

Olympic-themed Refresher



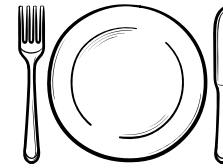
Prep Time:

5 mins



Cook Time

0
mins



Servings:

6
Servings

Ingredients

- 1/2 cup sliced pineapple, mango, or lemon (yellow)
- 1/2 cups blackberries (black)
- 1/2 cup sliced strawberries, raspberries, or watermelon (red)
- 1/2 cup blueberries (blue)
- 1/4 cup mint, basil, or 1/2 cup sliced cucumbers (green)
- 12 cups still or sparkling water



Directions

1. Place ingredients in a large pitcher* and add still or sparkling water.
2. Place in refrigerator and let sit for 2-4 hours to develop flavor.
3. Serve over ice for a refreshing summer drink.

*If you do not have a pitcher, use a punch bowl, any food safe container, or divide fruit and herbs in individual cups.

Learn more about the NC Summer Nutrition Program & find more enrichment activities at SummerMeals4NCKids.org

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