



Infusing your Water

One of the best ways to make hydrating fun? Infused water! **Infused water** is water that's chilled with herbs, fruit, or vegetables so that it takes on subtle flavors. The water also looks more enticing with colorful garnishes in the glass! It makes an ideal healthy low-calorie substitute for soda, and it's great for entertaining. Or, you can add sparkling water as a make-shift mocktail!

You might think you could infuse just about any fruit or vegetable, but there are some that work better than others. Here are a few tips about infused water when you make it at home:

- **Cucumber, citrus fruits, and fresh herbs work best for infusion.** They hold up well over time and infuse flavor quickly. Citrus rinds can make a bitter flavor after 1 day, so you may want to remove the rinds.
- **Other fruits like berries, peaches and apples don't have as much flavor.** Even worse, they tend to start to disintegrate after a few hours, which makes floaties in your water (yuck!).
- **Infuse the water for 1 hour and enjoy the best flavor within 1 day.** Some waters like cucumber water can last for up to 3 days.



Looking for a beautiful drink for entertaining? Or just a healthy drink that's an alternative to sugary soda? This fruit infused water recipe has your back for both!

Making this fruit infused water recipe is *almost* as simple as just throwing fruit into water. But there are a few tips that help to bring out the flavor. You'll want to let the flavors meld for about 1 hour in the refrigerator before drinking. This is especially true with this fruit infused water. So, make sure to think ahead a bit with this recipe. Other than that, it's a breeze to make!

Here's how to make fruit infused water:

1. Determine the fruit you want to use. You can use any fruit and herbs you like. We used 1 orange, a handful of strawberries, and a handful of basil.
2. Thinly slice the oranges and strawberries. Place them in the bottom of a pitcher with the basil.

3. Use a wooden spoon to muddle (lightly mash) the fruit and herbs to release their juices.
4. Add 8 cups cold water and refrigerate at least 1 hour before serving.