



## Infused Water Flavor Ideas

As outdoor temps start to rise, so does our need to be drinking more water. However, if plain water doesn't appeal to you, why not try infused water. Add thin slices or small cubes of washed fruit or veggies, or even herbs into a container of cool water. Let the water sit in the refrigerator for a few hours to allow the flavors to infuse, and enjoy. Hydration never tasted so good.

### Pineapple Ginger Delight

**Ingredients:**

- 1 cup fresh pineapple pieces (crushed for more a sweeter taste)
- 1-inch piece ginger, thinly sliced
- 2 quarts filtered or spring water

**Directions:**

1. Add the pineapple and ginger to a 64-ounce jar or pitcher.
2. Pour the water over top and refrigerate until cold. Serve over ice.

### Orange, Strawberry & Mint

**Ingredients:**

- 1/4 cup fresh mint
- 1/2 cup strawberries, sliced
- 1/2 orange, sliced
- 16 ounces filtered water

**Directions**

1. Place all fruits and herbs into the jar.
2. Fill to top with water.
3. Seal jar tightly and let it sit overnight in the refrigerator.



### Strawberry, Basil, Cucumber

**Ingredients:**

- 3 basil leaves roughly chopped
- 1 strawberry sliced
- 3-5 slices of cucumber
- Ice
- Water

**Directions:**

Combine all the ingredients in a large glass, and let sit for at least 5 minutes before enjoying.