



## Water with a “twist” (of fruit)

### Ingredients:

- 1 small (15 ounce) can pears in 100% juice
- 1 small (20 ounce) can pineapple in 100% pineapple juice
- 1 small (15 ounce) can peaches in 100 juice
- 1 gallon pitcher of cold tap water
- ice

### Directions:

1. Pour the juice from each can into a bowl.
2. Cut up peaches, pears, and pineapples into cubes or half slices and place in the bowl with the juice.
3. Scoop about 1/4 cup of the fruit mixture into a 10 ounce glass. Then fill the glass with cold water and some ice.

Serve and enjoy!

Note: Any fruit or combination fruits may be used (fresh, frozen, or canned).

Choose fruits canned in fruit juices or in extra light syrup. If your canned fruit is packed in heavy syrup, drain and rinse your fruit before placing in a bowl, and discard the heavy syrup.

For a “citrus twist” try using lemons, limes, and oranges.

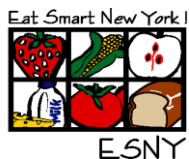
Use seltzer in place of water to create a sparkling drink.

*Yields about 16 - 10 ounce servings*

**Source:** Cornell University Cooperative Extension in New York City

<b>Nutrition Facts</b>	
Serving Size (326g)	
Servings Per Container 16	
Amount Per Serving	
<b>Calories 45</b>	Calories from Fat 0
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 10mg</b>	<b>0%</b>
<b>Total Carbohydrate 12g</b>	<b>4%</b>
Dietary Fiber 1g	4%
Sugars 10g	
<b>Protein 0g</b>	
Vitamin A 2%	Vitamin C 8%
Calcium 2%	Iron 2%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 25g 25g
Cholesterol	Less than 300mg 305mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
Fat 9 • Carbohydrate 4 • Protein 4	

*Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.*



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

This material was funded by USDA’s Food Stamp Program and Expanded Food and Nutrition Education Program.

