwi
1/2 of a banana
1/4 to 1/3 cup of milk for your preferred consistency

Apple Cinnamon Smoothie

6 slices of apple
1/2 cup of sliced frozen banana
sprinkle of cinnamon
1/4 to 1/3 cup of milk for your preferred consistency
optional: grate just a bit of nutmeg on top to serve



TONGUE TEA-SERS

Adults often substitute unsweetened ice teas for soda, but not many kids are enamored of straight up black tea iced with a slice of lemon. For special occasions, make one of these flavored herbal teas and watch as both children and adults enjoy a healthy alternative to sugary punches and sodas.

Apple Doesn't Fall Far From the Tree Tea

4 lemon zinger tea bags
4 red zinger tea bags
Steep the above in 4 cups of boiling water, and then 7-10 minutes later add 4 cups of 100% apple juice. Refrigerate until cold and serve with an apple slice as decoration on the rim of the cup!

Orange Passion Ice Tea

1 passion fruit herbal tea bag
steep the above in 2 cups of boiling water, and then about 7 minutes later combine with 2 cups of orange juice and refrigerate. Add round orange slices or an edible hibiscus to decorate.

Raspberry RazMaTaz Sun Tea

6 raspberry zinger tea bags
2 lemon zinger tea bags
Place the above in clear gallon jar of water in the direct sun, and then refrigerate after several hours of steeping. Store in the refrigerator, and serve chilled, with frozen raspberries as ice cubes.

Iced Green Tea

6 bags of green tea
Steep in 2 cups of hot water for 3 minutes, and then pour into 4 cups of chilled ice water in a larger sealed container. Cool tea quickly in the refrigerator. Due to its strong flavor, many drinkers like to add 3 tsp of lemon juice and 3 tsp of honey for a sweeter, citrusy flavor.