



Schoharie County
173 South Grand St
Cobleskill, NY 12043
518.234.4303
518.296.8310
Fax: 518.234.4305
schoharie@cornell.edu

Otsego County
123 Lake St
Cooperstown, NY 13326
607.547.2536
Fax: 607.547.5180
otsego@cornell.edu

Oneonta Outreach
31 Maple St
Oneonta, NY 13820
607.433.2521
Fax: 607.436.9682

cceschoharie-otsego.org

Strawberry Kiwi Flavored Water

Ingredients:

- 4 strawberries
- 1/2 kiwi
- 4 cups water

Makes 4 servings

Notes:

- Do not mix batches of flavored water. Use it up, clean the container, then make a fresh batch.
- Double or triple the ingredients to make enough for a group of people.

Instructions:

1. Wash and trim away the core and any bruised areas of the strawberries. Wash and peel the kiwi.
2. Slice both fruits into thin slices.
3. Add fruit to water in a container and refrigerate for several hours to overnight to allow the most flavoring.
4. Keep it cold to keep it safe, and drink within 2 days for best quality.

Tip:

Make sure some fruit is in your cup when you pour from the larger container. Mash the fruit in the cup (with a straw or spoon) to release more flavor, and eat the fruit as a delicious mini snack.

Adapted from FoodHero.org of Oregon State University Extension

Nutrition Facts

Serving Size 3/4 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 25g	8%
Dietary Fiber 1g	4%
Sugars 21g	
Protein 1g	
Vitamin A 35%	Vitamin C 40%
Calcium 0%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Revised July 2021

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.