

# 25 Flat Belly Sassy Water Recipes

Allison Young (Prevention)



## SWEET TART

Stir together 2 cups pineapple chunks, 1 cup pitted and halved fresh cherries, and three cored and thinly sliced granny smith apples.

## STRAWBERRY BASIL BLAST

Scrunch 8 fresh basil leaves to release their flavor. Combine them with 3 cups halved strawberries, and gently muddle with a wooden spoon or spatula.



## APPLES AND CINNAMON

Combine five cored and thinly sliced apples (your favorite variety) with five whole cinnamon sticks.



## SLIGHTLY SPICY

Stir together two thinly sliced cucumbers and two seeded and sliced jalapeño peppers.





## GRAPE MELON MEDLEY

Stir together 4 cups cantaloupe chunks and 2 cups halved grapes.

## PEACH PIE

Gently crush two vanilla beans with a wooden spoon or spatula. Stir them into six pitted and sliced peaches.



## MELON LIME

Muddle three thinly sliced limes. Combine them with 4 cups honeydew melon chunks.



## CHERRIES JUBILEE

Combine 2 cups pitted and halved fresh cherries, three thinly sliced lemons, and two vanilla beans. Gently muddle with a wooden spoon or spatula.



## PEARFECT GINGER

Stir together five cored and sliced pears and 10 thin slices fresh ginger.



## STRAWBERRY KIWI COOLER

Combine 3 cups halved strawberries, three thinly sliced kiwis, and two thinly sliced lemons. Gently muddle all of the ingredients together.



## ROSEMARY REFRESHER

Scrunch four rosemary sprigs to release their flavor. Combine them with 6 cups watermelon chunks.

## MANGO MOJITO

Scrunch six mint sprigs to release their flavor. Combine them with 3 cups cubed mango (fresh or frozen) and two thinly sliced limes; gently muddle with a wooden spoon or spatula.



## VANILLA LATTE

Gently crush two vanilla beans with a wooden spoon or spatula. Combine them with 2 cups whole coffee beans.

## PLUM YUM

Scrunch six fresh sage leaves to release flavor. Combine them with 10 pitted and quartered plums and two pitted and sliced peaches.



## CITRUS SENSATION

Combine two thinly sliced lemons, two thinly sliced limes, two thinly sliced grapefruits, and two thinly sliced oranges. Gently muddle with a wooden spoon or spatula.



## RASPBERRY ROSEMARY ZINGER

Scrunch four sprigs rosemary. Combine them with 2 cups raspberries and six thinly sliced lemons, and muddle.



## BERRYLICIOUS

Combine 2 cups raspberries and 2 cups blackberries. Crush them gently with a wooden spoon or spatula.



## CUCUMBER QUENCHER

Scrunch six mint sprigs to release flavor. Combine them with two thinly sliced cucumbers and four thinly sliced limes.



## PINEAPPLE POTION

Stir together 4 cups pineapple chunks and 10 slices fresh ginger.



## PRICKLY PEAR LEMONADE

Gently muddle four thinly sliced Meyer lemons. Combine them with two sliced prickly pears (also called cactus pears).



## TROPICAL TWIST

Stir together 2 cups pineapple chunks, 2 cups mango chunks (fresh or frozen), and one thinly sliced starfruit.

## SANGRIA

Combine 4 cups halved grapes, three thinly sliced blood oranges, and two cored and sliced apples. Gently muddle.



## FRUIT COCKTAIL

Stir together two cored and sliced peaches, two cored and sliced pears, 2 cups halved grapes, 1 cup pitted and halved cherries, and 1 cup pineapple chunks.

## TRIPLE THREAT

Combine three cored and sliced apples, three thinly sliced oranges, and 3 cups halved grapes. Gently muddle with a wooden spoon or spatula.



## ORANGEBERRY

Gently muddle five thinly sliced oranges and 2 cups raspberries.