



infused summer water recipes



Here are some of my favorite herb and fruit infused water recipes that I adapted from the [Wellness Mama, Katie](#). She has a ton of great ideas year round to keep you and your family happy and these are my favs!!

These recipes are deliciously refreshing and oh so easy to make! Unlike fruit juice, these waters aren't loaded with sugar and have a subtle fruit and herb flavor that is refreshing and quenching.

And this is a great way to stay hydrated this summer. When water tastes this good, it is easy to get in your daily ounces and then some!

Enjoy! - D.



1. Cucumber Mint

Thinly slice one cucumber. Peel if it isn't organic! Add the sliced cucumbers to a ½ gallon glass jar, add 8 muddled fresh mint leaves, and fill with filtered water. Stir gently and place in refrigerator for at least 4 hours or overnight.

2. 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.

3. Pineapple Mint

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 ½ gallon size glass jar with 10-12 leaves of muddled fresh mint. Add filtered water to fill and stir gently. Store in refrigerator.

4. 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 refrigerator and allow at least 4 hours to infuse.



5. Strawberry Lemon

Like strawberry lemonade, but better! Add 15 fresh strawberries, washed and finely sliced to a ½ gallon glass jar. Add one sliced lemon with rind on. Fill with water. Stir gently and refrigerate 4 hours or overnight in refrigerator and enjoy.

6. 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 refrigerator until ready to drink.

7. Grapefruit Raspberry

Add one grapefruit, thinly sliced with rind on, to a gallon-size glass jar. Then add ½ cup slightly muddled fresh raspberries. Add water and mix well. Store in refrigerator for at least 4 hours before drinking.

8. Mango Pineapple

Peel and thinly slice one fresh mango. Add to ½ gallon glass jar. Add 1 cup of finely chopped pineapple and filtered water. Allow to infuse in the refrigerator for 4-6 hours before drinking.



9. Grape Orange

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

10. Pineapple Basil

The “man’s” favorite. Add ¼ of a sliced fresh pineapple and 15 leaves of muddled fresh basil to a half gallon jar. Add filtered water. Infuse overnight and enjoy.