



health net™

Boost Your Health with these Refreshing Recipes!

Enjoy these healthy drinks right away or chill them in the fridge for at least an hour.

Strawberry and Kiwi-Infused Water

Strawberries are great for your heart! They're packed with vitamins, fiber and antioxidants.

These heart-shaped gems help to:

- Protect your heart
- Increase your HDL (good) cholesterol
- Lower your blood pressure
- Guard against cancer

Mix with 3 cups cold water:

- 3–5 sliced strawberries
- 1 sliced kiwi

Cucumber, Mint and Lime-infused Water

Did you know cucumbers are a fruit? They fall under the squash and melon family. The peel and seeds are the most nutrient-dense parts of the cucumber!

They provide a unique blend of:

- Antioxidants
- Anti-inflammatories
- Anticancer benefits

Mix with 3 cups cold water:

- 5 thin slices of cucumber
- 1–2 mint leaves
- 3 slices of lime

Watermelon and Basil-infused Water

Most people don't know that a watermelon is 92% water. It's one of the highest water-content fruits. And, it contains salts that can hydrate your body better than water or sports drinks.

Mix with 3 cups cold water:

- ½ cup seedless watermelon, cubed
- 3–4 basil leaves

Blueberry and Lavender-infused Water

Blueberries contain potent nutrients. They can help reduce delayed onset muscle soreness (DOMS). Pair them with lavender and you'll have a relaxed body and mind!

Mix with 3 cups cold water:

- ½ cup blueberries
- 2–3 fresh lavender flowers

Orange and Grape-infused Water

The vitamin C in oranges can help protect you against colds and other ailments. Oranges have a high vitamin C content, which is why they're linked with helping to boost the immune system.

Mix with 3 cups cold water:

- ½ an orange cut into slices, then quartered
- 10–15 grapes (based on size)

Sources: www.whfoods.com, www.cooknshare.com, www.infusedwater.com

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