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

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.

Cornell Cooperative Extension provides equal program and employment opportunities.