**Hydration With A Twist**

**Coconut Water Smoothie with Berries**

**Servings: 2**

Ingredients

* 1 ½ cups pure coconut water
* 1 ripe banana
* 1 cup cranberries (fresh or frozen)
* 1 cup blueberries (fresh or frozen)
* 1 tbsp chia seeds
* ½ tsp ground cinnamon
* ¼ tsp ground ginger
* 2-3 ice cubes

Directions:

1. Place ingredients in blender and blend until desired thickness.
2. Enjoy!

**Raspberry Peach and Mint Infused Water**

**Servings: 6**

Ingredients

* 2 liters water
* 1 peach
* 1/3 cup raspberries (fresh or frozen)
* 2 tbsp fresh mint leaves
* 1 lime

Directions:

1. Place lime in microwave for 30 seconds to get more flavor and juice.
2. Place ingredients in a jug and refrigerate overnight for more flavor!