

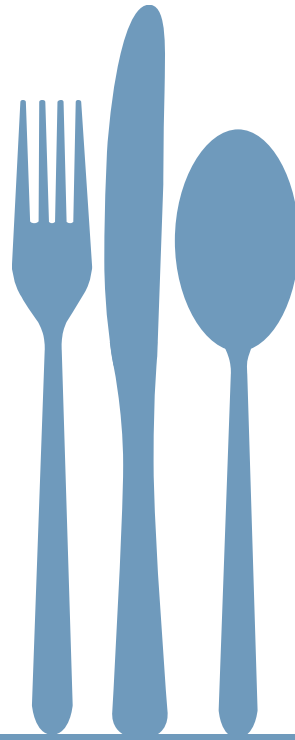
## Fruit Infused Water—Fall Recipes

### Cinnamon Apple

2 sliced apples  
4 cinnamon sticks  
Juice of 1 orange

### Orange Cranberry

1 bag of fresh or frozen cranberries  
2 oranges or limes sliced  
Juice of 1 orange or lime



Combine the ingredients in a pitcher and keep in fridge. Keep in fridge for 2 hours prior to serving for best results.

*\*Will keep in refrigerator for up to 2 days.*

Did you make this recipe at home? Post on facebook with #CookingWithCHA and tag @CabarrusHealthAlliance.

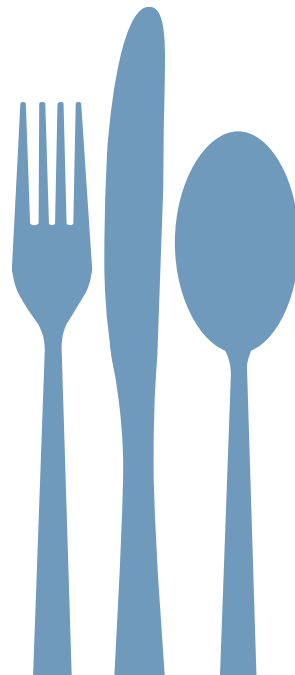
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# Fruit Infused Water—Fall Recipes

## Lemon Rosemary

2 sprigs fresh rosemary

2 lemons sliced

Juice of 2 lemons

## Pomegranate Lime

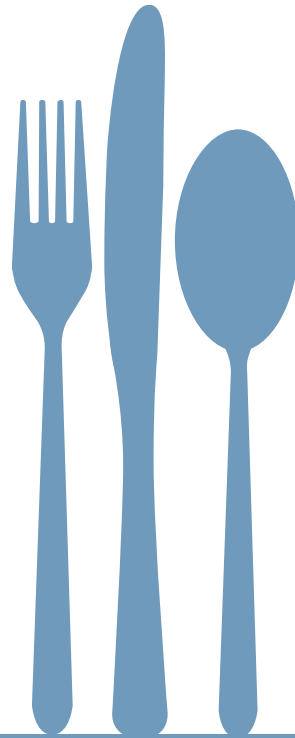
Seeds of 1 pomegranate

4 limes sliced

Juice of 2 limes



CABARRUS  
HEALTH  
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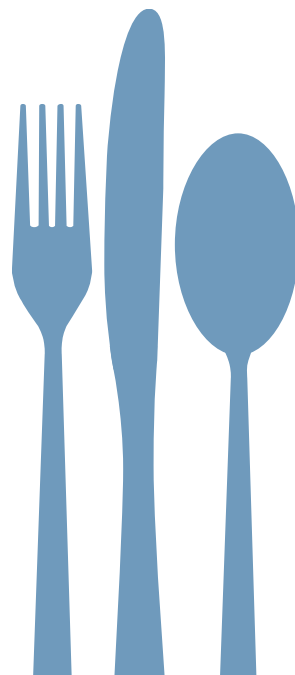
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CABARRUS  
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