

Infused Water



Instructions

- Fill a glass container with water and add the fruit, vegetables, herbs and spices of your choice. See below for suggested combinations.
- Let the water infuse for at least an hour or up to 24 hours, in the refrigerator. Strain, if desired, and serve.

Flavor combinations

- rosemary grapefruit
- cantaloupe lime
- kiwi tangerine
- lemongrass mint
- cherry lime
- blueberry nectarine
- raspberry peach
- lemon ginger
- cucumber mint
- blackberry sage
- guava lime
- pineapple mango

Tips for making infused water

- Choose fresh, ripe fruits that are in season for the best flavor and aroma. This will ensure that your infused water has a vibrant and refreshing taste.
- Wash fruit thoroughly before adding fruits to your infused water to remove any dirt, pesticides or residues.
- Cut the fruits into small, thin slices or cubes. This will allow the flavors to infuse more easily into the water.
- Consider crushing or muddling fruit like berries for a more pronounced flavor.
- You can add a touch of sweetness or acidity to your infused water. For sweetness, consider adding a small amount of honey or agave nectar. For acidity, a squeeze of fresh lemon or lime juice can do the trick.
- Enjoy within a day or two: Fruit-infused water is best consumed within a day or two for optimal freshness and flavor.