

# Wonderful Water Infusing Ideas

Simple flavors to add to your water to help increase your water consumption.

# Lemon Lime Infused Water



## Ingredients

8 cups chilled water

3 lemons

3 limes

## Directions:

Cut the fruit into paper-thin slices. Combine ingredients. Refrigerate 4-6 hours. Serve over ice.

# Orange and Mint Infused Water

## Ingredients

8 cups water  
2 large oranges  
4 sprigs mint  
2 cups ice

## Directions:

Cut oranges paper thin. Combine oranges and mint with water and ice. Refrigerate 4-6 hours. Serve over ice.

## Variation:

4 sprigs fresh lavender



# Herb Infused Water

## Ingredients

6 cups **water** (chilled, mineral)

12 slices **cucumbers** (unpeeled, thin)

4 slices **lemons** (thin)

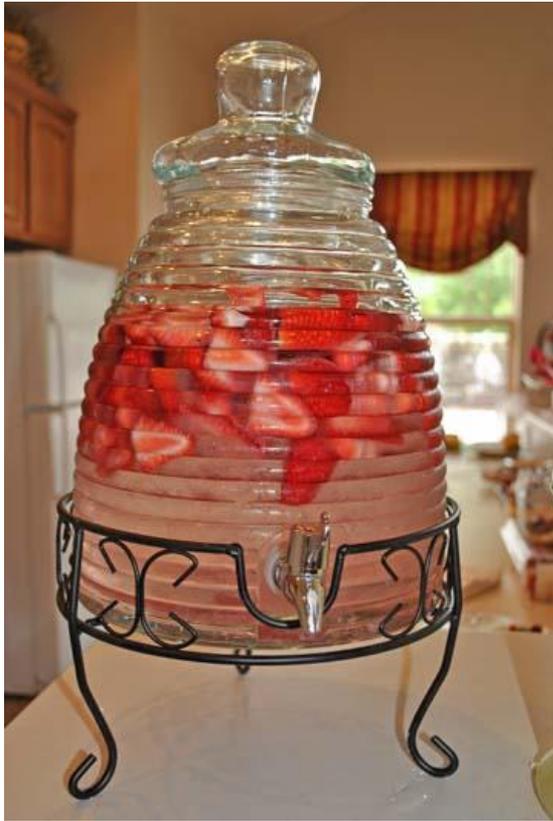
4 sprigs **fresh mint** (2 inches long slightly crushed) 2 sprigs **fresh rosemary** (inches long)

## Directions

Combine all ingredients in a 2 to 2 1/2 quart pitcher, cover and refrigerate at least 2 hours, but preferably 6 to 8 hours. 2 Ice cubes may be added just before serving.



# Strawberry Infused Water



## Ingredients

8 cups water

1 pint strawberries

2 cups ice

## Directions:

Cut each strawberry in half.

Combine strawberries with water and ice. Refrigerate 4-6 hours.

Serve over ice.

# Cucumber Infused Water

## Ingredients

1 medium cucumber, scrubbed well  
2 quarts spring water

## Directions

Remove strips of cucumber skin, creating 1/2-inch-wide alternating bands of peeled and bare cucumber. Trim and discard ends. Halve cucumber lengthwise; cut into 1/2-inch slices. Combine cucumber and water in large pitcher; steep for 1 hour, and serve over ice.



# Watermelon Basil Infused Water

## Ingredients

2 cups of seedless watermelon, cubed

Ten to 12 basil leaves

One half gallon of water

## Directions:

Add 8 cups of water to a pitcher, add watermelon cubes and basil.

Refrigerate for two hours and then serve over ice, add a sprig of basil to your cup as a garnish.

