

Cami Lee's sugary drink alternative

Skip the Sugary Drink Mixes and Diet Sodas

Staying hydrated in the summer is extremely important, and we encourage drinking lots of fluids throughout the day, but skip the sugary drinks or diet sodas. These often contain ingredients that are not doing us any favors, like artificial flavors and colors, preservatives, and added sugars. A great way to stay hydrated is to sip on water infused with some of your favorite seasonal flavors. Here is a recipe to get you inspired:

Strawberry Mint Limeade

16 oz of cold water
1 small lime
4 mint leaves
3 large strawberries
1 cup ice cubes

Directions:

1. Thoroughly wash your produce
2. Slice ingredients and add to a pitcher and enjoy within 24 hours

Note: the measurements of this recipe can always be changed to adjust the intensity of the flavor to your personal preference.

The best part about infused water is that the combinations are endless! Try this with any of your favorite fresh herbs and produce. Some other great additions include lemons, basil, berries, or cucumbers.

Cami Lee

Personal Trainer

Youth Group Fitness

B.S. Health Fitness Specialist