

## • 10 WAYS TO MAKE • water not boring

- Grapefruit slice + Ginger slice
- 2. Lemon wedge + Mint leaf
- 3 Thyme sprig + Lemon wedge
- 4 Cucumber slice + Rosemary sprig
- 5 Lime wedge + Cucumber slice
- 6 Strawberry + Citrus wedge
- 7 Blackberries + Cinnamon Stick
- Raspberries + Mint leaf
- Pineapple slices + Whole Peppercorns
- Add an herbal tea bag to your room temperature water (I refill it 4-5 times before it starts losing it's flavor)

  Peppermint is my favorite. Green tea is my second favorite.

Thank you for downloading a Now Go Cook resource. For more downloads, recipes, and whole food lifestyle tips, go to