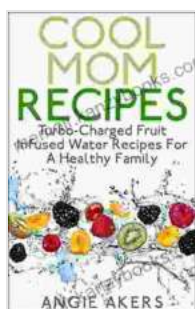


Turbo Charged Fruit Infused Water Recipes For Healthy Family Fight Childhood

Childhood obesity is a serious problem in the United States, with over 1 in 5 children and adolescents being obese. This is a major concern, as obesity can lead to a number of health problems, including heart disease, stroke, type 2 diabetes, and cancer.



Cool Mom Recipes: Turbo Charged Fruit Infused Water Recipes For A Healthy Family (Fight Childhood Obesity With These Drink Recipes, For The Money Saving Mom)

by Ammini Ramachandran

★★★★☆ 4.8 out of 5

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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
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One of the best ways to help fight childhood obesity is to encourage children to drink more water. Water is essential for good health, and it can help to fill children up and reduce their calorie intake. However, many children find water boring, so they may not drink enough of it.

Fruit-infused water is a great way to make water more appealing to children. Fruit-infused water is simply water that has been infused with the flavor of fruit. This can be done by adding fresh fruit to water and letting it sit for a few hours, or by using a fruit infuser bottle.

Fruit-infused water is a healthy and delicious way to get children to drink more water. It is also a great way to get them to eat more fruit. Fruit is packed with vitamins, minerals, and antioxidants, which are all important for good health.

Benefits of Fruit-Infused Water

There are many benefits to drinking fruit-infused water, including:

- It is a healthy alternative to sugary drinks.
- It can help to keep you hydrated.
- It can help to boost your energy levels.
- It can help to improve your digestion.
- It can help to clear your skin.
- It can help to fight off colds and flu.

How to Make Fruit-Infused Water

Making fruit-infused water is easy. Simply add fresh fruit to water and let it sit for a few hours, or use a fruit infuser bottle.

Here are some tips for making fruit-infused water:

- Use fresh fruit. Frozen fruit will not work as well.

- Wash the fruit thoroughly before adding it to water.
- Cut the fruit into small pieces. This will help the flavor to infuse into the water.
- Let the fruit infuse in water for at least 2 hours. The longer the fruit infuses, the stronger the flavor will be.
- Store fruit-infused water in the refrigerator for up to 3 days.

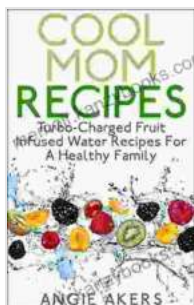
Turbo Charged Recipes

The following are some turbo charged fruit-infused water recipes that can help fight childhood obesity and promote a healthier lifestyle:

- **Strawberry Blast:** Combine 1 cup of strawberries, 1/2 cup of blueberries, and 1/4 cup of raspberries in a fruit infuser bottle. Fill the bottle with water and let it infuse for at least 2 hours.
- **Citrus Splash:** Combine 1/2 cup of grapefruit slices, 1/2 cup of orange slices, and 1/4 cup of lemon slices in a fruit infuser bottle. Fill the bottle with water and let it infuse for at least 2 hours.
- **Tropical Twist:** Combine 1 cup of pineapple chunks, 1/2 cup of mango chunks, and 1/4 cup of kiwi slices in a fruit infuser bottle. Fill the bottle with water and let it infuse for at least 2 hours.
- **Berry Blast:** Combine 1 cup of blueberries, 1/2 cup of raspberries, and 1/4 cup of blackberries in a fruit infuser bottle. Fill the bottle with water and let it infuse for at least 2 hours.
- **Apple Pie:** Combine 1/2 cup of apple slices, 1/4 cup of cinnamon sticks, and 1/4 cup of nutmeg in a fruit infuser bottle. Fill the bottle with water and let it infuse for at least 2 hours.

Fruit-infused water is a healthy and delicious way to get children to drink more water and eat more fruit. It is also a great way to fight childhood obesity and promote a healthier lifestyle.

Try out these turbo charged recipes and see how easy it is to make fruit-infused water. Your family will love it!



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