



Refreshing Infused Water

Lime and Raspberry Infused Water

- 16 ounces of water
- 1 lime, cut into wedges
- 1 handful of raspberries

Pineapple and Mint Infused Water

- 16 ounces of water
- 1 cup pineapple slices
- 1 handful fresh mint

Strawberry and Basil Infused Water

- 16 ounces of water
- 5 to 6 large strawberries
- 1 handful fresh basil

Cucumber, Lemon and Cilantro Infused Water

- 16 ounces of water
- ½ cucumber, sliced
- 1 lemon, cut into wedges
- 1 handful fresh cilantro

Experts recommend drinking 48 to 64 ounces of water a day to keep yourself hydrated. If you find plain water to be a little boring, try infusing your water.

- A good rule of thumb is to infuse the ingredients together for 1 to 2 hours at room temperature or in the refrigerator for 3 to 4 hours to achieve a potent flavor and watercolor.
- If you infuse the ingredients for 4 or more hours, be sure to remove the fruits and herbs from the water and then store the infused water in the fridge for up to 3 days. Removing the infused fruits from the water will prevent the fruit from decomposing and potentially creating undesirable flavors in your water.

Chef's Note: Have fun experimenting with other berries, citrus fruits and herbs!