



## Infused Water Recipes

Adding fruit, vegetables, and herbs to your sparkling or still water can help provide different flavors to entice your palate and increase fluid intake.

### General Ingredients and Supplies:

Large pitcher

5 cups of still or sparkling water

### Flavor Combination Ingredients

Watermelon, Kiwi, & Lime	Diced Strawberries, Lemon, & Basil	Honeydew, Cucumber, & Mint
1 cup chopped watermelon	½ cup of halved strawberries	½ cup honeydew cubes
1 diced kiwi	1 thinly sliced lemon	1 cucumber thinly sliced
1 lime sliced into circles	5 basil leaves	10 fresh mint leaves

### Directions:

1. Fill pitcher with 5 cups of your preferred water source—still or plain sparkling water.
2. Dice fruit and vegetable ingredients. Remember to thinly slice and finely cube ingredients so they are not too large.
3. Pick herb leaves from bushel or direct from plant.
4. Wash off herbs prior to adding to pitcher.
5. Add all ingredients to pitcher of water.
6. Let pitcher sit in the refrigerator for 3-4 hours and then enjoy!