


Herb & Fruit Infused Water Recipes

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Fruit and Herb Infused Water Recipes

Fruit infused are a wonderful and refreshing [drink option](#) for summer when the sun is out, the [kids are bored](#) and the [bugs are biting](#).

Why Fruit Infused Water?

Why not just drink juice? Several reasons:

Better Flavor

I personally prefer the subtle flavors of infused water to the over-sweet flavor of most juices. Unlike juice, the flavor is gentle and very refreshing.

Less Sugar

Most fruit juice also contains a lot of sugar. Even without added sugar, juice is a source of naturally occurring sugars and it is better to consume fruit whole so that you get the fiber, which helps slow down sugar absorption.

Hydration

Fruit Infused waters contain much of the flavor (or more) of fruit juices, without the sugar, making it easier to drink more of them. Most people enjoy the taste of fruit waters, making them more likely to drink more water and they are an easy way to add variety to regular water.

How to Make Fruit Infused Waters

Add desired fresh sliced (and peeled) fruits to 1/2 gallon or a whole gallon of water. For best flavor, leave at least 4 hours or overnight in the refrigerator to let the flavors of the fruit infuse into the water. Some of the recipes below are written for a half gallon jar, others for a gallon jar.

You can double or halve any of them to make more or less. Also, these recipes are just suggestions and fruit waters are based on your taste preferences so experiment and enjoy!

If you drink the water within the first day, you can add more filtered water and re-infuse to get a second use out of the fruits and herbs

Here are some of my favorite herb and fruit infused water recipes:

Cucumber Mint

Thinly slice one cucumber. Peel if it isn't organic! Add the sliced cucumbers to a 1/2 gallon glass jar, add 8 fresh mint leaves, muddled, and fill with filtered water. Stir gently and place in refrigerator for at least 4 hours or overnight.

Citrus Blueberry

Slice two organic oranges into thin slices (leave the rind on for better flavor). Add sliced oranges and 1 cup of

blueberries to a gallon size glass jar. Add filtered water to fill the jar and stir gently. Refrigerate for at least 4 hours and store in refrigerator.

Pineapple Mint

One of my favorites! Peel and thinly slice about 1/4 of a pineapple. The more thinly sliced the pineapple, the more flavor it will infuse. Add to a 1/2 gallon size glass jar with 10-12 leaves of fresh mint, muddled. Add filtered water to fill and stir until well mixed. Store in refrigerator.

Watermelon Basil

Add about 2 cups of finely chopped fresh watermelon (without rind) to a gallon size glass jar. Add 15 leaves of muddled basil and filtered water to fill. Store in fridge and allow at least 4 hours to infuse.

Strawberry Lemon

Like strawberry lemonade, but better! Add 15 fresh strawberries, washed and finely sliced to a 1/2 gallon glass jar. Add one sliced lemon with rind on. Fill with water. Let sit 4 hours (to overnight) in fridge and enjoy.

Cherry Lime

Reminiscent of Cherry Limeade, minus the sugar coma. Add two cups of fresh cherries, cut in half and one fresh lime, sliced into thin slices, to a gallon size glass jar. Add water to fill. Mix gently and store in fridge until ready to drink.

Grapefruit Raspberry

Another one of my favorites! Add one grapefruit, thinly sliced with rind on, to a gallon size glass jar. Add 1/2 cup fresh raspberries, muddled slightly. Add water and mix well. Store in fridge for at least 4 hours before drinking.

Mango Pineapple

Peel and thinly slice one fresh mango. Add to 1/2 gallon glass jar. Add 1 cup of finely chopped pineapple and filtered water and allow to infuse in the refrigerator for 4-6 hours before drinking.

Grape Orange

The hands-down kid favorite at our house. Place 2 cups of grapes, sliced in half, into a gallon size glass jar. Add one orange, thinly sliced with rind on. Refrigerate overnight for best flavor.

Pineapple Mint

My husband's favorite. Add 1/4 of a fresh pineapple and 15 leaves of fresh muddled mint to a half gallon jar. Add filtered water. Infuse overnight and enjoy.

Have you ever made fruit infused waters? What is your favorite combination?