

Infused Water



To make infused water, simply add your chosen ingredients to 24 oz of water, let it sit for a few hours (or overnight) in the refrigerator, and enjoy!

Infused water is water that has been flavored with fruits, vegetables, herbs, or spices. It's a popular and healthy way to enhance the taste of water without adding sugar or artificial ingredients. Here are some of my favorite combinations

CUCUMBER LIME MINT

6 Cucumber slices, half of a lime sliced, 10-15 mint leaves, added to 24 oz of water

STRAWBERRY LEMON MINT

5 strawberries cut in slices, 3 lemon slices, 10-15 mint leaves, added to 24 oz water

BLUBERRY LEMON RASPBERRY

Handful of blueberries, 3 lemon slices, 10-15 raspberries, added to 24 oz of water