

# Infused Water

(via [fruitinfusedwaters.com](http://fruitinfusedwaters.com))

You hear it all the time – for weight loss and better health you need to drink more water. But what if you don't like the taste of water? What if you're addicted to sugary or chemical-filled diet drinks? *Infused waters* can help you break your soda and sugary drink addictions with naturally sweetened drinks. Here are some variations:

## Detox Lime Cucumber Mint Water

- 1 lime, thinly sliced
- 5 inch cucumber, sliced into rings
- 5 mint leaves
- 2 cups of ice
- Water

In a large pitcher, add the lime and cucumbers. Over the pitcher squeeze and slightly twist the mint, do not tear apart. You only want to gently release the oils. Add the mint leaves to the pitcher. Top with ice and water. Let the pitcher sit in the fridge for 1 hour before serving. When the water is down to 1/4 full in the pitcher, refill with water and place back in the fridge. You can do this several times. Store in the fridge up to 24 hours.

## Lemon/Ginger Water

- 8 c purified water
- 1 lemon
- 3" peeled ginger root

Not adding water yet, slice lemon in halves and gently squeeze juice of one half of the lemon into the jar as not to completely destroy the half. Cut both the squeezed and the remaining half into thin rings no thicker than 1/4" and drop those in the jar as well.

Chop peeled ginger root into thin slivers to expose as much surface as possible and drop into the jar. Coin or stick shape will do fine.

Pour water over the lemons and ginger giving it a good stir and then let sit in the fridge for a minimum of 30 min. Overnight is best. Serve cold and often. Cheers!

(Have fun with this concept. Adding scoops of melon, coins of cucumber, sprigs of mint, sprigs of parsley, orange slices and many other refreshing fruits, veggies or herbs will only make the water more exciting, refreshing and healthy.) ***Do not add sugar!***

## Fruity Ginger Water

- 6 cups water
- 1 T. grated ginger
- ½ cup halved grapes

- 1/3 cup cantaloupe chunks
- 1 lemon sliced

Let the mixture infuse overnight Enjoy it all the next 2 days

### Tangerine, Cucumber, and Strawberry Infused Water

- 2 tangerines or 1 large orange, thinly sliced
- 5 inch cucumber, sliced into rings
- 10 strawberries, sliced into rings
- 2 cups of ice
- Water

In a large pitcher, add the tangerines, cucumber and strawberries. Top with ice and water.

Let the pitcher sit in the fridge for 1 hour before serving. When the water is down to 1/4 full in the pitcher, refill with water and place back in the fridge. You can do this several times with this tangerine, cucumber, and strawberry infused water. Store in the fridge up to 24 hours.

A commonly asked fruit infused question is “**Can I eat the fruit in fruit infused water?**” My answer is, “YES you can, but it might not taste very good.” If you want to eat the fruit, try this method. Make the drink as directed, then use bamboo skewers to make fruit kabobs and place one kabob in each glass (If you like, freeze the kabob.) Serve the kabob with the prepared pitcher of infused water at parties and enjoy the fruit with your drink.

### Delicious Detox Cucumber Lemon Water

This flavorful drink infuses the unique flavor of cucumbers with the sweet tart of lemons to create a really tasty infused water recipe.

*Additional Benefits of Cucumber Lemon Water: Not only is Cucumber Lemon Water refreshing, it’s loaded with plenty of vitamins and nutrients. The cucumber acts as an anti-inflammatory and the lemons boost immunity. Cucumbers and lemons are both packed with antioxidants like vitamin C. As an added bonus, the vitamin C also increases collagen and elastin production, resulting in younger-looking skin. Plus, cucumbers have natural anti-inflammatory properties that prevent water retention, and silica to promote healthy connective tissues. **You can even wash your face with Cucumber Lemon Water!** It refreshes the skin, closes pores, and helps prevent oiliness.*

Makes 2 Liters

- 1/2 lemon, thinly sliced
- 1/4 cucumber, thinly sliced (about 4 inches)
- 2 cups of ice
- Water

In a large pitcher, add the lemon and cucumber. Top with ice and water. Let the pitcher sit in the fridge for 1 hour before serving. Pour into a large wine glass, put up your feet and relax.

When the water is down to 1/4 full in the pitcher, refill with water and place back in the fridge. You can do this several times. Store in the fridge up to 24 hours.

### **Day Spa Apple Cinnamon Water**

- 1 Apple thinly sliced, I like Fuji but pick your favorite
- 1 Cinnamon Stick

Drop apple slices in the bottom of the pitcher (save a few to drop in your glass later) and then the cinnamon stick, cover with ice about 1/2 way through then with water. Place in the fridge for 1 hour before serving. LASTS FOR 24 HOURS IN THE FRIDGE.

### **Fall Flavored Day Spa Water with Pears, Cranberries and Clementines**

Makes 1 pitcher. Refill 3-5 times until flavor dissipates.

- 1 Pear thinly sliced
- 1 Clementine Orange cut into 8ths
- 1 tbsp. Dried Cranberries
- 1 tsp. All Spice Berries (look like pepper corns)

Top w/ 1.5 cups ice and then fill up with water and let sit 3 hours in fridge before drinking. The key here is to slice your fruit as thinly as you can so that you get the most flavor. If you want sweeter, add an apple and another orange. This will last in the fridge for 24-48 hours.

### **Cooling Peach Mint Water**

Makes 1 pitcher. Refill up to 8 times.

- 1 long sprig of mint, or a handful of leaves you can tie together with kitchen twine
- 10 frozen peach slices, plus more to garnish (optional)
- Water and Ice

I found that leaving the mint leaves on the sprig was easier, and I got less debris in my drink that way too. Drop peaches in your pitcher, then the mint, top with ice and water and place in fridge for 4 hours or overnight. Serve in a wine glass\*, garnish with a frozen peach slice (also acts as an ice cube). You can refill the pitcher up to 8 times, or until the flavor dissipates.

\* I use this trick often, I place my water in a pretty wine glass or in my fancy Stella glass. If you try this you might just trick yourself into thinking you are indulging. My favorite thing to do is put fizzy water in my Tiffany Champagne Flutes. I feel like I am having my all-time favorite drink, but it is zero calories and good for me.

### **Honeydew Mojito Workout Water**

Makes one 1 liter water bottle

- 4 mint leaves
- ½ cup honeydew melon, sliced into sticks
- ½ lime, thinly sliced into rings or sticks

If the bottle is full, pour out some water to make room for the fruit. If empty, add the fruit first. Add the mint, squeezing the leaves slightly to release the oils. Next, add the melon chunks. Curl up lime rings to fit into the mouth of the bottle. Top with water and place in refrigerator for 30 minutes. Refill with water when the mixture is halfway consumed. You can refill the bottle 3-5 times before replacing fruit.

\*A note on the water bottle method: You may not be able to get the ingredients out if you use a traditional water bottle. For re-use, I recommend using a water bottle with a wide mouth for easier extraction of ingredients.

### **Day Spa Pineapple, Grapefruit and Apple Water**

*Use your favorite kind of apple. I used a green apple because I wanted to play up the tartness of the grapefruit. If you like your drinks more on the sweet side, use a sweet crisp or fuji and use the whole thing. You can also squeeze the pineapple as you add it in - it might add between 5-10 calories to each glass, but that is nothing! You burn 5 calories drinking the glass of water!*

Makes 1 big pitcher, you can refill 3-5 times.

- 1/2 Grapefruit
- 1/2 Apple
- 1/2 of a Pineapple- fresh
- Ice and Water- Fizzy water is good too, just skip the ice.

Cut the grapefruit into medium sized slices. Do the same with the apple and add into a pretty juice pitcher. Cut the pineapple into medium to thin slices. Ideally you want to try and get all the slices about the same size. Add the pineapple squeezing a little if you want it sweeter, then top with 2 cups ice. Top that with water and place in the fridge for 4 hours. Once you have enjoyed 1/2 of your pitcher of water, refill it, and you can repeat this as long as the flavor stays.