

# 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.