**Strawberry, Lime, Cucumber, and Mint Water**

Sugary drinks in the diet can be replaced with low-sugar or sugar-free beverages such as water, unsweetened tea, coffee, and milk. Water can also be flavored with fresh fruit, cucumbers, or a squeeze of lemon for an extra boost of flavor. Sugar-sweetened beverages are not harmful when consumed occasionally in moderation, but it's best to limit regular pop, fruit juice, flavored milks, sweet tea, energy drinks and other sugar-sweetened beverages.

Ingredients:

- 1 cup sliced strawberries
- 1 cup sliced cucumbers
- 2 limes, sliced
- ¼ cup fresh mint leaves
- Ice cubes
- Water

Directions:

1. In a half-gallon jar, or a 2 quart pitcher, layer the strawberries, cucumbers, lime slices, and mint leaves with the ice cubes. Fill jar or pitcher with water. Let chill for 10 minutes, then enjoy! (for a stronger flavor, let sit for at least 3 hours).

*Drink to your health! Even though summer is winding down, water infused with fruit, vegetables, herbs and spices can be enjoyed year-round. The recipe below is sugar-free and full of flavor!*