8 Infused Water Recipes

Stay hydrated with these easy infused water recipes. If you find plain ol' H2O to be boring, consider making a pitcher of infused water that scores a hint of flavor from fresh fruit, vegetables, and herbs.

Course Drinks
Cuisine American
Prep Time 5 minutes
Total Time 5 minutes
Servings 4 servings
Calories 14 kcal
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Ingredients

For All Options:
- 5 cups water
- 1 cup ice cubes optional

For Strawberry, Basil and Lemon:
- 1/2 cup strawberries stemmed and sliced, fresh or frozen
- 5 large fresh basil leaves torn
- 1 lemon thinly sliced

For Honeydew, Cucumber, and Mint:
- 1/2 cup honeydew cubes
- 1 cucumber thinly sliced
- 10 fresh mint leaves torn

Blackberries, Orange, and Ginger:
- 1/2 pint blackberries
- 1 orange thinly sliced
- 1 (2-inch) piece fresh ginger peeled and thinly sliced

Blueberry, Lemon, and Rosemary:
- 1/2 pint blueberries
- 1 lemon thinly sliced
- 4 sprigs fresh rosemary

Pineapple, Coconut, and Lime:
- 1 cup pineapple chunks, fresh or frozen
- 1 cup coconut chunks, fresh or frozen
- 1 lime thinly sliced

Watermelon, Kiwi, and Lime:
• 1 cup watermelon cubes
• 1 kiwi diced or cut into circles
• 1 lime sliced into circles

Grapefruit, Pomegranate, and Mint:
• 1 grapefruit thinly sliced
• 1/2 cup pomegranate seeds
• 10 fresh mint leaves torn

Mango, Raspberry, and Ginger:
• 1 mango peeled and cubed
• 1/2 pint raspberries
• 1 (2-inch) piece fresh ginger peeled and thinly sliced

Instructions
1. In a large pitcher, place the desired combination of fruit or herbs.
2. Add ice and fill container with water. Add additional fruit or herbs to garnish, if desired.

Nutrition
Calories: 14kcal | Carbohydrates: 4g | Protein: 1g | Fat: 1g | Saturated Fat: 1g | Sodium: 18mg |
Potassium: 66mg | Fiber: 1g | Sugar: 2g | Vitamin A: 34IU | Vitamin C: 25mg | Calcium: 21mg | Iron: 1mg