

Beverage | Side

Refreshing Mojito-Like Spa Water

Side Effect: Altered Taste

10 Mins
Prep Time

0 Mins
Cook Time

1
Serving

0 Calories **0g** Fat **0g** Carbs **0g** Protein



Ingredients

1 Serving • **1** Pitcher Serving Size **10 Mins** Total Time **Allergens: None**

1 Lime, sliced, **wash before slicing**

½ Cup Cucumber Slices, **wash before slicing**

¼ Cup Fresh Mint, stems removed, **wash before using**

⅛ Cup Lime Juice, **if using fresh, wash before juicing** 🍴

2 Cups Ice

Filtered water

Nourishment Note



🍴 Lime

Citrus foods, such as limes, lemon, or oranges, can help add flavor to dishes when foods may taste bland.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Add Ingredients to Pitcher

To a water pitcher, add the lime, cucumber, mint, lime juice, and ice. Fill pitcher with filtered water.

3. Serve & Store

Pour water into a glass and enjoy right away, or keep in the refrigerator for up to 2 days and enjoy as needed.

4. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Water Pitcher



Cutting Board



Knife



Measuring Cups

Fatigue Buster

- Ask a friend or family member to help make this beverage.
- Purchase pre-squeezed lime juice.