



Sticky Fingers Refreshing Flavored Water

By Dylan Sabuco

Prep Time 5 / Cook Time / Serves 4 - 6

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

slice: to cut into thin pieces using a sawing motion with your knife.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

Equipment

- Pitcher
- Cutting board
- Kid-safe knife
- Measuring cups

Ingredients

Sticky Fingers Refreshing Flavored Water

- 4 C water
- 2 C ice
- Choose 1 or more of the following fresh ingredients to flavor your water:
 - 1 cucumber
 - 1 lime
 - 1 lemon

1 orange

1 mint sprig

Food Allergen Substitutions

Sticky Fingers Refreshing Flavored Water

Instructions

Sticky Fingers Refreshing Flavored Water

chop + measure + stir

Choose the flavor of water you will be making. Simply slice whatever **fresh ingredients** you chose and place them into a pitcher. Measure and add **4 cups of water** and **2 cups of ice**. Stir a few times and then serve.