

Infused Water

Sick of the taste of plain water? Whether trying to increase water consumption or decrease the amount of soda or flavored bottled waters, infused water is a delicious addition to a healthy diet. Water can be infused with fruits, herbs and even vegetables. If you miss soda too much use carbonated water instead of purified water for an extra bubble! You can search infused water recipes online, or try these delicious recipes:

Cool Cucumber Water: (Pictured)

1. One small cucumber cut into slices
2. Peeled honeydew cut into wedges
3. 5-7 Fresh mint leaves, slightly crushed
4. One half gallon of water

Place all cucumber slices, 2 wedges of honeydew and 5-7 mint leaves into a pitcher of water. Chill the water for 2-3 hours before serving. Mixture will keep in fridge for 2-3 days. Pour over ice and enjoy!

Cucumbers also taste great with citrus fruits such as lemon, lime and oranges!

Watermelon Basil Water:

1. 2 cups seedless watermelon, cubed
2. 10-12 fresh basil leaves, slightly crushed
3. One half gallon of water

Add all ingredients into a pitcher. Refrigerate for two hours and then serve over ice, garnish with a sprig of basil if desired.

