



Containers

Almost anything will work – as long as it holds water. Since infused water is also very beautiful, you may want to use a clear container so the beauty of the fruits, vegetables, and herbs can also be enjoyed while you drink. Consider using clear pitchers or even canning jars to store the infused water.

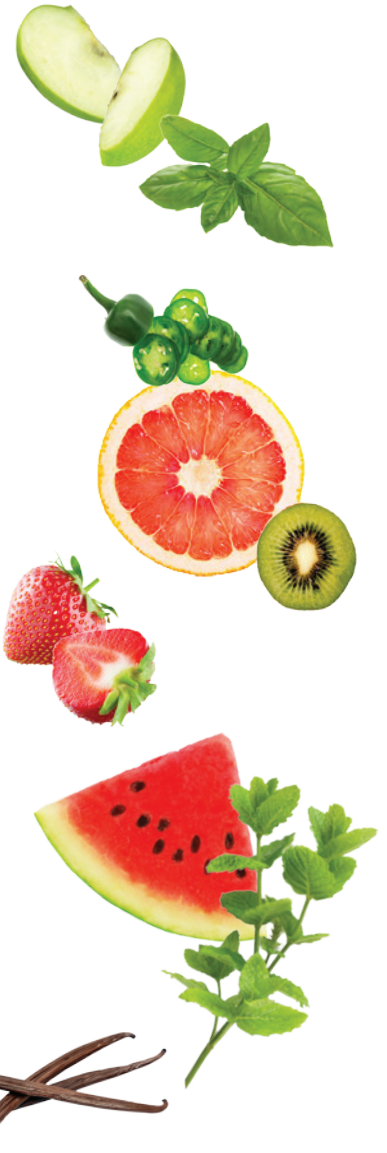
Serving tip: To make your drink even more enjoyable, consider decorating the rim of your glass with a slice of the fruit, vegetable, or herb you are using.



Flavored Water Ideas

Try any of the following fruits or herbs for flavoring water and adding some extra nutrition:

- Apples
- Basil
- Blackberries
- Blueberries
- Cantaloupe
- Cinnamon sticks
- Cucumber
- Ginger root (fresh)
- Grapes
- Grapefruit
- Jalapeño
- Kiwi
- Lemon
- Lime
- Mango
- Mint
- Orange
- Papaya
- Peach
- Pineapple
- Raspberries
- Strawberries
- Watermelon
- Rosemary
- Sage
- Vanilla Bean





Combinations

- Cucumber, lemon, and mint
- Strawberries and basil
- Orange and pineapple
- Lemon and mint
- Ginger and lime or lemon
- Pineapple and mango
- Orange and kiwi
- Papaya and mango
- Cucumber and rosemary
- Watermelon and jalapeño
- Apples and cinnamon sticks
- Blueberry and lime
- Orange and vanilla bean

Infusing Water on the Go

Making flavor-infused ice cubes ahead of time gives you a quick option for flavoring water at home or on the go. For strawberry infused ice cubes, start with an empty ice cube tray and fill half-way with water. Add some thinly sliced strawberries and fill any remaining space with water. When frozen, these flavored cubes will keep for several months. When making flavored ice cubes, you can also combine flavors.



Recipes to Try:

Berry Bubbly Water

- 6 cups sparkling water
- 1 cup raspberries
- 1 cup blackberries

Santa Cruz Sunset Water

- 6 cups water
- 1 cup sliced mango
- 1 cup sliced papaya
- 1 cup sliced cantaloupe
- Layer darkest orange to lightest orange and pour water over until full

Watermelon Rosemary Energizer

- 6 cups water
- 1 cup cubed seedless watermelon
- 2 sprigs fresh rosemary
- Add ice cubes to chill as desired

Cucumber Lemon Mint Refresher

- 6 cups water
- ¼ cup thinly sliced cucumber
- ½ cup thinly sliced lemon
- 2-3 sprigs of mint
- Add ice cubes to chill as desired

