

INFUSED WATER

INGREDIENTS

Strawberry, Basil, and Lemon Water

- 1/2 cup Strawberries, stemmed and sliced, fresh or frozen
- 5 Large fresh basil leaves, torn
- 1 Lemon, thinly sliced
- 5 cups Water
- 1 cup Ice cubes (optional)

-OR-

Honeydew, Cucumber, and Mint Water

- 1/2 cup Honeydew cubes
- 1 Cucumber, thinly sliced
- 10 Fresh mint leaves, torn
- 5 cups Water
- 1 cup Ice cubes (optional)

DIRECTIONS

1. In a large pitcher, place the desired combination of fruit or herbs.
2. Add ice and fill container with water. Add additional fruit or herbs to garnish, if desired.

NOTES

Infused water is a great way to flavor your water while reaching your hydration needs! Mix and match your favorite flavors.

Utilize ends of cucumber, lemons and limes, or even frozen produce, to boost your water with flavor while also using what you have on hand.

Storage may vary depending on the produce and herbs you use.

Recipe inspired by <https://www.culinaryhill.com/8-infused-water-recipes/>





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