

# HEALTHFUL TIPS

## Infused Water

Fresh. Healthy. Unprocessed.

**W**ater is the best thing that we can drink. Add a hint of flavor with the infusion of natural fruit, veggies, herbs and spices for a special treat. It's easy, healthy, fresh and unprocessed and you can change up the flavors for a variety of delicious treats. Drinking infused water provides your body with a portion of the nutrients of the ingredients you use. So long, soda pop and artificial sweeteners—nature's got a better way to hydrate.

### Infusion Basics

Infused water is created by soaking fruit, veggies, herbs or spices in water. Over time, the water takes on the subtle flavors. You can use specially designed infusion pitchers, balls, or glasses or simply place your infusion ingredients in a glass or pitcher. Soak the ingredients in cold water for 3-4 hours in the fridge. Remove the ingredients and enjoy. After the ingredients are removed, the infused water will stay fresh in the refrigerator for up to 3 days.

Cut rinds and skins off of ingredients and cut ingredients into thin slices or small cubes providing more surface area for quick dispersion of flavor. You may also want to crush some ingredients, especially fresh herbs and berries, to release more flavor, and then strain water prior to drinking. A wide variety of natural ingredients works well for infusion, including:

**Fresh herbs (crush or chop for more flavor):** rosemary, thyme, mint, basil, cilantro, parsley

**Spices:** cinnamon sticks, cardamom pods, fresh ginger, cloves, vanilla bean

**Fruit:** berries, melon, tropical fruits, citrus, apples, pears, grapes, cherries

**Vegetables:** cucumber, celery, fennel, carrots

**Tea:** green tea, chamomile tea, herbal teas



### Tasty Combinations

Rosemary and grapefruit  
Strawberry, lime and cucumber  
Orange, lemon and cucumber  
Cucumber and mint  
Cherry and lime  
Ginger and lemon  
Ginger and lime  
Orange and pineapple  
Watermelon and mint  
Blueberry and orange  
Strawberry, lemon and basil  
Grape, strawberry and lime  
Grape, pineapple  
Raspberry, lime  
Lime and mint  
Thyme and blackberries  
Cucumber and rosemary  
Cantaloupe and watermelon  
Cucumber, lemon and mint  
Lemon, lime and orange  
Watermelon and basil