

Infused Water

Water Flavor Combos

- Cucumber + basil
- Strawberry + mint
- Lemon + thyme
- Lemon + rosemary



Directions

- Infuse water at room temperature for no more than 2 hours. After that, put it in the fridge to prevent bacterial growth.
- Cucumbers, citrus fruits, melons, and mint flavor water almost immediately. Apples, cinnamon, fresh ginger root, and rosemary need an overnight soak in the fridge.
- After 4 hours, unpeeled citrus can make water taste bitter.
- If you don't drink the water within 24 hours, strain out the solids and refrigerate for up to 3 days.
- To keep sipping all day long, refill your infused water container when it's half full. It will be weaker than your first drink, but still flavorful.

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