

# CUCUMBER CITRUS WATER

Serves 8

Serving Size: 1 cup  
(8 ounces)

Prep time: 5 minutes

Chill time: 30 minutes  
or more

Total time: 35 minutes  
or more

## Ingredients

- 1 cucumber, sliced
- 1 orange, sliced
- 1 lime, sliced
- 1 cup ice
- Water



## Directions

1. Add cucumber, orange and lime to a 2-quart drinking pitcher.
2. Top with ice and then add water.
3. Can be served immediately. However, for more flavor, chill for 30 minutes or more before serving.

## Nutrition information Per Serving

11 calories		Protein	0 g
Carbohydrates	3 g	Fat	0 g
Fiber	1 g	Sodium	0 mg

*Based on consumption  
of cucumber, orange,  
and lime*



## Eat Smart



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