

## Blueberry cubes

### What you need:

- Two ice cube trays
- Frozen or fresh blueberries (or any berry of your choice)
- Lemon juice or lemon slices



### What to do:

- Fill ice cube trays with blueberries and cover with water.
- Place filled trays into the freezer until frozen.
- Release the cubes from the trays and place in glasses.
- Fill the glasses with water, add lemon slices or juice and enjoy!

As the ice cubes melt the berries will be released into the glass. Not only are you enjoying drinking water but eating the berries is a fun way to increase your fruit intake each day!

## DON'T MISS THE FIZZ!!!!

Trying to rethink your drink but miss the fizz? Seltzer water (also called sparkling water) is a no calorie option for those who enjoy carbonation. Want to add flavor? Try adding just a splash of your favorite unsweetened juice, lemon or lime slices, mint leaves, or berries. You have made your own soda and won't miss the sugar or the calories!



### Homemade Soda Flavor Suggestions:

Lemon and ginger

Cantaloupe

Berry

Cucumber

Unsweetened cranberry juice and lemon

Cherry and lime

Orange and pineapple

Or just plain and bubbly!