

Ashley Peters

INFUSED WATER

125 Infused Vitamin
Water Recipes
For Natural Weight Loss,
Dextox & Healthy Living



Infused Water:
*125 Fruit Infused Water Recipes For Natural Weight
Loss, Detox & Healthy Living*

By
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Conclusion

Check Out My Other Favorite Books

Introduction

Congratulations and Thank You!

I want to start by thanking you for downloading the book, *Infused Water: 125 Infused Vitamin Water Recipes For Natural Weight Loss, Detox & Healthy Living*. “I am honored to be helping you on this journey to create quick & easy Infused Water Recipes!

Though it is a necessary part of our health and survival as humans, there are some who feel that water is too plain and boring to be consumed in large quantities. Some choose to get their water from tea or coffee, while others prefer flavored juices to the tasteless liquid. Though these liquids do deliver the hydration we need, they also pack on the amount of sugar that we are consuming each day, which we know can have an adverse effect on our health. Sugar leads to packing on unwanted pounds, causing us to effectively drink our calories. This is something that nutritionists and doctors have been warning against for decades. Fortunately, a new way to enjoy a lighter take on flavored water has emerged: infusion techniques.

Countless people have dusted off and cleaned out their water bottles to make way for the wave of infused water recipes that have appeared on countless websites, social media profiles, and advertisements. Blending mostly fruits, infused water recipes feature a unique combination of fruity tastes by simply placing whole pieces of fruit into your water. The water absorbs the flavor of the whole fruit, providing an intense, refreshing drinking experience! If this sounds like something that would interest you, then this is the right book to kick off your infused water experience!

With more than 100 infused water recipes, you will discover fruit and herb blends that will work to energize and wake you up, recipes that will benefit particular organs in your body, and other blends that will serve to either help you detox or shed a few unwanted pounds. Within this book, you will see sweet, citrus, and other flavors come together to produce a delicious effect on your water. In no time, you will be drinking more water without realizing it! So find some combinations that interest you most, cut up some fruit, and prepare for infusion!

Thanks again for downloading this book, I Hope You Enjoy It

Benefits of Infused Water

If you were to poll a variety of people about their health habits, you would be sure to discover that many people do not drink enough water. This is a common admission by countless people who realize that the benefits of drinking water far outweigh the costs of not drinking it enough. Fortunately, one of the most unique takes on drinking water has emerged recently that is taking the health world by storm. Infused water is steadily gaining popularity not only with nutritionists and celebrities, but with everyday people who are conscious of their health. Infused water is the practice of taking simple ingredients such as fruit or herbs and putting them in your water so that your drink will take on the flavor of whatever you put into it. Many people opt to put in citrus and tangy fruits such as lemons and grapefruit, while others choose the sweet fruits such as strawberries and grapes. No matter your taste preferences, the one thing to remember about infused water is that it delivers tremendous health benefits.

For one, infused water is a naturally zero-calorie drink. Your water is not made with unnatural products or packed with sugar; it is simply sweetened and flavored by the fruits and vegetables that you choose to put into it. You can therefore drink as much as you want without fearing that you will gain weight. This is also what makes infused water great for detoxing; many people use the infused water to clean out their systems of toxins and flush their bodies of unnecessary pounds. The flushing effect of water will help your body move fat cells out and keep the food that you ingest on its way out of your body.

Infused water also helps to boost not only your levels of energy, but your mood. Drinking more water will contribute to an overall healthier you. As your levels of energy increase, so does your movement, and your body will therefore be flooded with endorphins as you become active and begin to get healthy. Finally, your skin will look much better after only a few days drinking infused water. The toxins that are flushed from your body will no longer create troublesome zits or blemishes, as water helps to make your skin more clear and glowing.



125 Infused Water Recipes

**Here you will find quick, easy & healthy Infused Water Recipes,
Enjoy!!**

Ginger, Pear, Cinnamon and Vanilla Infused Water

Ingredients

1 pear sliced
Medium size stick of cinnamon
2 inch piece of ginger
Vanilla bean
1 litre water

Directions

- Put all the ingredients in a glass jar and lightly mash up.
- Fill with water.
- Cover and leave in fridge for 1 hour or so before serving.

Strawberry Mint Infused Water

Ingredients

Strawberries - organic

Mint – a bunch

Directions

- Fill a glass mason jar with water.
- Add mint to the jar, as much as you like. Add the whole bunch.
- Hull and slice some strawberries.
- Add to the jar.
- Smash the strawberries and mint well to release the juice.
- Add ice.
- Let it stand for 30 minutes to infuse. Serve.

Orange, Blueberry and Lavender Infused Water

Ingredients

2 cups filtered water or coconut water
15-20 cubes of ice
1 small Navel orange, sliced
2/3 Cup blueberries
4 small sprigs of fresh lavender

Directions

- Combine all of the ingredients in a large carafe and refrigerate for 2-12 hours.
- Drink within 24-48 hours.

Watermelon, Lime and Cilantro Infused Water

Ingredients

2 cups filtered water
15-20 ice cubes
1 lime, sliced into thin rounds
5 or 6 sprigs of fresh cilantro
1 heaping cup of watermelon

Directions

- Mix all of the ingredients in a large carafe.
- Refrigerate for 2-12 hours. Drink within 24-48 hours.

Granny Smith, Ginger, and Lemongrass Infused Water

Ingredients

2 cups filtered water

15-20 ice cubes

½ of 1 large Granny Smith apple, sliced into thin rounds, seeds removed

3-5 quarter size coins of peeled ginger

2 stalks of lemongrass, tough outer layer removed and stalk slightly bruised with the back of a knife.

Directions

- Combine all of the ingredients in a large carafe and refrigerate for 2-12 hours.
- Drink within 24-48 hours.

Grapefruit Mint Infused Water

Ingredients

1 litre water
¼ grapefruit
5 – 7 mint leaves

Directions

- Combine all ingredients together.
- Set aside for about 20 minutes to infuse.

Cucumber, Mint and Lime Infused Water

Ingredients:

1/2 cucumber, sliced
5 to 6 mint sprigs
4 lime slices
1 litre Water

Directions:

- Add cucumber, mint and lime slices to a litre-size jar or bottle.
- Fill with water, cover and chill in the refrigerator for 1 hour before enjoying.

Watermelon and Basil Blend Infused Water

Ingredients

1 cup watermelon, cubed
2 to 3 sprigs basil
1 litre Water

Directions:

- Add watermelon and basil to a litre-size jar or bottle.
- Fill with water, cover and chill in the refrigerator for 1 hour before enjoying.

Strawberry, Lemon and Ginger Infused Water

Ingredients

1/2 cup strawberries, tops removed and sliced

4 lemon slices

2- to 3-inch piece ginger, peeled and sliced into thin coins

1 litre Water

Directions

- Add strawberries, lemon slices and ginger to a litre jar.
- Fill with water, cover and chill in the refrigerator for 1 hour before enjoying.

Blackberry Mint Infused Water

Ingredients

Handful of blackberries

Sprig of mint leaves

Jar of water – 1 litre

Directions

- Mash blackberries to release their juices and put in jar.
- Crush the mint using your hands to release the oils and put in the jar with blackberries.
- Add water and let infuse for at least 2 hours.
- Leave overnight for full flavour.

Sparkling Peach, Blackberry and Thyme Infused Water

Ingredients

1-2 peaches
1 pint blackberries
4 cups ice
2 bottles Pellegrino
1-2 sprigs of thyme

Directions

- Slice the peaches and put half in the bottom of a pitcher or drink dispenser.
- Add half of the blackberries.
- Using a wooden spoon muddle the fruit a bit.
- Add the ice, and the remaining peaches and blackberries.
- Add the water and the thyme.

Rhubarb, Apple and Cinnamon Water Infused Water

Ingredients

Rhubarb

Apple

Cinnamon

Water

Directions

- Slice the apple and rhubarb into bite-sized pieces.
- Place sliced fruits at the bottom of the jar.
- Cover with ice to the rim.
- Pour water until full.
- Cover with lid and leave in refrigerator for at least 30 minutes.

Basil and Cherry Infused Water

Ingredients

Chiffonade Basil

Frozen Cherries

Water

Directions

- Place the basil and cherries in the jar.
- Fill with water.
- Leave for 30 minutes or more before serving.

Fresh Lemon and Lime Infused Water

Ingredients

1 orange
1 handful strawberries or raspberries
1 handful fresh mint
Lemon or lime juice
Cucumber
Water – 1 litre

Directions

- Put in a few handful of ice to the jug of water.
- Add a few slices of lemon or lime.
- Squeeze the orange into the water and put in the squeezed quarters for extra colour and flavour.
- Mash up the berries with a fork and add to jug and stir.
- Crush a handful of mint leaves in the hand to get the flavour going and add to the water with a squeeze of lime or lemon.
- Add a few slices of cucumber for extra refreshing drink.

Grape Orange Delight Infused Water

Ingredients

1 half an orange, cut in slices then quartered

A bunch of organic purple grapes (12-20 depending on size)

Water

Directions

- Divide your fruits for faster infusion.
- Remove the pointy ends of the orange.
- Then cut it into 1/4" – 1/2" slices.
- The grapes should be halved, vertically.
- Put into jar and top with water.
- Cover and leave in the refrigerator for 1 hour.

Blueberry and Orange Infused Water

Ingredients

6 cups water

2 mandarin oranges cut into wedges

A handful of blueberries

Ice

Water

Directions

- Mix all the ingredients in a pitcher and put in the fridge for 2-24 hours to allow the water to infuse.
- Juice of a mandarin orange can also be added.
- Muddle the blueberries to enhance flavour.
- Serve cold.

Strawberry, Lime, Cucumber and Mint Infused Water

Ingredients

1 cup sliced strawberries
1 cup sliced cucumbers
2 limes, sliced
1/4 cup fresh mint leaves
Ice cubes
Water

Directions

- Layer the strawberries, cucumbers, lime slices, and mint leaves with the ice cubes in a half-gallon jar, or a 2 quart pitcher.
- Fill jar or pitcher with water.
- Let it chill for 10 minutes, and then enjoy!

Raspberry, Rose Petal and Vanilla Infused Water

Ingredients

Raspberries

Vanilla

Rose petals

Water

Directions

- Pour in water over the berries, rose petals and vanilla.
- Muddle gently and keep for about 24 hours in the fridge.
- Strain through a sieve (lined with cheesecloth or paper towel for a clearer finish.
- Discard the solid (reserve some of the fruits and/or herbs if they are still flavoursome).
- Serve chilled, perhaps with ice.

Cantaloupe, Honey and Mint Infused Water

Ingredients

½ cup water
½ cup honey
4 cups (about 2 lbs.) cantaloupe cut into 1 inch pieces
¼ cup fresh lime juice (about 2 limes)
2 Tbsp. fresh mint leaves
¼ tsp. salt
Sparkling water or club soda
Mint sprigs for garnish

Directions

- Mix together the honey and water in a small saucepan and heat over medium low heat until water and honey are combined and just beginning to boil, about 2-4 minutes.
- Remove from heat and cool slightly.
- Mix with cantaloupe, lime juice, mint leaves, salt in a blender and puree until smooth.
- Use a fine meshed sieve or a piece of cheese cloth, strain the cantaloupe mixture into another container.
- Discard solids. You should end up with about 2 cups of liquid.
- Pour into each glass ½ c of the cantaloupe juice over ice.
- Fill the rest of the glass with sparkling water or club soda and stir to mix.
- Alternately, you can mix equal parts cantaloupe juice and sparkling water in a pitcher with ice and pour into glasses as needed.
- Garnish with a mint sprig and enjoy!

Honeydew and Raspberry with Agua Fresca Infused Water

Ingredients

1 (5 lb.) ripe honeydew melon
½ cup baking sugar (also called "superfine" or "ultrafine")
5 limes, juiced
1 cup raspberries (for garnish)

Directions

- Cut the melon in half, remove seeds with a spoon, then cut flesh from peel and cut into chunks.
- Place half of the melon in a large blender and process until liquefied.
- Pour the liquefied melon into a fine mesh and sieve set over a large bowl.
- Use a spatula to press the melon into the sieve, allowing the juice to squeeze through into the bowl.
- Occasionally scrape the flesh off of the sieve to allow more juice to transfer into the bowl.
- Repeat with remaining melon.
- Transfer melon juice into a large jar and add 4 cups of water.
- Mix lime juice and sugar in a bowl until sugar is dissolved.
- Pour the lime-sugar mixture into the jar and stir well.
- Serve with ice, garnished with raspberries.

Mango - Lime and Agua Infused Water

Ingredients

4 cups filtered water

2 cup Mango pieces, peeled

2 Tbsps. freshly squeezed Lime Juice

3-4 Tbsps. Turbinado Sugar (granulated sugar can be substituted)*

Garnish: Lime Slices

Directions

- Add all ingredients to a blender and liquidise.
- Serve over lots of ice, garnished with a slice of lime.

Watermelon Coconut and Agua Infused Water

Ingredients

- 1 (3 pound) seedless watermelon, cubed (about 5 cups)
- 4 cups (1 quart) coconut water
- 2 Tbsps. freshly squeezed lime juice (from 1 medium lime)

Directions

- Puree watermelon in a blender.
- Place a fine-mesh sieve over a jar.
- Carefully pour the pureed watermelon through the sieve.
- Discard the pulp.
- Stir in coconut water and lime juice.
- Chill, covered, until cold - at least an hour.
- Serve over ice.

Kiwi Cucumber and Agua Fresca Infused Water

Ingredients

6 kiwis, peeled
1 large cucumber, peeled and seeded
4 packets Splenda (or other no calorie sweetener)
6 cups water, divided
Extra kiwi slices for garnish

Directions

- Put the kiwi, cucumber, Splenda and 2 cups of water in a blender and puree until smooth for about 3-4 minutes.
- Pour into a jar and stir in the remaining 4 cups of water.
- Serve chilled over ice.
- Garnish with slices of kiwi.

Exotic Blueberry and Lavender Infused Water

Ingredients

1/2 pint Blueberries

Edible Flowers (use Lavender Flowers) - to taste

64 oz. Water

Directions

- Add Fruits and edible flowers to a jar of water.
- Cover and chill for at least 30 minutes.
- Strain, add ice and pour into tall glasses and serve.

Citrus and Cucumber Sensation Infused Water

Ingredients

2-3 litres water
2 large oranges, sliced
1 lemon, sliced
½ large cucumber, sliced
1 handful of fresh mint

Directions

- Put oranges, lemon and cucumber in a jar.
- With a long spoon, gently mash fruits to release more flavour.
- Gently mash mint to release the natural oils.
- Add to the jar.
- Add water to the jar and stir to begin the infusion process.
- Drink/serve immediately, or store in the refrigerator for up to 2 days.

Berry Peach and Coconut Blast Infused Water

Ingredients

1 cup organic blueberries
1 cup organic blackberries
2 doughnut peaches, pitted and cut into half-inch wedges
6 cups spring or filtered water
2 cups unsweetened organic coconut water
1 gallon clean glass jar with lid

Directions

- Put blueberries and blackberries into the bottom of jar.
- Next add the peach slices on top.
- Pour spring water and coconut water into the jar.
- Stir the water, cover with a lid and put water into the refrigerator for at least one hour or overnight for the best flavour.
- Drink within two days.

Raspberry and Lemon Quench Infused Water

Ingredients

2 cups organic raspberries
8 cups spring or filtered water
1 large organic lemon, cut into half-inch slices
2 dried Medjool dates
1 gallon clean glass jar with lid

Directions

- Place raspberries at the bottom of jar.
- Add the dates, then layer the lemon slices on top.
- Pour water into the jar and place lid on top.
- Place water into the refrigerator and let it infuse for 1 hour.

Mixed Melon Melody Infused Water

Ingredients

1 cup cantaloupe pieces
1 cup watermelon pieces
1 cup honeydew pieces
2 quarts filtered or spring water

Directions

- Add melons to a 64-oz. Mason jar or pitcher.
- Pour the water over top and chill.
- Serve with ice.

Pineapple Ginger Infused Water

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

- Add the pineapple and ginger to a 64-oz. Mason jar.
- Pour the water over top and refrigerate until cold.
- Serve over ice.

Cucumber Lavender Infused Water

Ingredients

1 cucumber, thinly sliced
1 tsp. dried culinary lavender, or 2 fresh lavender sprigs
2 quarts filtered or spring water

Directions

- Add the cucumbers and lavender to a large Mason jar or pitcher.
- Add the filtered water.
- If using dried lavender, strain before serving.
- Refrigerate until cold and enjoy.

Rosemary and Watermelon Infused Water

Ingredients

2 cups water
3/4 cup white sugar
1 sprig Rosemary (leaves stripped and chopped)
2 cups lemon juice
12 cups watermelon (cubed seeded)
8 cups ice cubes

Directions

- Bring water and sugar to boil.
- Stir in rosemary and leave aside for 1 hr.
- Place half of the lemon and watermelon in a blender.
- Strain rosemary syrup through a mesh strainer into the blender.
- Cover and puree until smooth.
- Puree balance lemon and watermelon.
- Stir into lemonade and serve with ice.

Honey Dew Melon Infused Water

Ingredients

Honeydew Melon

Jar of water

Directions

- Add sufficient melon to jar of water.
- Place in refrigerator for 1 hour or more.
- Serve when chilled.

Cherry and Lime Infused Water

Ingredients

2 cups Cherries

2 Limes

Jar of water

Directions

- Place cherries in a jar.
- Squeeze in the limes.
- Gently mash the cherries and stir with lime.
- Fill with water
- Cover and leave in refrigerator for 1 hour or more.

Orange and Pineapple Infused Water

Ingredients

2 cups cubed pineapple

2 oranges

1 litre water

Directions

- Put the pineapple and juice of the oranges in a glass jar.
- Mash the pineapple gently.
- Fill with the water.
- Leave to chill for an hour or more.
- Serve when well chilled.

Ginger and Lemon Infused Water

Ingredients

3 lemons sliced
1 finger of ginger crushed
1 litre water

Directions

- Place lemons in glass jar.
- Add crushed ginger and stir with the water.
- Cover and chill.

Papaya and Mango Infused Water

Ingredients

2 cups diced mango
2 cups diced papaya
1 litre water

Directions

- Put the mango and papaya into a glass jar.
- Mash gently.
- Add water and stir.
- Chill well and serve.

Orange Mint Infused Water

Ingredients

3 large oranges, sliced
10 mint leaves
1/2 gallon of water

Directions

- Place mint and orange slices in a jar.
- Add water.
- Infuse for two hours in the refrigerator.
- Pour over the ice.
- Serve garnished with an orange slice and a sprig of mint.

Citrus and Agua Fresca Infused Water

Ingredients

1 large lemon, sliced
1 large lime, sliced
1 large orange, sliced
1/4 cup cilantro leaves

Directions

- Place the fruit in a glass jar.
- Pour water over citrus fruits and cilantro.
- Refrigerate for two hours.
- Serve with ice.
- Garnish with a slice of orange and sprig of cilantro.

Lemon Lavender Infused Water

Ingredients

3 large lemons, thickly sliced

1/4 cup fresh lavender

1/2 gallon of water

Directions

- Place the lavender and slices of lemon in a glass jar.
- Pour water over the lemons and lavender.
- Refrigerate for two hours
- Serve garnished with a sprig of lavender and ice.

Blackberry and Mint Twirl Infused Water

Ingredients

2 cups blackberries – split in half

Sprig of mint leaves

Jar of water

Directions

- Put blackberries in glass jar and muddle or can be mashed with a spoon.
- Put the mint leaves lightly crushed.
- Fill with water.
- Cover and chill for 2 – 4 hours.

Cucumber, Cilantro and Dill Infused Water

Ingredients

10 slices cucumber

Sprig of fresh cilantro leaves split

A pinch of fresh dill (strong in flavour – add as desired)

Jar of water a litre

Directions

- Put the ingredients in a glass jar.
- Top with water.
- Cover and chill for about 2- 4 hours prior to serving.

Pineapple-Orange and Ginger Infused Water

Ingredients

1/2 cup cubed pineapple

1/2 an orange, sliced

1 Tbsp. freshly-grated ginger

1-quart jars

Water

Wooden Spoon

Agave or another sweetener (optional)

Directions

- Place the ingredients at the bottom of a glass jar.
- Muddle with a wooden spoon.
- Fill jar with water.
- Enjoy as it is or refrigerate overnight for maximum flavour.

Delicious Citrus Cucumber Infused Water

Ingredients

1 grapefruit sliced
3 tangerines sectioned
1 cucumber sliced
1 bunch small bunch (a few sprigs) of mint leaves
1 tray of ice (or a quarter of a bag)
1/2 gal water (depending on the size of your pitcher)
1 gal water (you may also use unflavoured mineral water as well)

Directions

- Wash peppermint leaves.
- Put sliced cucumber, grapefruit, peeled tangerine into gallon of water with ice into a large pitcher.
- Refrigerate for about 15 minutes
- Stir and Enjoy!

Ginger and Citrus Mix Infused Water

Ingredients

8 cups purified water
1 lemon
3" peeled ginger root

Directions

- Slice lemon in halves and gently squeeze juice of one half of the lemon into the jar as not to completely destroy the half.
- Cut both the squeezed and remaining half into thin rings no thicker than 1/4".
- Drop those in the jar as well.
- Chop peeled ginger root into thin slivers to expose as much surface as possible.
- Drop into the jar.
- Pour water over the lemons and ginger giving it a good stir.
- Allow to sit in the fridge for a minimum of 30 minutes.
- Leaving overnight is the best.
- Serve cold.

Tangerine, Cucumber and Strawberry Infused Water

Ingredients

2 tangerines or 1 large orange, thinly sliced

5 inch cucumber, sliced into rings

10 strawberries, sliced into rings

2 cups of ice

Water

Directions

- Add the tangerines, cucumber and strawberries to a large jar
- Top with ice and water.
- Let the pitcher sit in the fridge for 1 hour before serving.
- When the water is down to 1/4 full in the pitcher, refill with water and place back in the fridge.
- Store in the fridge up to 24 hours.

Soothing Lemon, Blueberry and Mint Infused Water

Ingredients

1 lemon, thinly sliced
1 cup blueberries (frozen is ok!)
10 mint leaves
2 cups of ice
Water

Directions

- Place lemon and blueberries in a large jar.
- Squeeze slightly and twist the mint gently to release the oils.
- Add the mint leaves to the fruit.
- Top with ice and water.
- Let the jar sit in the fridge for 1 hour before serving.
- When the water is down to 1/4 full in the pitcher, refill with water and place back in the fridge.
- This can be done several time.
- Store this Lemon Water with Blueberries and Mint in the refrigerator up to 24 hours.

Mango and Ginger Infused Water

Ingredients

1 inch Ginger Root, peeled and sliced
1 cup Frozen Mango- fresh is fine too

Directions

- To peel the ginger use the back of a spoon or a vegetable peeler.
- Peel only the part that you will be using.
- Using a sharp knife slice the ginger into 3-4 coin sized slices.
- Drop into jar and add the mango.
- Top with 3 cups of ice and add with water.
- Place in fridge for 1-3 hours before serving.
- When serving add a couple frozen mango chunks in a pretty glass for ice cubes.
- Mango Ginger Water will keep in the fridge for 24 hours.

Mango and Basil Infused Water

Ingredients

1 Large Ripe Mango sliced into large chunks

Large handful of Basil- about 8 large leafs

Water

Directions

- Rip the basil in half (always ensure to rip basil and never use a knife as it will brown the herb).
- Place in the jar.
- Toss in the mango.
- Cover with ice and then add water.
- Place in the fridge for at least an hour before serving for maximum deliciousness.

Pineapple and Blueberry Infused Water

Ingredients

½ cup pineapple cut into chunks

1/3 cup frozen blueberries

½ cup ice

Directions

- Add pineapple chunks and blueberries to bottom of a pitcher / jar.
- Top with ice.
- Place the pitcher / jar in the fridge, or on your counter top if you like room temperature, for one hour prior to serving.
- When ½ of the infused water has been poured from pitcher / jar, fill back to the top with water.
- Fill up, up to 6 times in a day, or until the flavour is lost.
- Store Pineapple Blueberry Infused Water in your fridge for 24 hours.
- You can eat the fruit too.

Berries, Lime and Mint Infused Water

Ingredients

1/8 cup blueberries

1 slice of lime

2 sprigs of mint

3 strawberries, a slice of lemon and 2 sprigs of basil

2 slices cucumber, a few blueberries, a strawberry and some mint

Water

Directions

- Place the ingredients in a jar.
- Gently mash the ingredients.
- Top with water and ice.
- Leave to chill for a few hours.
- Serve.

Grapefruit and Rosemary Infused Water

Ingredients

1 grapefruit
1 sprig fresh Rosemary
32 oz. Water

Directions

- Cut the rind off from the grapefruit.
- Next cut into slices.
- Fill the jar with water.
- Lower fruit into water and then the Rosemary.
- Keep for 2 hours at room temperature or 24 hours in refrigerator.

Grape and Pineapple Infused Water

Ingredients

6 organic red grapes cut in half
1 pineapple spear (3 – 4” long)
Water – 16 – 18 Ozs

Directions

- Put all the ingredients into the jar and mash gently.
- Add water.
- Keep in the refrigerator 4 – 24 hours.

Strawberry and Jalapeno Infused Water

Ingredients

3 organic strawberries

¼ to ½ of a jalapeno pepper

32 oz. water

Directions

- Place the strawberries and jalapeno in a jar.
- Pour water over the ingredients.
- Cover and Chill well.

Strawberry and Pepper Infused Water

Ingredients

2 strawberries

1 pepper

Jar of water

Directions

- Cut off the tops of strawberries and slice in two.
- De-seed pepper with thumb wrapped in plastic wrap or glove.
- Place in jar with water.
- Cover and leave in the refrigerator for 3 – 12 hours.

Mandarin, Black Tea and Basil Infused Water

Ingredients

3 mandarin oranges sliced in half
4 basil leaves torn
1 black tea bag

Directions

- Put all ingredients into a jar.
- Top with water.
- Keep at room temperature for 2 – 3 hours.
- Serve with ice.

Exotic Mandarin and Hibiscus Infused Water

Ingredients

3 mandarin oranges sliced in half.

1 table spoon hibiscus flowers or 1 hibiscus tea bag

30 oz. water

Directions

- Put ingredients in a jar.
- Top with water.
- Refrigerate for 3 – 5 hours.
- Strain through metal strainer.

Apple and Cinnamon Infused Water

Ingredients

¼ Gala or red organic apple sliced thin
1 cinnamon stick
30 oz. water

Directions

- Place ingredients in a jar.
- Cover with water.
- Place in refrigerator for 4 – 24 hours.

Herbs Mix Infused Water

Ingredients

3 leaves of basil – torn
1 small sprig of Rosemary
2 sprigs of dill
1 sprig lemon thyme or mint
30 oz. water

Directions

- Place all the ingredients in a jar.
- Pour water.
- Chill for 6 hours or more.

Star fruit Orange and Hibiscus Infused Water

Ingredients

2 tea spoons loose hibiscus tea or 2 tea bags
3 slices organic orange
4 slices star fruit
80 oz. jar

Directions

- Place the orange and tea in the core of a jar.
- Fill up with water.
- Add the star fruit.
- Chill for 4 – 12 hours.

Lemon and Pomegranate Infused Water

Ingredients

Handful of pomegranate seeds (about 20)
2 slices of organic lemon
8 – 10 oz. of water

Directions

- Gently crush pomegranate seed to release juices.
- Place in the jar with lemon.
- Top with water.
- Chill for 4 hours.
- Strain and Serve.

Fizzy Cilantro Infused Water

Ingredients

2 – 3 stems of organic cilantro
Seltzer water – 8 – 10 oz.

Directions

- Place cilantro in large glass.
- Pour the water over the ingredients.
- Chill if desired.

Mint and Fennel Infused Water

Ingredients

5” slice of fennel bulb
6 mint leaves torn to release flavour.
30 oz. water

Directions

- Place ingredients in a jar.
- Top with water.
- Chill for 4 – 6 hours and strain before serving.

Lemon and Cucumber Infused Water

Ingredients

2 slices organic lemon
3 slices organic cucumber
8 10 Ounces Purified water

Directions

- Put lemon and Cucumber into a jar.
- Pour water over the ingredients.
- Leave overnight.
- Drink as you wake up in the morning.

Watermelon Wonder Infused Water

Ingredients

5 chunks watermelon

1 thin slice of strawberry frozen

Water and Ice

Directions

- Place watermelon and strawberry in a jar.
- Add water and ice.
- Leave for 1 hour to chill

Raspberry and Pineapple Infused Water

Ingredients

Handful of raspberry and Pineapple
8 – 10 oz. water

Directions

- Put ingredients into a large glass.
- Mash gently.
- Top with water.
- Chill well and serve.

Orange and Vanilla Infused Water

Ingredients

3 oranges sliced
1 Vanilla bean or pod (or extract)
30 oz. of water.

Directions

- Add vanilla and orange to jar with water.
- Stir, Chill well and serve.

Cool Cucumber and Lemongrass Infused Water

Ingredients

A few stalks of frozen lemon grass

10 slices of cucumber

Water

Directions

- Place cucumber and Lemon grass in jar.
- Top with water.
- Cover and chill well.

Citrus Sensation Infused Water

Ingredients

2 lemons, sliced
1/2 cucumber
10-12 mint leaves
3 quarts water

Directions

- Mix all the ingredients together.
- Let it brew overnight, and drink it warm.

Pineapple – Strawberry Infused Water

Ingredients

12 oz. water
1/4 cup strawberries, crushed
1/4 cup pineapple, crushed
1 sage leaf

Directions

- Combine all the ingredients in water.
- Place in the fridge and serve cold.

Berry Blast Infused Water

Ingredients

1 cup blueberries
1 cup blackberries
2 cups pomegranate seeds
2 quarts water

Directions

- Freeze the pomegranate seeds in an ice tray.
- Slice the blueberries and blackberries.
- Soak in the water for 4 hours.
- Put the pomegranate seed ice cubes in the water, and enjoy.

Green Tea and Tangerine Infused Water

Ingredients

8 cups brewed green tea
1 tangerine, sliced
A handful of mint leaves

Directions

- Combine all the ingredients in a large jar or pitcher.
- Stir the mixture in the evening so all the flavours will fuse together overnight.
- Drink one pitcher daily for maximum metabolism-boosting results.

Mixed Melody Infused Water

Ingredients

1 Slice of grapefruit
½ cucumber
1 tangerine
2 peppermint leaves
Water and ice.

Directions

- Mix all the ingredients together in a pitcher and drink it throughout the day.

Blueberry and Mint Fix Infused Water

Ingredients

2 cups blueberries
2 sprigs of mint, muddled
2 quarts of water

Directions

- Place all the ingredients in a jar.
- Chill as desired.

Strawberry and Basil Infused Water

Ingredients

10 strawberries, thinly sliced
3 basil leaves, torn into quarters and muddled
2 quarts of water

Directions

- Place the ingredients in a jar.
- Cover and chill prior to serving

Berry Mingle Infused Water

Ingredients

10 strawberries, thinly sliced
2 cups blueberries, slightly muddled
2 quarts water

Directions

- Place the berries in a jar.
- Add the water.
- Stir, chill and serve

Fruit Jingle Infused Water

Ingredients

1 each of pear, mango, pineapple kiwi, star fruit - sliced

A handful of pomegranate seed lightly crushed

2 quarts of water

Ice

Wooden Spoon

Pitcher

Directions

- Place the fruit at the bottom of a pitcher and muddle with a wooden spoon.
- Fill the pitcher with water.
- Cover and refrigerate two hours or overnight, for maximum flavour.
- Fill a glass or thermos with ice.
- Pour your fruit infused water over the ice and enjoy!

Peach Slices and Cayenne Pepper Infused Water

Ingredients

Fresh Peach slices as desired

Dash of Cayenne Pepper

Water

Directions

- Place in jar with water.
- Stir and chill as desired

Veggie Combo Infused Water

Ingredients

Cucumber slices

Carrots sliced thinly

Celery

Peppers – hot or sweet de-seeded and diced fine

Water as required

Directions

- Place all ingredients in jar with water.
- Chill as desired

Mint and Cucumber Classic Infused Water

Ingredients

Thinly sliced cucumber

Mint leaves torn and gently crushed in hand

Water

Directions

- Put all the ingredients together in a jar.
- Chill as desired.

Blackberry and Sage Infused Water

Ingredients

2 cups blackberries
Sprig of sage
Water

Directions

- Put all the ingredients together in a jar.
- Top with ice
- Chill as desired

Blueberry Lime and Cilantro Infused Water

Ingredients

Handful of blueberries

Sprig of Cilantro

2 limes sliced

Water

Directions

- Place all the ingredients in a jar.
- Gently muddle.
- Chill and serve.

Berries, Vanilla and Rosemary Infused Water

Ingredients

25 oz. pure water

1 – 2 cups berries slightly muddled without seeds

1 or 2 vanilla bean whole

2 – 4 sprigs of Rosemary (approx. ½ tea spoon)

Directions

- Open infuser and add ingredients to bottle.
- Add ice cubes if desired and top with water.
- Close infuser bottle and flip top.
- Shake gently to mix the ingredients.
- Keep for 3 hours or more.
- Serve

Refreshing Strawberry and Lime Infused Water

Ingredients

8 Frozen or Fresh Strawberries

1 Lime

2 litres of Pellegrino or Club Soda- you can also use flat water

Directions

- Slice the strawberries into three pieces.
- Drop into the water.
- Slice the lime into 10 wedges and add to the water.
- Chill for 3-4 hours and serve.

Day Spa Grapefruit, Pineapple and Apple Infused Water

Ingredients

1/2 Grapefruit

1/2 Apple

1/2 of a Pineapple- fresh

Ice and Water

Directions

- Cut grapefruit and apple into medium sized slices.
- Add into a pretty juice pitcher.
- Cut the pineapple into medium to thin slices.
- Try to get all the slices about the same size.
- Add the pineapple squeezing a little if you want it sweeter.
- Top with 2 cups ice, top that with water.
- Place in the fridge for 4 hours.

Pears, Cranberries and Clementine Infused Water

Ingredients

- 1 Pear thinly sliced
- 1 Clementine Orange cut into 8ths
- 1 tbsp. Dried Cranberries
- 1 tsp. All Spice Berries (look like pepper corns)

Directions

- Place fruit in jar.
- Top with 1.5 cups ice.
- Fill up with water and allow to sit for 3 hours in fridge before drinking.
- If you want the drink to be sweeter add an apple and another orange.

Apple Pie Infused Water

Ingredients

- 1 Fuji or other sweet apple thinly sliced
- 2 Cinnamon Sticks (do not use powder it will not dissolve)

Directions

Tea pot method

- Put all the ingredients into tea pot.
- Cover with water and bring to a boil.
- Serve in a tea cup or travel mug with an extra cinnamon stick to stir with if desired.

Tea cup method

- Place 1/4 of your apple slices and 1/2 a cinnamon stick to a tea cup or travel mug.
- Pour boiling water over the cinnamon stick and apples.
- Allow to cool sufficiently to drink for 2-4 minutes.
- Refill tea cup with hot water until the flavour is lost.

Cherry Mint Infused Water

Ingredients

1 quart canning jar
8 fresh cherries, halved
1/4 cup of fresh mint leaves

Directions

- Add the cherry halves and fresh mint leaves to 8 oz. canning jar.
- Rip the mint leaves in half for more flavour.
- Use a spoon or a fork to gently mash the fruit down a little bit.
- This will let the juice out of the fruit to infuse your water.
- Fill the jar with water, place the cover on and give it a good shake for the ingredients to mix.
- Refrigerate overnight for the best flavour.

Orange-Black Tea and Basil

Ingredients

1 Orange
1 Black Tea Bag
4-5 Fresh Basil Leaves
1 quart canning jar

Directions

- Cut the rind from the outside of the orange.
- Slice it into three or four sections, add to your mason jar.
- Break basil leaves in half and add to jar.
- Place tea bag over the edge, leaving the tag out, then fill with warm water.
- Allow to sit in the sun or on the counter for about an hour to speed the infusion process.
- Chill for 4 to 6 hours in the refrigerator.

Apple Orange and Raspberry Infused Water

Ingredients

1 orange sliced
1 apple sliced
½ cup red raspberries
24 oz. water

Directions

- Place the fruit in a mason jar (32 oz.).
- Fill up with water and close.
- Leave in refrigerator overnight or for at least 30 minutes.
- Serve.

Orange, Cucumber and Lemon Infused Water

Ingredients

1/2 orange sliced
1/2 lemon sliced
1/2 lime sliced
1/2 English cucumber sliced

Directions

- Slice the ingredients thick and thin.
- Fill with water and refrigerate.
- Do not squeeze the fruits as this will allow the slow release of the juices.

Strawberry Infused Water

Ingredients

Fresh strawberries (or other fruit)

Filtered water

Directions

- Drop some whole strawberries (stems and leaves removed) into a pitcher of water.
- Refrigerate overnight.
- Can be kept in the refrigerator for several days

Orange and Basil Infused Water

Ingredients

Approximately 32 oz. water

2 orange slices

6 fresh basil leaves*

Directions

- Pour purified water over the fruit and infuse at room temperature for a half an hour.
- Serve, or infuse in the refrigerator for up to two hours.

Strawberry and Kiwi Infused Water

Ingredients

Approximately 20 oz. water
3 strawberries
1 quartered kiwi

Directions

- Place ingredients in a jar.
- Infuse for 10 to 20 minutes before enjoying.

Baked Pear with Sage Infused Water

Ingredients

Approximately 20 oz. water

2-3 slices pear

Cinnamon

Sprig of sage

Honey to taste (optional; Clean Plates recommends raw honey)

Directions

- Bake fruit, spices and honey (if desired) in an oven-safe dish for 25 minutes at 350°F.
- Add baked ingredients to cold water to infuse.
- Allow to chill in refrigerator for at least 20 minutes before enjoying.

Chamomile Strawberry and Orange Infused Water

Ingredients

1 bag organic chamomile tea
1 sliced organic strawberry
8 – 10 Ozs water

Directions

- Mix ingredients and let it infuse for 1-4 hours.
- If infusing for longer than 2 hours, remove the tea bag because the chamomile will overwhelm the flavour.

Lemon Orange Blueberry Infused Water

Ingredients

32 oz. Ball Jar
2 organic orange slices
1 organic lemon slice
8-10 blueberries
Water – 1 litre

Directions

- Mix all ingredients in a jar.
- Chill in the fridge for 4-8 hours and up to 24 hours for maximum flavour.

Double Mint Infused Water

Ingredients

46 oz. carafe
10 hand-torn, fresh mint leaves
2 bags of mint tea, preferably peppermint.

Directions

- Pour room temperature water over the ingredients and let steep for 1 hour.
- No need to use hot water; the tea will release its flavour in room temperature water.
- After steeping for an hour, strain and serve over ice.

Ginger, Mint and Lemon Infused Water

Ingredients

1-2 litres of filtered water, depending on how strong you want your infused water to taste;

Part of 1 ginger root

Part of 1 lemon

Handful of fresh mint leaves (approx. 12-15)

Ice cubes (optional)

Directions

- Wash all produce well.
- Slice the ginger root and lemon.
- Remove the lemon rind.
- Removing the skin of a fruit helps avoid ingesting pesticides.
- Fill jug with filtered water.
- Add ginger and lemon.
- You can squeeze a bit of the lemon juice into the water as well to give it a burst of citrus flavour.
- Add a handful of fresh, fragrant, mint leaves.
- Let this mixture sit overnight in the fridge.
- The flavours will infuse the water.
- Pour, drink and enjoy daily.
- You can add ice cubes to your glass as well.

Strawberry and Kiwi Infused Water

Ingredients

4 big strawberries

1/2 of a kiwi

Water

Directions

- Slice kiwi in half and peel the half to be used.
- Thinly slice strawberry and peeled kiwi.
- Add slices to jug/carafe/mason jar, whatever you'd like to keep your water in.
- Fill container with water, cover, and leave in the fridge overnight.
- Please adjust fruit and water as desired.

Citrus Fruit Infused Water

Ingredients

Jamba Green Fusion Fruit and Smoothies Mix, 2 serving

Lime Juice, 1 lime yields

Lemon Juice, 1 lemon yields

Water, tap, 1 gallon

Directions

- Mix the fruit and juice with water.
- Refrigerate until chilled.
- Add sweetener if required.

Lavender Orange Infused Water

Ingredients

8 cups chilled water
2 large oranges
4 sprigs fresh lavender

Directions

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

Ginger Basil Infused Water

Ingredients

1/4 inch of chopped ginger
1/4 cup of basil
1 Tbsp. raw (local) honey
Warm water.

Directions

- Add contents to a 1 quart jar.
- Refrigerate for 6 hours or more.

Watermelon Dream Infused Water

Ingredients

Ice

Watermelon (seeded and cubed)

Water

Directions

- Place watermelon in a glass.
- Crush the watermelon with a spoon until almost liquid.
- Fill the glass with water and ice.
- Allow to chill for a few minutes.
- Serve cold with a straw!

Berry Mint Infused Water

Ingredients

10 large strawberries
½ cup of sliced watermelon
¼ cup of mint leaves
6 cups of water Ice

Directions:

- Fill the bottom of a pitcher with the ice cubes.
- Top it with strawberries, watermelon and mint leaves.
- Fill the rest of the way with filtered water.
- Let it chill.

Orange and Vanilla Infused Water

Ingredients:

2 litres of filtered water

1 orange, sliced

1/2 tsp. vanilla extract, or a scraped vanilla bean

Directions

- Simply combine the orange slices, vanilla and water in a large pitcher.
- Mix well.
- Allow to infuse in the fridge for 1 hour,
- Keep chilled in the fridge for a refreshing beverage anytime you like!

Cucumber Chill Infused Water

Ingredients

- 1 thinly sliced cucumber
- 1 thinly sliced lemon
- 3 sprigs fresh mint (more or less to suit your tastes)

Directions

- Place all ingredients in a jar.
- Top with water.
- Leave in refrigerator to chill.

Berry Hydrated Infused Water

Ingredients

½ cup blackberries
½ cup raspberries
2 sprigs of mint
20 oz. water

Directions

- Place the ingredients in a glass jar.
- Muddle gently with a wooden spoon.
- Cover and leave in the refrigerator to chill prior to serving.

Fresh Frosty Fruit Infused Water

Ingredients

1 Peach
1 Plum
1 Pear
Water 8 – 10 oz.

Directions

- Place the fruit in a glass jar.
- Gently muddle with a spoon.
- Top with water.
- Leave to chill before serving.

Peach Infused Water

Ingredients

1 bag (10 oz.) frozen organic peaches, thawed
4 cups very cold filtered water
1 tsp. agave nectar or 2 Tbsps. raw cane sugar
Juice of one lime

Directions

- Place the ingredients in a blender.
- Pulse until smooth.
- Pour through a fine mesh sieve, reserving the liquid and discarding the pulp.
- Serve over crushed ice garnished with fresh mint.

Agua de Papaya

Ingredients

3 cups papaya, peeled, seeded and diced.

½ lemon or lime sliced

Water and ice

Directions

- Place the ingredients in a jar.
- Mash until smooth with wooden spoon and add lemon.
- Top with water and ice.
- Leave to chill.

Cucumber Minty Infused Water

Ingredients

¼ to ½ large cucumber
6 slices cantaloupe
1 handful fresh mint
•1-2 quarts water

Directions

- Place the ingredients in a carafe, jar, or pitcher and fill with water.
- Refrigerate until ready to drink.
- Keep 1 hour to allow flavour to infuse the water.
- Keeps for 2-3 days in the fridge.

Berry Rosemary Infused Water

Ingredients

- 1 cup mixed fresh or frozen berries (strawberries, raspberries, blackberries, blueberries)
- 1 sprig fresh rosemary

Directions

- Place the ingredients in a carafe, jar, or pitcher and fill with water.
- Refrigerate until ready to drink.
- Leave for an hour for flavour to infuse the water.

Fresh Orange, Lemon, Berry and Lime Infused Water

Ingredients

1/2 gallon (8 cups) water
1 orange, sliced
1 Meyer lemon, sliced
1 lime, sliced
6 strawberries, halved

Directions

- Place ingredients in glass pitcher or container.
- Refrigerate until thoroughly chilled, at least for 1 hour.
- Stir before serving.

Pineapple and Cucumber Infused Water

Ingredients

1/2 cup pineapple chunks frozen
1 sliced cucumber
3 cups of ice,

Directions

- Place all ingredients in a jar.
- Fill with water and refrigerate for 1-3 hours before drinking

Honeydew Infused Water

Ingredients

¼ cup mint leaves
1 cup honeydew chunks
1 thinly sliced cucumber
3 cups ice and water

Directions

- Use fork or muddler to squish the mint leaves to releases its natural oils.
- Add honeydew chunks, cucumber and ice.
- Fill the pitcher with water and refrigerate for 1-3 hours before drinking

Herbs and Peach Infused Water

Ingredients

6 Peaches

Bunch of Mixed herbs

2 litres water

Directions

- Just slice your fruit and pile it into a jar or pitcher with bunch of herbs.
- Top off with water.
- Allow to cool in the refrigerator for an hour or more before you drink as it will help to maximize the flavour.

Minty Pineapple Infused Water

Ingredients

1/4 pineapple, peeled and cut into triangles
8 to 10 mint leaves

Directions

- Place 8 cups of water in a pitcher or large bowl.
- Add pineapple and mint leaves.
- Refrigerate at least 3 hours before using.
- Keep refrigerated up to 2 days.
- Strain before serving.

Rainbow Citrus Infused Water

Ingredients

One blood orange
One satsuma mandarin (or clementine)
One lemon
One lime
Filtered water

Instructions

- Wash and slice the citrus fruits and set the end pieces aside.
- Layer the slices in a quart size glass Mason jar and pour cold filtered water on top.
- Cover the jar and store in the refrigerator.
- The flavour will get stronger after a few hours.

Cucumber and Ginger Infused Water

Ingredients

2 cucumbers

2 inch knob of ginger

1/2 lime

1 cup of parsley

Dash of cayenne pepper

If you like sweeter juice add some watermelon, cantaloupe, or honey dew

Directions

- Peel cucumbers, remove skin from lime, and turn on the juicer.
- Juice the parsley, ginger, lime, and cucumbers.
- Pour into the jar with water and ice.
- Add a dash of cayenne pepper, or more to your liking.
- Chill and serve.

Fruity Delight Infused Water

Ingredients

2 litres of water
2 cups of strawberries
2 cups kiwi

Directions

- Chop your kiwis and strawberries.
- Add to your water.
- Keep in the fridge for a couple of hours to let it seep.
- Serve when chilled.

Raspberry Lime Infused Water

Ingredients

3 cartons of raspberries

4 limes, thinly sliced

Ice

Water

Directions

- Layer the pitcher with lime slices and raspberries.
- Add ice.
- Repeat until the server is full.
- Pour water over the ice and fruit.
- Allow to chill.

Lemon Lady Infused Water

Ingredients

1 lemon

Water 8 – 10 oz.

Directions

- Thinly slice the lemon.
- Add the lemon to the pitcher.
- Fill pitcher with water.
- Chill.

Strawberry Twirl Infused Water

Ingredients

1/2 carton of strawberries.

Water

Directions

- Cut the tops off the strawberries and then slice in half.
- Add the strawberries to the pitcher.
- Fill the pitcher with water.
- Chill.

Cranberry Orange Cooler Infused Water

Ingredients

1 orange, thinly sliced
1 cup fresh cranberries, pierced down the centre or lightly smashed
Small handful herbs, such as sage or rosemary
2 quarts filtered or spring water

Directions

- Add the orange slices, cranberries, and herbs to a 64-oz. Mason jar or pitcher.
- Pour water over top and chill for several hours.
- Serve over ice.

Merry Cherry, Cucumber, and Mint Infused Water

Ingredients

1 cucumber, thinly sliced
1 cup fresh cherries, pitted
1 small bunch mint
2 quarts filtered or spring water

Directions

- Add the cucumbers, cherries and mint to a 64-oz. Mason jar or pitcher.
- Add the filtered water.
- Refrigerate until cold and enjoy!

Cucumber Lavender Infused Water

Ingredients

1 cucumber, thinly sliced
1 tsp. dried culinary lavender, or 2 fresh lavender sprigs
2 quarts filtered or spring water

Directions

- Add the cucumbers and lavender to a 64-oz. Mason jar or pitcher.
- Add the filtered water.
- If using dried lavender, strain before serving.
- Refrigerate until cold and enjoy

Cherry Limeade Infused Water

Ingredients

2 limes, thinly sliced
1 cup fresh cherries, pitted
Honey or agave, to taste if desired
2 quarts filtered or spring water

Directions

- Add your limes and cherries to a Mason jar or pitcher.
- Sweeten to your liking, if desired.
- Fill with cold water and chill for several hours.
- Serve over ice.

Kiwi Infused Water

Ingredients

3-4 ripe kiwis, peeled and thinly sliced
2 quarts filtered or spring water

Directions

- Add the sliced kiwis to a 64-oz. Mason jar or pitcher.
- Add the filtered water.
- Refrigerate until cold and enjoy.

Pineapple Lemonade Infused Water

Ingredients

3 lemons, thinly sliced
1 cup fresh pineapple pieces
Honey or agave, to taste if desired
2 quarts filtered or spring water

Directions

- Add lemon slices and pineapple pieces to a Mason jar or pitcher.
- Sweeten to your liking, if desired.
- Fill with cold water and chill for several hours.
- Serve over ice.

Blueberry Bliss Infused Water

Ingredients

1 lemon, thinly sliced
1 pint fresh blueberries
2 quarts filtered or spring water

Directions

- Add the lemon and blueberries to a 64-oz. Mason jar or pitcher.
- Pour the water over top and chill for several hours.
- Serve over ice.

July Surprise Infused Water

Ingredients

Slices or cubes of fresh pineapple (use cookie cutters for star shapes)
Sliced Strawberries
Blueberries pierced

Directions

- Place ingredients in a jar or pitcher.
- Fill with water and leave overnight in the refrigerator.
- Add ice and serve.

Simply Orange Infused Water

Ingredients

1 orange, thinly sliced
1 small bunch mint or other fresh herbs, optional
2 quarts filtered or spring water

Directions

- Add the oranges and mint if desired to a 64-oz. Mason jar or pitcher.
- Pour the water over top and chill for several hours.
- Serve over ice.

Lemon and Strawberry Infused Water

Ingredients

10 Large Strawberries
2 Whole lemons Sliced
Bay Leaves for aesthetics
Teavana Strawberry Lemonade Tea

Directions:

- Boil water and let the tea steep for about 3 minutes for a hint of the flavour.
- Slice the strawberries and lemons and place into the pitcher and chill for about 3 hours.
- Add Ice and serve!
- Enjoy

Grapefruit and Lemon Infused Water

Ingredients

Basil leaves

Ice cubes

Chopped grapefruit chunks

Chopped honeydew melon chunks

Chopped watermelon chunks

Water

Directions

- Lightly crush the basil leaves in your hand and place them in the jar.
- Add the grapefruit chunks, honeydew melon chunks and watermelon chunks.
- Add the ice cubes directly into the base of the jar.
- Top up with the water and screw the lid tightly in place.
- Refrigerate for at least 1 hour.

Tropical Fruit Infused Water

Ingredients

Parsley leaves

Chopped mango chunks

Chopped papaya chunks

Chopped pineapple

Water

Directions

- .Add the parsley leaves to the jar or Acquablend Basket.
- Add the mango chunks, papaya chunks and pineapple chunks.
- Top the bottle up with the water, screw the lid on tightly.
- Place it in the refrigerator for at least 1 hour.

Chia Fresca Infused Water

Ingredients

Lemon

Chia seeds

A touch of honey

Directions

- Place the ingredients in a jar.
- Top with water
- Chill and serve.

Green Herb Infused Water

Ingredients

Juice of 1/2 lime
4 cups still water
1 Tbsp. fresh parsley leaves
4 to 6 fresh peppermint leaves
2 fresh basil leaves
5 mustard seeds

Directions

- Add the lime juice and 3 cups of water into a large pitcher.
- Place parsley, peppermint, basil, and mustard seeds in a blender with remaining water.
- Purée until smooth, for about 1 minute.
- Strain the puréed mixture through a fine-mesh sieve into the pitcher.
- Refrigerate for at least 1 hour before serving.

Rhubarb Apple and Cinnamon Infused Water

Ingredients

Rhubarb

Apple

Cinnamon

Directions

- Slice fruits into bite-sized pieces.
- Place in 1 litre jar at the bottom.
- Cover to the rim with ice.
- Pour water until full (about 1 cup) and seal with a lid.
- Allow to sit in the refrigerator for at least thirty minutes so flavours can seep into the water.

Raspberry and Grape Infused Water

Ingredients

Raspberry
Grapes
Cucumber

Directions

- Slice fruits into bite-sized pieces.
- Place in a 1 litre jar at the bottom and gently muddle.
- Cover to the rim with ice.
- Pour water until full (approximately 1 cup) and seal with a lid.
- Allow to sit in the refrigerator for at least thirty minutes so flavours can seep into the water.

Pink Grapefruit and Strawberry Infused Water

Ingredients

1/2 seedless cucumber
1 pint strawberries
1 small pink grapefruit
1 cup Splenda
Water

Directions

- Peel the cucumber leaving only a few thin strips of green peel.
- Slice thinly and place in a two quart pitcher.
- Hull the strawberries and slice crosswise.
- Place them in the pitcher.
- Cut the ends off the grapefruit.
- Slice into thick slices, then into wedges.
- Place the wedges in the pitcher with the cucumber and strawberries.
- Dissolve Splenda in two cups of water.
- Pour into the pitcher and fill with additional water.
- Refrigerate for two to three hours.
- Serve over ice garnished with fruit.

Cucumber Savoury Infused Water

Ingredients

- 6 cups cold Aqua Sana filtered water, divided
- 20 thin slices cucumber
- 2 lemons, sliced thin
- 4 sprigs fresh thyme, slightly crushed
- 2 sprigs fresh rosemary, slightly crushed

Directions

- Fill a 2- to 2 ½-quart pitcher bottom with about 1 cup of water.
- Add the thyme and rosemary and use a muddler or wooden spoon to lightly crush the herbs.
- Add the lemon and cucumber, then the rest of the water.
- Chill for at least 1 hour.
- Add ice cubes made from Aqua Sana water just before serving.

Tangelo Dream Infused Water

Ingredients

6 cups cold Aquasana filtered water, divided
10 strawberries, sliced thin
2 tangelos, sliced
4 sprigs fresh mint, slightly crushed

Directions

- Fill a 2- to 2 ½-quart pitcher bottom with about 1 cup of water.
- Add the mint and use a muddler or wooden spoon to lightly crush the leaves.
- Add the strawberry and tangelo, then the rest of the water.
- Chill for at least 1 hour.
- Add ice cubes made from Aquasana water just before serving.

Plum and Cinnamon Infused Water

Ingredients

8 – 16 Ozs plums

Stick of cinnamon

Water

Direction

- Fill the bottom of a 2- to 2 ½-quart pitcher with about 1 cup of water.
- Add ingredients and use a wooden spoon to lightly muddle.
- Top with water.
- Chill for at least 1 hour.
- Add ice cubes just before serving.

Tarragon Blueberry and Raspberry Tang Infused Water

Ingredients

Tarragon leaves

Blueberries

Raspberries

Water

Directions

- Fill the bottom of a 2- to 2 ½-quart pitcher with about 1 cup of water.
- Add ingredients and use a wooden spoon to lightly muddle fruit and crush leaves.
- Top with water.
- Chill for at least 1 hour.
- Add ice cubes just before serving.

Orange-Papaya Agua Fresca Infused Water

Ingredients

4 cups peeled, seeded, and cubed ripe papayas (about 3)
1 1/2 cups freshly squeezed orange juice
1/4 cup freshly squeezed lime juice
1 1/4 cups water
2 Tbsps. honey (optional)
Ice cubes or crushed ice
Orange slices or clementine or mandarin orange segments

Directions

- In a blender combine papayas, orange juice, and lime juice.
- Cover and blend until smooth.
- Strain mixture through a fine-mesh sieve into a pitcher or large glass jar.
- Discard solids.
- Stir in the water and, if desired, add a bit of honey.
- Serve immediately or chill until ready to serve.
- Serve in ice-filled glasses.
- Garnish with orange slices or clementine or mandarin orange segments.

Mango Basil Infused Water

Ingredients

½ mango, peeled and sliced
1 handful fresh basil, washed well
1-2 quarts water

Directions

- Place ingredients in a carafe, jar, or pitcher and fill with water.
- Refrigerate until ready to drink, at least an hour to allow flavour to infuse the water.

Cantaloupe Minty Infused Water

Ingredients

¼ to ½ large cucumber
2 slices cantaloupe
1 handful fresh mint
1-2 quarts water

Directions

- Place in a carafe, jar, or pitcher and fill with water.
- Refrigerate until ready to drink, at least an hour to allow flavour to infuse the water

Strawberry Kiwi Bliss Infused Water

Ingredients

9 ripe strawberries
1 kiwi
8 cups filtered or bottled water

Directions

- Wash the strawberries, cut out the leaves, and cut in half.
- Wash, peel, and slice the kiwi.
- In a 2½-quart pitcher, combine the water, strawberries and kiwi.
- Make sure to cover the container and place in the refrigerator.
- If you are using a glass pitcher without a lid, place a piece of wrap snugly over the top.

Fizzy Citrus Infused Water

Ingredients

Lemon

Lime

Orange rinds

Flavoured fizzy water or filtered water

Directions

- Slice lemon and lime and give them a gentle squeeze.
- Place in jar.
- Top with water and refrigerate for 1 hour or more.
- Serve when chilled nicely.

Strawberry and Cantaloupe Infused Water

Ingredients

4 – 6 strawberries sliced
¼ of a cantaloupe sliced
24 oz. water
Mason jar – 32 oz.

Directions

- Place the fruits in a jar.
- Fill with water.
- Refrigerate for at least 30 minutes before serving

Conclusion

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I hope this book was able to help you discover some amazing Recipes.

The next step is to get cooking!!!



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