

YIELD: 1 QUART (PLUS REFILLS)

8 Fruit-Infused Water Recipes

Make hydration fun with these recipes for fruit infused water, either still or sparkling! We offer 8 flavors, so you are sure to find one you love!

PREP TIME	ADDITIONAL TIME	TOTAL TIME
5 minutes	15 minutes	20 minutes

Ingredients

- 4 cups water, sparkling or still
- Ice
- Ingredients for one of the following flavors:

Grapefruit & Rosemary

- 1/4 red or pink grapefruit, cut into thin slices
- 1 large sprig fresh rosemary

Lemon Lime

- 1/2 lemon, cut into slices
- 1/2 lime, cut into slices

Strawberry, Kiwi, & Lime

- 1 kiwi, peeled and cut into slices
- 2 strawberries, hulled and cut into slices
- 1/2 lime, cut into slices

Cucumber Mint

- 1/4 cucumber, cut into slices
- 1/4 cup fresh mint leaves

Watermelon Basil

- 3-4 small slices watermelon
- 1/4 cup fresh basil leaves

Raspberry & Mint



- 1/4 cup fresh raspberries
- 1/4 cup fresh mint leaves

Pineapple Coconut

- 1/3 cup slices fresh pineapple
- 1/4 cup fresh coconut chunks (outer shell removed)

Blueberry Orange

- 1/4 cup fresh blueberries
- 1/2 orange, cut into thin slices

Instructions

1. Fill a glass, bottle, mason jar, pitcher, or carafe with ice, fruit, and herbs. Fill to top with water.
2. The water will start to take on flavor after about 15 minutes, but wait 30-60 minutes for best results. Refill with more water and ice until fruit flavor is gone.

Notes

Citrus fruit will turn the water bitter in about 4 hours, so drink any citrus-containing flavors before then.

Nutrition Information: YIELD: 32 SERVING SIZE: 1 cup

Amount Per Serving: CALORIES: 19 TOTAL FAT: 0g SATURATED FAT: 0g TRANS FAT: 0g UNSATURATED FAT: 0g
CHOLESTEROL: 0mg SODIUM: 2mg CARBOHYDRATES: 4g FIBER: 1g SUGAR: 3g PROTEIN: 0g

At Wholefully, we believe that good nutrition is about much more than just the numbers on the nutrition facts panel. Please use the above information as only a small part of what helps you decide what foods are nourishing for you.

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CUISINE: General / **CATEGORY:** Drinks

<https://wholefully.com/infused-water/>