


























Stay hydrated, stay healthy!

Pick a combination below, add it to a glass of water and let it infuse for a minimum of 4 hours. The longer you let it infuse, the more flavour you'll get. You will have no problem staying hydrated when your water looks and tastes like a summertime treat.

Infused Water IDEAS

Try These Refreshing Combinations

	+					
Lemon		Thyme				
	+		+		+	
Cucumber		Lime		Strawberry		Mint
	+		+			
Orange		Star Anise		Hibiscus		
	+		+			
Watermelon		Honeydew		Mint		
	+		+			
Lime		Ginger Root		Basil		
	+		+			
Cucumber		Mint		Jalapeno		
	+		+			
Lemon		Raspberry		Rosemary		
	+		+			
Orange		Blueberry		Basil		



Gather loose herbs and flowers in a tea infuser.

Crush ginger and leafy herbs to release flavors.

Keep it simple. Think of flavor combos you like in other recipes and build from there.

allrecipes!

