



Infused Water

Less Sugar Most fruit juice also contains a lot of sugar. Even without added sugar, juice is a source of naturally occurring sugars and it is better to consume fruit whole so that you get the fiber, which helps slow down sugar absorption.

Hydration Fruit Infused waters contain much of the flavor (or more) of fruit juices, without the sugar, making it easier to drink more of them. Most people enjoy the taste of fruit waters, making them more likely to drink more water and they are an easy way to add variety to regular water.

How to Make Fruit Infused Waters

- Add desired fresh sliced (and peeled) fruits to 1/2 gallon or a whole gallon of water. For best flavor, leave at least 4 hours or overnight in the refrigerator to let the flavors of the fruit infuse into the water. Some of the recipes below are written for a half gallon jar, others for a gallon jar
- You can double or halve any of them to make more or less. Also, these recipes are just suggestions and fruit waters are based on your taste preferences so experiment and enjoy!
- If you drink the water within the first day, you can add more filtered water and re-infuse to get a second use out of the fruits and herbs

Cucumber Mint: Thinly slice one cucumber. Peel if it isn't organic! Add the sliced cucumbers to a 1/2 gallon glass jar, add 8 fresh mint leaves, muddled, and fill with filtered water. Stir gently and place in refrigerator for at least 4 hours or overnight.

Citrus Blueberry: Slice two oranges into thin slices (leave the rind on for better flavor). Add sliced oranges and 1 cup of blueberries to a gallon size glass jar. Add filtered water to fill the jar and stir gently. Refrigerate for at least 4 hours and store in refrigerator.

Pineapple Mint: Peel and thinly slice about 1/4 of a pineapple. The more thinly sliced the pineapple, the more flavor it will infuse. Add to a 1/2 gallon size glass jar with 10-12 leaves of fresh mint, muddled. Add filtered water to fill and stir until well mixed. Store in refrigerator.

Watermelon Basil: Add about 2 cups of finely chopped fresh watermelon (without rind) to a gallon size glass jar. Add 15 leaves of muddled basil and filtered water to fill. Store in fridge and allow at least 4 hours to infuse.

Strawberry Lemon: Like strawberry lemonade, but better! Add 15 fresh strawberries, washed and finely sliced to a 1/2 gallon glass jar. Add one sliced lemon with rind on. Fill with water. Let sit 4 hours (to overnight) in fridge and enjoy.