



## Kids Cook!

### Fun Flavored Waters

- This lesson teaches the importance of staying hydrated and satisfying your thirst with refreshing water instead of sugary drinks.
- Items needed for this lesson: apron (optional), one pitcher for each recipe, dry measuring cup set, large spoon or spatula for stirring, cutting board, chef knife, paring knife or a [kids knife](#) (available on Amazon, see example), cup or glasses for serving the flavored water. Infused water should be stored in refrigerator and consumed within 24 hours.

#### CUCUMBER MINT

##### Ingredients:

- 1 cucumber
- 1-2 sprigs fresh mint
- 1 half gallon of water

##### Directions:

1. Wash cucumber and fresh mint
2. Thinly slice cucumbers
3. Place  $\frac{1}{2}$  cup cucumber slices and 1-2 sprigs of fresh mint in a large pitcher and add water; stir gently
4. Refrigerate for at least two hours to let flavors develop
5. Serve in glasses over ice
6. Optional: garnish with a sprig of mint or a cucumber slice

#### CITRUS CILANTRO

##### Ingredients:

- 1 large lemon
- 1 large lime
- 1 large orange
- $\frac{1}{4}$  cup cilantro leaves
- 1 half gallon of water

##### Directions:

1. Wash fruit and cilantro
2. Slice fruit
3. Place fruit slices and cilantro leaves in a large pitcher and add water; stir gently
4. Refrigerate for at least two hours to let flavors develop
5. Serve in glasses over ice
6. Optional: garnish with an orange slice and sprig of cilantro

#### WATERMELON BASIL

##### Ingredients:

- 2 cups of seedless watermelon, cubed
- 10-12 basil leaves
- 1 half gallon of water

##### Directions:

1. Wash watermelon and basil leaves
2. Carefully cut watermelon into cubes to make 2 cups
3. Place fruit and basil in a large pitcher and add water; stir gently
4. Refrigerate at least two hours to let flavors develop
5. Serve in glasses over ice
6. Optional: garnish with a sprig of basil and a small wedge of watermelon

For more information, please visit our website: [extension.unr.edu](http://extension.unr.edu) and search "Kids Cook."

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