

AGUA FRESCA DE MELON

DESCRIPTION

This homemade better beverage will satisfy your fizzy-cravings with naturally sweetened flavors. Frozen drinks are the perfect treat on a hot day, and watermelon is the perfect summer flavor.

INGREDIENTS

7 cups of watermelon chunks
¼ cup packed fresh mint leaves
12 oz sparkling or ionized water
sprig of fresh mint

DIRECTIONS

Combine all ingredients in a blender with ice. Enjoy!

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MARYLAND

MELON LIME COOLER

DESCRIPTION

This homemade better beverage will satisfy your fizzy-cravings with naturally sweetened flavors. The citrus flavors will jump-start your day with a cool, refreshing taste.

INGREDIENTS

1 small honeydew melon
½ cup red grapes
½ cup freshly squeezed lime juice
2 cups sparkling water

DIRECTIONS

Combine all ingredients in a blender with ice. Enjoy!

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STRAWBERRY LEMONADE

DESCRIPTION

An old favorite gets a healthy makeover. Enjoy this classic beverage in a whole new way.

INGREDIENTS

1 cup of sliced strawberries
1 sliced lemon
2 cups of water

DIRECTIONS

Combine all ingredients in a glass. Allow to chill overnight and enjoy!

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GRAPEFRUIT ORANGE LIME MINT

DESCRIPTION

A combination of super fruits to rejuvenate your body. Grapefruits help with fat burning, oranges contain vitamin C to prevent illness, citrusy limes remove toxins, and mint leaves combat stress.

INGREDIENTS

1 grapefruit seeded & peeled	1 bunch of fresh mint
1 orange seeded & peeled	water and ice
1 lime	

DIRECTIONS

Combine all ingredients in a pitcher and enjoy!

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STRAWBERRY KIWI WATERMELON

DESCRIPTION

A classic combination done right. This drink is teeming with nutrients, antioxidants and delicious flavors. Cool off with this healthy, refreshing beverage.

INGREDIENTS

2 cups of watermelons cubed
2 kiwis peeled & sliced
8-10 strawberries cut in half

3-4 cups of ice
3-4 cups of water

DIRECTIONS

Combine all ingredients in a pitcher and enjoy!

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LEMONGRASS TEA WITH GINGER

DESCRIPTION

This calming combination has just the right amount of spicy punch. Natural flavors including ginger and lemongrass work together therapeutically to promote good digestion and soothe inflammatory compounds within your body.

INGREDIENTS

½ cup sliced fresh ginger
4 bundles of lemon grass
6 green tea bags
5 quarts of water

DIRECTIONS

Combine all ingredients in a pitcher and enjoy!

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OTHER TASTY SPA WATER COMBINATIONS

1. Strawberry Cucumber
2. Blackberry Sage
3. Raspberry Mint
4. Blood Orange Mango
5. Orange Strawberry
6. Pineapple Blueberry
7. Apple Lemon
8. Papaya Lime
9. Ginger Mint

DIRECTIONS

Combine ingredients in a pitcher of water. Allow the water to absorb the natural flavors over time. Serve cold and enjoy!

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