

HOW TO MAKE INFUSED WATER

Making water flavored with fruits and vegetables is easy. There are many reasons that infused water is beneficial as a beverage:

- It is easy to make
- It is virtually calorie free
- There is no diet soda after taste
- It is inexpensive

It is also a great way to use up extra produce items or to take advantage of store sales.

4 STEPS TO MAKE INFUSED WATER

1. Decide which flavors you want to use. The sky's the limit! Choose cucumber, tomato, mint, berries, melons, or citrus fruits. You should avoid items like apples or pears, which turn brown.
2. Make your mix. Pour warm water into a pitcher. Add your items. Generally speaking you want about 1 cup of fruits or vegetables to about 2 quarts of warm water. Mix the water and ingredients together. It is best to slice your items thinly.
3. Cover and put in the refrigerator. Allow to sit for about 2-3 hours or overnight. Shelf life will vary depending on which ingredients you use but generally you can keep your infused water for a couple of days. If you remove the ingredients after a day or two it might last a little longer.
4. Pour over ice and enjoy! If you want to take your infused water with you on the go, simply store it in an insulated cup with some ice.

FLAVOR IDEAS

- Cucumber With Lime
 - Lemon/Orange
 - Mixed Berries
 - Watermelon
- Lemon Raspberry
- Cucumber Green Tea
- Tea With Cranberries
 - Tomato Basil

