

5-WAY FRUIT-INFUSED WATER



Refresh yourself with one of these easy-to-make, hydrating beverages.

Ingredients

- 8 cups water, chilled
- 1 cup fresh fruit, sliced or cubed
- ¼ cup fresh herbs, in sprigs or chopped or torn into leaves

Directions

- 1 In an 8-cup pitcher, place cut fruit and herbs.
- 2 Pour in water and refrigerate, covered, for at least 4 hours (preferably overnight).
- 3 Enjoy throughout the day.

Blueberry Shrub

- ½ cup blueberries
- ½ cup cucumber slices
- 15 mint leaves

Citrus Zing

- 2 oranges
- 1 Tbsp sliced, peeled ginger
- 3 sprigs of fresh rosemary

Melon Cooler

- 1 cup cantaloupe cubes
- 1 lemon, sliced in wheels
- 5 sprigs of fresh thyme

Tuscan Berry Burst

- 1 cup strawberries
- 1 lime, sliced in wheels
- ½ cup torn basil

Tropical Punch

- 1 cup fresh pineapple chunks
- 1 kiwi peeled sliced
- 15 mint leaves