

# Infused Water

Infused water has become increasingly popular as more people have been looking for ways to boost their water intake. Infused water is simply water that has taken on the extracted flavor of the fruits, vegetables, and herbs soaked in it. Enhancing water in this way boosts the flavor; having a variety of options prevents boredom and promotes hydration.



Making infused water is simple. Fill your favorite bottle, cup, pitcher, or dispenser with water. Add any of the fresh fruit, vegetables, or herbs listed below. Let sit for 2-4 hours to allow the flavors to come through.

Strawberry



Kiwi

Watermelon



Cantaloupe

Lime

Grapefruit

Peach

Apricot

Plum

Pineapple



Blueberry

Raspberry

Blackberry

Apricot

Pear



Apple

Cranberry

Cherry



Mango

Pomegranate

Cucumber

Carrots



Celery

Cinnamon

Thyme

Rosemary

Mint

Lemon

Ginger

Basil



Experiment with combining different flavors to add variety (for example, mixed berry; apple & cinnamon; strawberry, basil & lemon). Find flavors that you enjoy and experience the benefits of adequate hydration.

Source: TrestleTree



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# Infused Water



## Cucumber, Lime, & Mint Water

- ½ cucumber, sliced
- 1 lime, sliced
- 5 mint leaves
- 2 quarts water

Put all ingredients together in one pitcher.  
Chill for at least 20 minutes before enjoying.



## Grapefruit & Rosemary Water

- 1 grapefruit, peeled and chopped
- 1 spring rosemary
- 2 quarts water

Put all ingredients together in one pitcher.  
Chill for at least 20 minutes before enjoying.



## Watermelon & Basil Water

- 1 cup watermelon, cubed
- 5 leaves basil
- 2 quarts water

Put all ingredients together in one pitcher.  
Chill for at least 20 minutes before enjoying.

Source: United States Department of Agriculture

