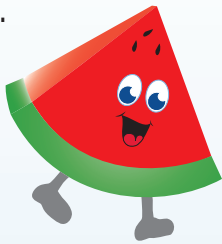




Recipes to Make Water More Fun

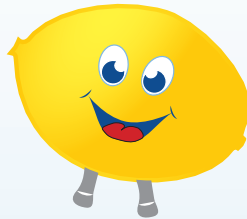
Watermelon Delight

Blend 1/2 cup diced watermelon with 1/2 cup water, and add a lime slice.



Blueberry Lemonade

Add 1/2 cup of blueberries and juice from 1 squeezed lemon to 1 cup of water. Pour over ice and garnish with a slice of lemon.



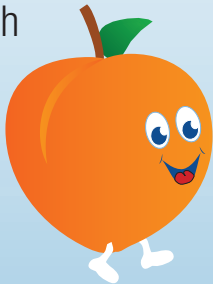
Citrus Light

Cut up oranges, limes, and cucumbers, place in a pitcher of water for 2 hours, strain and serve.



Tropical Smoothie

In a blender, puree melon chunks or peach slices with fat-free (skim) milk, crushed ice, and a touch of ginger or cinnamon until smooth.



Fresh Fruit Cooler

Blend 1/2 cup ice, 3/4 cup sparkling water, 1/3 cup melons or berries until slushy. Garnish with mint leaves or citrus slice.



Grape Sparkler

Mash a handful of grapes into a bowl, pour juice into a glass and fill to the top with sparkling water.

