

Stay Hydrated!

Fruit-infused water is a healthy alternative to juices or soda. It's all natural, with more vitamins and minerals, and no added sugar. Try the recipes below or come up with your own combinations. (Each recipe makes one gallon.) Best if chilled overnight in the refrigerator.

Blackberry Mint

- 40 blackberries
- 40 mint leaves

Tear mint leaves in half and smash blackberries to release flavors before adding to water.



Blueberry Orange Basil

- 30 to 45 blueberries
- 3 oranges
- 9 basil leaves

Squeeze the blueberries, quarter the oranges, and tear the basil leaves in half before adding to the water.



Citrus

- Slice your choice of oranges, lemons, and grapefruit.
- Use one of each fruit for every gallon of water.
- Chill overnight in the refrigerator.



Pineapple Orange

- ¼ pineapple
- ½ orange

Slice the pineapple. Leave the peel on the orange slices. You may be able to add water 2 to 3 more times before the flavor is gone.



Raspberry Lime

- 40 raspberries
- 4 small limes

Smash raspberries and remove rind from limes before adding to water. Let sit overnight for maximum flavor.



Strawberry Kiwi

- 5 strawberries
- 2 kiwi

Slice the strawberries and kiwi before adding them to the water to release the flavors.



Apple

- Slice 2 apples for every gallon of water.
- Add 2 sticks of cinnamon for every gallon of water.
- Chill overnight in the refrigerator.



Watermelon Rosemary

- ¼ seedless watermelon
- 2 sprigs rosemary

Scoop watermelon directly into container. Add rosemary and fill the rest of the way with water. Let sit overnight.



Remember these food safety tips:

- Wash hands, containers, fruit, and preparation surfaces.
- Do not mix batches. Use it up, clean the container, and make a new batch.