

8 Infused Water Recipes



Stay hydrated with these easy infused water recipes. If you find plain ol' H2O to be boring, consider making a pitcher of infused water that scores a hint of flavor from fresh fruit, vegetables, and herbs.

Course	Drinks
Cuisine	American
Prep Time	5 minutes
Total Time	5 minutes
Servings	4 servings
Calories	14kcal
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Ingredients

For All Options:

- 5 cups water
- 1 cup ice cubes optional

For Strawberry, Basil and Lemon:

- 1/2 cup strawberries stemmed and sliced, fresh or frozen
- 5 large fresh basil leaves torn
- 1 lemon thinly sliced

For Honeydew, Cucumber, and Mint:

- 1/2 cup honeydew cubes
- 1 cucumber thinly sliced
- 10 fresh mint leaves torn

Blackberries, Orange, and Ginger:

- 1/2 pint blackberries
- 1 orange thinly sliced
- 1 (2-inch) piece fresh ginger peeled and thinly sliced

Blueberry, Lemon, and Rosemary:

- 1/2 pint blueberries
- 1 lemon thinly sliced
- 4 sprigs fresh rosemary

Pineapple, Coconut, and Lime:

- 1 cup pineapple chunks, fresh or frozen
- 1 cup coconut chunks, fresh or frozen
- 1 lime thinly sliced

Watermelon, Kiwi, and Lime:

- 1 cup watermelon cubes
- 1 kiwi diced or cut into circles
- 1 lime sliced into circles

Grapefruit, Pomegranate, and Mint:

- 1 grapefruit thinly sliced
- 1/2 cup pomegranate seeds
- 10 fresh mint leaves torn

Mango, Raspberry, and Ginger:

- 1 mango peeled and cubed
- 1/2 pint raspberries
- 1 (2-inch) piece fresh ginger peeled and thinly sliced

Instructions

1. In a large pitcher, place the desired combination of fruit or herbs.
2. Add ice and fill container with water. Add additional fruit or herbs to garnish, if desired.

Nutrition

Calories: 14kcal | Carbohydrates: 4g | Protein: 1g | Fat: 1g | Saturated Fat: 1g | Sodium: 18mg | Potassium: 66mg | Fiber: 1g | Sugar: 2g | Vitamin A: 34IU | Vitamin C: 25mg | Calcium: 21mg | Iron: 1mg