

INFUSED WATER

POSSIBLE INGREDIENT COMBINATIONS

Water +

- Lemon, cucumber, or pineapple
- Strawberries, sliced cucumbers, lime, fresh mint
- Mandarin orange, blueberries
- Watermelon, fresh basil
- Strawberries, lemon, basil
- Raspberry, blueberry, blackberry
- Lemon, orange, lime
- Lemon, cucumber, mint
- Green tea, mint, lemon
- Kiwi and strawberry
- Blackberry, cherry, lime
- Orange, lemon, ginger



DIRECTIONS

1. Combine all ingredients in a pitcher or into individual mason jars. Place in the refrigerator and let sit for 2-24 hours to allow the water to infuse.
2. For a more intense flavor, squeeze or muddle the fruits or herbs of your choosing before placing into the refrigerator.
3. Serve Cold.

NUTRITION INFORMATION PER SERVING (Serving Size 1 Cup)

Infused water is essentially calorie free as the calories from infused fruit are negligible.
