
Treat Time

Fruity Water

Prep Time: 5 minutes



Ingredients: Approx. 1 cup mixed frozen fruit (we used a mix of pineapple, strawberries peaches and mango found in the freezer section of the grocery store)
1/2 cup water
5 cups of water
ice
1 lemon, sliced into wedges

Instructions: In a blender, combine frozen fruit and 1/2 cup water. Blend until smooth to create a purée. Pour one cup of water into each of 5 tall glasses (approx 12-16 oz.) Add 3 tablespoons of the fruit purée to each glass and stir. Add ice to fill the glass. Gently squeeze some lemon juice into the water mixture and garnish glass with lemon, or float lemon wedge in the cup if desired.

Explain: Jesus compared the gospel to “living water”. What does that mean?
This delicious, fruity water is healthy and refreshing. How can it be compared the gospel?