

## Cool Waters

<b>Recipe Name</b>	<b>Portions</b>	<b>Total Calories</b>	<b>Calories per Portion</b>
Squirt of Citrus	6	138	23
Pineapple and Lime Seltzer	4	74	18
Honeydew-Mint Mist	4	100	25
Sparkling Meyer Lemon Water	6	84	14
Rose Water with Lemon	4	13	4
Blueberry Twist	4	32	8
Red Cherry Spritzer	5	60	12
Crimson Dew	4	98	24
Sweet Tart	6	117	19
Lychee and Lime Water	6	80	13
Clean Spearmint Water	6	0	0
Mora Picante	4	62	15
June Fields	4	50	12
Mango-Ginger "Beer"	6	145	24
Green Herb Infusion	4	6	2
Eau de Carotte	4	106	26
Workout Fuel	4	158	39
Cucumberade	6	66	11
Antioxidant Power	4	170	42
Aloe-Asis	6	84	14
Inner Earth	6	122	20
Liquid Iron	6	33	6
Pure Pectin	8	185	23
Simply Balmy	6	22	4
Wet/Dry	6	158	39
Pomegranate Flair	4	118	29
Wind-Down	6	0	0
Tomato Essence	6	94	16
Orange and Tamarind	4	185	46
Agua de Jamaica	4	53	13
Key Lime and Vanilla	4	70	17
Pressed Watermelon	6	84	14
Herbes Sauvages	6	123	20
Thai Red Plum Fizz	4	121	30
Rain From Spain	6	91	15
Sangria de Aqua	6	168	28
Tropical Fresh	4	129	32
Apio-Rey	4	115	28
Fruta Bomba	6	108	18
Mizu o Kudasai	6	58	10