

Infused Water for Flavorful Healthy Hydration

Water is essential to your body because it helps to:

- Regulate body temperature.
- Get nutrients to your organs
- Lubricate and cushion your joints.
- Eliminate waste through urination, sweat, and bowel movements.



For all options use:

- 1) 5 cups water and 1 cup ice cubes (optional)
- 2) In a large pitcher, place the desired combination of fruit or herbs.
- 3) Gently mash the fruits and herbs to release some flavor.
- 4) Add ice and fill the container with water.
- 5) Add additional fruit or herbs to garnish, if desired.
- 6) Remove any fruit, vegetables, or herbs after 24 hours.
- 7) Refrigerate infused water for up to 3 more days (4 days total).

Strawberry, Basil and Lemon

1/2 cup strawberries stemmed and sliced, fresh or frozen
5 large fresh basil leaves torn
1 lemon thinly sliced

Honeydew, Cucumber and Mint

1/2 cup honeydew cubes
1 cucumber thinly sliced
10 fresh mint leaves, torn

Blackberries, Orange, and Ginger

1/2 pint blackberries
1 orange thinly sliced
1 (2-inch) piece fresh ginger and thinly sliced

Mango, Raspberry and Ginger

1 mango peeled and cubed
1/2 pint raspberries
1 (2-inch) piece fresh ginger and thinly sliced

Grapefruit, Pomegranate and Mint

1 grapefruit thinly sliced
1/2 cup pomegranate seeds
10 fresh mint leaves, torn