8 Fruit-Infused Water Recipes

Make hydration fun with these recipes for fruit infused water, either still or sparkling! We offer 8 flavors, so you are sure to find one you love!

**PREP TIME** | **ADDITIONAL TIME** | **TOTAL TIME**
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5 minutes | 15 minutes | 20 minutes

**Ingredients**

- 4 cups water, sparkling or still
- Ice
- Ingredients for one of the following flavors:

**Grapefruit & Rosemary**

- 1/4 red or pink grapefruit, cut into thin slices
- 1 large sprig fresh rosemary

**Lemon Lime**

- 1/2 lemon, cut into slices
- 1/2 lime, cut into slices

**Strawberry, Kiwi, & Lime**

- 1 kiwi, peeled and cut into slices
- 2 strawberries, hulled and cut into slices
- 1/2 lime, cut into slices

**Cucumber Mint**

- 1/4 cucumber, cut into slices
- 1/4 cup fresh mint leaves

**Watermelon Basil**

- 3-4 small slices watermelon
- 1/4 cup fresh basil leaves

**Raspberry & Mint**
• 1/4 cup fresh raspberries
• 1/4 cup fresh mint leaves

**Pineapple Coconut**

• 1/3 cup slices fresh pineapple
• 1/4 cup fresh coconut chunks (outer shell removed)

**Blueberry Orange**

• 1/4 cup fresh blueberries
• 1/2 orange, cut into thin slices

**Instructions**

1. Fill a glass, bottle, mason jar, pitcher, or carafe with ice, fruit, and herbs. Fill to top with water.
2. The water will start to take on flavor after about 15 minutes, but wait 30-60 minutes for best results. Refill with more water and ice until fruit flavor is gone.

**Notes**

Citrus fruit will turn the water bitter in about 4 hours, so drink any citrus-containing flavors before then.

**Nutrition Information:**

YIELD: 32 SERVING SIZE: 1 cup

**Amount Per Serving:**
- CALORIES: 19
- TOTAL FAT: 0g
- SATURATED FAT: 0g
- TRANS FAT: 0g
- UNSATURATED FAT: 0g
- CHOLESTEROL: 0mg
- SODIUM: 2mg
- CARBOHYDRATES: 4g
- FIBER: 1g
- SUGAR: 3g
- PROTEIN: 0g

At Wholefully, we believe that good nutrition is about much more than just the numbers on the nutrition facts panel. Please use the above information as only a small part of what helps you decide what foods are nourishing for you.

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CUISINE: General / CATEGORY: Drinks
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