

Minty Citrus-Ginger

(Makes 1 serving)

Ingredients:

1. 1 cup ice
2. 2 slices fresh orange
3. 2 tsp. grated fresh ginger
4. 4 fresh mint leaves
5. 1-1/4 cup cold water

Preparation:

1. Place ice in tall glass; set aside.
2. Combine orange, ginger, and mint in large cocktail shaker. Mash well with back of a wooden spoon or muddler*. (*A food processor or blender will work also.)
3. Stir in water; cover and shake.
4. Strain into ice-filled glass and enjoy.*

*For a clear beverage, strain through a cheesecloth.

Nutritional Information (per serving):

Calories	Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein
3	0 g	0 g	0 mg	0 mg	1 g	0 g	0 g	0 g

Source: *10 Refreshing Ways to Flavor Your Water* by Ani Aratounians, MS, RD
www.beachbody.com

Cucumber-Anise

(Makes 1 serving)

Ingredients:

1. 1-1/4 cup water
2. 1 Tbsp. anise seeds or 3 anise star pods
3. 1 cup ice
4. 4 slices fresh cucumber

Preparation:

1. Combine water and anise seeds in small saucepan. Bring to a boil; reduce heat to low and simmer for 2 to 4 minutes. Remove from heat and steep for 10 minutes. Cool completely in refrigerator.
2. Place ice in tall glass; set aside.
3. Place anise mixture into cocktail shaker; add cucumbers.
4. Mash well with back of a wooden spoon or muddler*; cover and shake. (*A food processor or blender will work also.)
5. Strain into ice-filled glass and enjoy.*

*For a clear beverage, strain through a cheesecloth.

Nutritional Information (per serving):

Calories	Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein
1	0 g	0 g	0 mg	0 mg	0 g	0 g	0 g	0 g

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Minty Watermelon-Lime

(Makes 1 serving)

Ingredients:

1. 1 cup ice
2. 1/2 cup diced watermelon
3. 3 slices fresh lime
4. 4 fresh mint leaves
5. 1-1/4 cup cold water

Preparation:

1. Place ice in tall glass; set aside.
2. Combine watermelon, lime, and mint in large cocktail shaker. Mash well with back of a wooden spoon or muddler*. (*A food processor or a blender will work also.)
3. Stir in water; cover and shake.
4. Strain into ice-filled glass and enjoy.*

*For a clear beverage, strain through a cheesecloth.

Nutritional Information (per serving):

Calories	Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein
6	0 g	0 g	0 mg	0 mg	2 g	0 g	1 g	0 g

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Honeydew-Basil

(Makes 1 serving)

Ingredients:

1. 1 cup ice
2. 1/2 cup diced honeydew melon
3. 4 fresh basil leaves
4. 1-1/4 cup cold water

Preparation:

1. Place ice in tall glass; set aside.
2. Combine honeydew melon and basil in large cocktail shaker. Mash well with back of a wooden spoon or muddler*. (*A food processor or blender will work also.)
3. Stir in water; cover and shake.
4. Strain into ice-filled glass and enjoy.*

*For a clear beverage, strain through a cheesecloth.

Nutritional Information (per serving):

Calories	Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein
8	0 g	0 g	0 mg	4 mg	2 g	0 g	2 g	0 g

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www.beachbody.com

Rosemary-Grapefruit

(Makes 1 serving)

Ingredients:

1. 1 cup ice
2. 3 slices fresh grapefruit
3. 1 sprig fresh rosemary
4. 1-1/4 cup cold water

Preparation:

1. Place ice in tall glass; set aside.
2. Combine grapefruit and rosemary in large cocktail shaker. Mash well with back of a wooden spoon or muddler*. (*A food processor or blender will work also.)
3. Stir in water; cover and shake.
4. Strain into ice-filled glass and enjoy.*

*For a clear beverage, strain through a cheesecloth.

Nutritional Information (per serving):

Calories	Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein
2	0 g	0 g	0 mg	0 mg	0 g	0 g	0 g	0 g

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Blueberry Vanilla-Lime

(Makes 1 serving)

Ingredients:

1. 1 cup ice
2. 1/2 cup blueberries
3. 3 slices fresh lime
4. 1/4 tsp. pure vanilla extract
5. 1-1/4 cup cold water

Preparation:

1. Place ice in tall glass; set aside.
2. Combine blueberries, lime, and vanilla in large cocktail shaker. Mash well with back of a wooden spoon or muddler*. (*A food processor or blender will work also.)
3. Stir in water; cover and shake.
4. Strain into ice-filled glass and enjoy.*

*For a clear beverage, strain through a cheesecloth.

Nutritional Information (per serving):

Calories	Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein
5	0 g	0 g	0 mg	0 mg	1 g	0 g	1 g	0 g

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Strawberry-Kiwi

(Makes 1 serving)

Ingredients:

1. 1 cup ice
2. 1/2 cup chopped fresh strawberries
3. 1 kiwifruit, peeled and chopped
4. 1-1/4 cup cold water

Preparation:

1. Place ice in tall glass; set aside.
2. Combine strawberries and kiwi in large cocktail shaker. Mash well with back of a wooden spoon or muddler*. (*A food processor or blender will work also.)
3. Stir in water; cover and shake.
4. Strain into ice-filled glass and enjoy.*

*For a clear beverage, strain through a cheesecloth.

Nutritional Information (per serving):

Calories	Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein
5	0 g	0 g	0 mg	0 mg	1 g	0 g	1 g	0 g

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Blackberry Mojito

(Makes 1 serving)

Ingredients:

1. 1 cup ice
2. 1/2 cup fresh blackberries
3. 3 slices fresh lime
4. 4 fresh mint leaves
5. 1-1/4 cup cold water

Preparation:

1. Place ice in tall glass; set aside.
2. Combine blackberries, lime, and mint in large cocktail shaker. Mash well with back of a wooden spoon or muddler*. (*A food processor or blender will work also.)
3. Stir in water; cover and shake.
4. Strain into ice-filled glass and enjoy.*

*For a clear beverage, strain through a cheesecloth.

Nutritional Information (per serving):

Calories	Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein
5	0 g	0 g	0 mg	0 mg	1 g	0 g	1 g	0 g

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Tropical-Lime

(Makes 1 serving)

Ingredients:

1. 1 cup ice
2. 1/4 cup diced pineapple
3. 1/4 cup diced fresh mango
4. 3 slices fresh lime
5. 1-1/4 cup cold water

Preparation:

1. Place ice in tall glass; set aside.
2. Combine pineapple, mango, and lime in large cocktail shaker. Mash well with back of a wooden spoon or muddler*. (*A food processor or blender will work also.)
3. Stir in water; cover and shake.
4. Strain into ice-filled glass and enjoy.*

*For a clear beverage, strain through a cheesecloth.

Nutritional Information (per serving):

Calories	Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein
9	0 g	0 g	0 mg	0 mg	2 g	0 g	2 g	0 g

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Orange Vanilla-Cinnamon

(Makes 1 serving)

Ingredients:

1. 1 cup ice
2. 3 slices fresh orange
3. 1/4 tsp. pure vanilla extract
4. 1 cinnamon stick, broken into pieces
5. 1-1/4 cup cold water

Preparation:

1. Place ice in tall glass; set aside.
2. Combine orange, vanilla, and cinnamon stick in large cocktail shaker. Mash well with back of a wooden spoon or muddler*. (*A food processor or blender will work also.)
3. Stir in water; cover and shake.
4. Strain into ice-filled glass and enjoy.*

*For a clear beverage, strain through a cheesecloth.

Nutritional Information (per serving):

Calories	Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein
3	0 g	0 g	0 mg	0 mg	1 g	0 g	1 g	0 g

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