



## *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.