



Fit Bottomed Eats

Being a foodie with a fit booty.

Sparkling Water Flavors You've Gotta Try

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I'm a wee bit obsessed with [sparkling water](#) (or, as my friend [Sarah](#) got me calling it a few years ago, "sparky water" — go ahead and try it out. It's fun!). It's not that staying hydrated is any problem for me — if there's one thing I'm good at, it's drinking lots of water all day long. But sometimes, a girl needs something a little more interesting to sip on in the hours between the morning coffee hours and the time when it becomes acceptable to pour a glass of wine. And then? Sparkling (or sparky!) water from brands like LaCroix, Dry and hint is where it's at.

Now, while I love traditional flavors like lemon and lime, there are so many interesting flavors out there that it's a complete shame to narrow your choices to only the ones with which you're already familiar. Branch out! Try something new!

Like lavender-flavored sparkling water. Or cucumber. Or coconut! Yes, really.

Here are a few unusual sparkling water flavors you can find me sipping on right now!



LaCroix: LaCroix has been the go-to in our house for a long, long time. There's a huge variety of flavors at the Publix down the road, and they run pretty frequent BOGO sales, which I find to be a great incentive to try new flavors. That's how I discovered Peach Pear. It's a little more of an acquired taste than some of the other flavors (in fact, my husband still doesn't love it) — the pear really cuts through the sweetness of the peach — but I can't seem to get enough of it!

Read more here: <http://fitbottomedeats.com/2016/04/sparkling-water-flavors-youve-gotta-try/>