



Sunny Citrus Flavoured Water

Healthy eating doesn't need to be hard. It's all about making the best choice the easiest choice. We love making this flavoured water for healthy hangouts with our friends. It is a wonderful substitute for alcohol and pairs beautifully with a fruit and cheese tray in the summer!

Prep: 10 minutes • Total: 10 minutes

Ingredients:

Carbonated water	2 bottles	2 bottles
Grapefruit	1 each	1 each
Orange	1 each	1 each
Lemon	1 each	1 each
Honey	2 Tbsp	30 mL

Directions:

1. Add the two bottles of carbonated water to a large pitcher.
2. Cut the grapefruit in half and squeeze one half into the water. Slice the other half into wedges and add into the pitcher.
3. Repeat step two with the orange and lemon.
4. Add honey to the pitcher and ice if desired.
5. Serve within a day.

Nutrition Facts

Serving Size (227g)

Servings Per Container

Amount Per Serving

Calories 50 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 15g **5%**

Dietary Fiber 1g **4%**

Sugars 12g

Protein 0g

Vitamin A 0% • Vitamin C 35%

Calcium 4% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Makes 4 servings (227 g / serving) • 1 serving = 1 cup

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