How to Make Infused Water

Making flavored water with fruits and vegetables is easy and inexpensive! The sky is the limit on flavor combinations. Have fun creating your favorite combination and enjoy the many benefits of hydrating with water. You can use tap, bottled or sparkling water.

3 Simple Steps to Make Infused Water

1. Choose your flavor. The possibilities are endless!
2. Make your mix. Add your fruit, vegetables or herbs to a pitcher of water.
3. Cover and let set.

Infuse the ingredients together for 1 to 2 hours at room temperature or in the refrigerator for 3 to 4 hours. If you infuse the ingredients for 4 or more hours, though, be sure to remove the fruits and herbs from the water and then store the infused water in the fridge for up to 3 days. Removing the infused fruits from the water will prevent the fruit from decomposing and potentially creating undesirable flavors in your water.

Flavor combination ideas

* Cucumber with lime
* Lemon/orange
* Mixed berries
* Watermelon
* Raspberry with lemon or lime
* Cucumber with lemon and cilantro
* Mint
* Pineapple and mint