

SBC DAILY GUEST WATER

◆———— DAY 1 ———◆

Citrus Cucumber Water

- *1 large lemon, sliced*
- *1 large lime, sliced*
- *1 large orange, sliced*
- *1 large cucumber, sliced*
- *1 half-gallon of water*

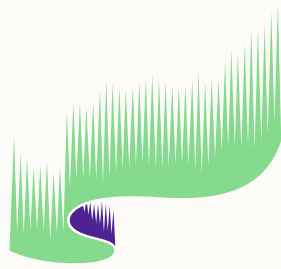
Place all the sliced fruits and the cucumber in a glass pitcher and add water. Refrigerate for two hours to allow flavors to infuse, then serve in glasses over ice.

◆———— DAY 2 ———◆

Cucumber-Herbal Water

- *5 cups water*
- *10 thin slices of cucumber*
- *2 lemon slices*
- *2 sprigs of fresh mint*
- *3 sprigs of rosemary*

Put water in pitcher and add lemon slices and cucumber slices. Crush mint and rosemary to release flavor, then add to other ingredients. Refrigerate for several hours. Serve over ice in tall glasses. Garnish with a lemon wedge.



SBC DAILY GUEST WATER

◆———— DAY 3 ———◆

Cucumber-Melon Water

- *1 large cucumber, sliced*
- *1/4 honeydew melon, cubed*
- *1/4 cantaloupe, cubed*
- *1 half-gallon water*

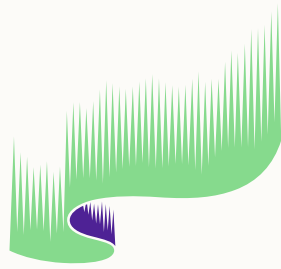
Place cucumber and melons in a glass pitcher and add water. Refrigerate for 2 hours, then serve over ice. Garnish with melon balls skewered on a swizzle stick.

◆———— DAY 4 ———◆

Honeydew-Lime Water

- *2-3 slices of ripe honeydew melon*
- *1 lime, sliced*
- *4 sprigs of mint*
- *1 half-gallon of water*

Add melon slices, lime slices and mint sprigs to a large pitcher; fill with the half-gallon of water and refrigerate 2–4 hours. Serve in ice-filled glasses. Makes about 8 servings.



SBC DAILY GUEST WATER

◆———— DAY 5 ———◆

Herb and Berry-Flavoured Water

- *1 cup fresh blueberries, lightly crushed*
- *2 4-inch sprigs of fresh rosemary, lightly bruised
(to release more flavor)*
- *1 half-gallon of water*

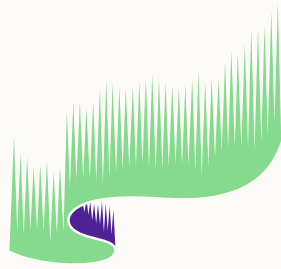
Add blueberries and rosemary sprigs to a large pitcher; fill with the half-gallon of water and refrigerate 2–4 hours. Serve in ice-filled glasses. Makes about 8 servings.

◆———— DAY 6 ———◆

Lemon-Lavender Water

- *3 large lemons, sliced*
- *1/4 cup fresh lavender*
- *1 half-gallon of water*

Add lemon slices and lavender to pitcher; pour water over both and refrigerate for 2 hours. Serve over ice and garnish with a sprig of lavender.



SBC DAILY GUEST WATER

◆ DAY 7 ◆

Lemon-Mint or Lemon-Basil Water

- *4 lemons, sliced*
- *1 1/2 cups firmly packed fresh mint or basil leaves*
- *6-8 cups water*
- *6-8 cups ice cubes*
- *Fresh mint or basil sprigs*

Place lemon slices in a large pitcher. Rub the mint or basil leaves between the palms of your hands to bruise the leaves slightly. Add to the pitcher with lemon and pour in the water. Cover and chill 1–8 hours.

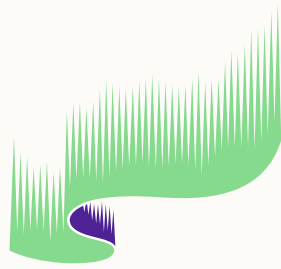
Strain lemon–water mixture and discard herbs. Divide lemon slices and additional fresh mint or basil sprigs equally among 6–8 glasses. In each glass, add 1 cup of ice cubes, then fill with lemon water.

◆ DAY 8 ◆

Watermelon-Basil Water

- *2 cups seedless watermelon, cubed*
- *10 basil leaves*
- *1 half-gallon of water*

Pour water over melon and basil; refrigerate for 2 hours. Serve over ice, garnished with a sprig of basil.



SBC DAILY GUEST WATER

◆———— DAY 9 ———◆

Lemon, Lime, and Orange Water

- *1 large lemon, sliced*
- *1 large lime, sliced*
- *1 large orange, sliced*
- *1/4 cup cilantro leaves (optional)*
- *1 half-gallon of water*

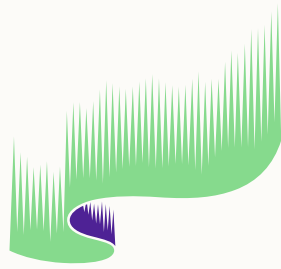
Add citrus slices (and cilantro leaves, if desired) to a large pitcher; fill with the half-gallon of water and refrigerate 2 hours. Serve in ice-filled glasses. Garnish with your favorite citrus slice (and a sprig of cilantro, if you're using that). Makes about 8 servings.

◆———— DAY 10 ———◆

Frozen Fruit Water

- *2 cups frozen apple chunks, grapes, or berries*
- *1 half-gallon of water*

Add frozen fruit to a pitcher; pour water over fruit and let sit at least 30 minutes in the refrigerator. Stir to distribute fruit flavor and serve in glasses with some ice cubes. (Note: you can chop up the fruit; use 1–2 cups of fruit, unthawed, and follow same directions. You'll need to use more ice when serving the frozen fruit–flavored water.)



SBC DAILY GUEST WATER

◆———— DAY 11 ———◆

Orange-Mint Water

- *3 large oranges, sliced*
- *10 mint leaves*
- *1 half-gallon of water*

Put sliced oranges and mint leaves in pitcher and add water; refrigerate for 2 hours to infuse flavors. Pour over ice and garnish with a sprig of mint and orange slice.

◆———— DAY 12 ———◆

Fruit Water

- *1 each of the following fruits: apple, lemon, orange, pear*
- *4 large strawberries*
- *Handful of raspberries*
- *Handful of mint leaves*
- *1 half-gallon of water*

Cut large slices or thin wedges of each fruit; place them in a large glass pitcher and add cold water. Refrigerate 2 hours and serve over ice in tall glasses.