

Infused Water Recipes

MADE WITH LOVE

by Teresa Forchard

For All Options: 5 cups water & 1 cup ice cubes (optional)

Strawberry, Basil and Lemon:

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

Pineapple, Coconut, and Lime:

- 1 cup pineapple chunks, fresh or frozen
- 1 cup coconut chunks, fresh or frozen
- 1 lime thinly sliced

Grapefruit, Pomegranate, and Mint:

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

Blueberry, Lemon, and Rosemary:

- 1/2 pint blueberries
- 1 lemon thinly sliced
- 4 sprigs fresh rosemary

Blackberries, Orange, and Ginger:

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

Mango, Raspberry, and Ginger

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

Watermelon, Kiwi, and Lime:

- 1 cup watermelon cubes
- 1 kiwi diced or cut into circles
- 1 lime sliced into circles

Honeydew, Cucumber, and Mint:

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