**Make a SPLASH!**

Fun ways to flavor your water

**Freeze your fruit**
*Add frozen berries for flavor and color. Or freeze pureed fruit or 100 percent juice in ice cube trays.*

- Very Berry
- Mango Delight
- Marvelous Melon

**Squeeze in citrus**
*Cut fruit into wedges or slices — or just splash the juice in.*

- Lemon Lover
- Luscious Lime
- Orange Fusion

**Go herbal**
*Add unique flavors with chopped or whole herbs and spices.*

- Minty Refresher
- Juicy Ginger
- Basil Sipper

**Mix and match**
*Whether it’s a full pitcher or just a glass, get creative with your combos.*

- Green Goodness: cucumber + rosemary
- Strawberry Sparkler: strawberry + basil + sparkling water
- Tropical Treat: pineapple + kiwi + mint

**No recipe to follow!**
*Quantities of fruit and other flavorings can vary based on taste and what you have on hand.*

**Snooze and infuse.**
*Mix your fresh pickings with cold water — and refrigerate overnight for maximum flavor.*

Fruit and vegetable peels may carry bacteria, so be sure to rinse produce thoroughly before slicing or serving.

Sources: Sources: American Heart Association; American Institute for Cancer Research

The information provided here is for general informational purposes only and not intended to be nor should be construed as medical or other advice. You should consult your own doctor and/or an appropriate professional to determine what may be right for you.

© 2016 United HealthCare Services, Inc.

O191608.01