
Hydrating infused water recipes

To make infused water, simply place the desired fruits and herbs in a pitcher or infuser bottle, fill it with water, and let it sit in the refrigerator for at least 1–2 hours (or overnight for stronger flavors). You can refill the pitcher or bottle a few times before the flavors start to diminish. Here are some ideas for creating delicious infused-water combinations:



Citrus burst: Add slices of lemons, limes and oranges to your water for a refreshing citrusy flavor.



Berry blast: Mix in a handful of fresh or frozen berries such as strawberries, blueberries, raspberries or blackberries. For an extra twist, add a few slices of cucumber and a sprig of rosemary.



Tropical paradise: Create a tropical infusion with pineapple chunks, coconut slices and a dash of freshly grated ginger.



Cucumber-mint refresher: Combine cucumber slices with mint leaves for a crisp and cooling drink – perfect for hot days.



Watermelon splash: Add chunks of juicy watermelon and a few leaves of basil for a sweet and summery beverage.



Spa water: Create a spa-like experience by infusing water with sliced cucumber, lemon and crushed lavender or chamomile flowers.



Apple-cinnamon delight: Slice apples and add a cinnamon stick to the water for a subtly sweet and comforting drink.



Citrus herb fusion: Mix orange slices with lemon and lime wedges; add a sprig of thyme or a few basil leaves for a zesty, aromatic blend.



Refreshing melon-mint: Combine cubes of cantaloupe or honeydew melon with mint leaves for a light and revitalizing drink.



Ginger-lemon zing: Add slices of fresh ginger and lemon to water for a zingy and immune-boosting infusion.