

How to Make Naturally Flavored Water with Your Flavor Infuser Water Bottle

Citrus Cucumber

- 4 slices of lemon
- 2 slices of lime
- 1 slice of orange
- 2 thin slice of cucumber

Place all the sliced fruits and the cucumber into infuser and add water. Refrigerate for two hours to allow flavors to infuse, then ready to serve.

Cucumber-herbal

- 4 thin slices of cucumber
- 2 lemon slices
- 2 sprigs of fresh mint
- 3 sprigs of rosemary

Put water in pitcher and add lemon slice and cucumber slices. Crush mint and rosemary to release flavor, then add to other ingredients. Refrigerate for two hours. Garnish with a lemon wedge.

Cucumber-melon

- 4 thin slices of cucumber
- 2 honeydew melon cubes
- 2 cantaloupe cubes

Place cucumber and melons in infuser and add water. Refrigerate for 2 hours, and then serve.

Honeydew-lime

- 4 honeydew melon balls (diam. 0.8")
- 1 lime
- 1 sliced sprig of mint

Add melon balls, lime slices and mint sprigs to infuser; fill with water and refrigerate for 2-4 hours.

Herb and Berry-flavored

- 12 fresh blueberries
- 3 inches of rosemary lightly crushed to release flavor

Add blueberries and rosemary sprigs to infuser; fill with water and refrigerate for 2-4 hours.

Lemon-mint or Lemon-basil

- 4 thin slices of lemons
- Some fresh mint or basil sprigs

Place lemons in infuser. Rub the mint or basil leaves between the palms of your hands to bruise the leaves slightly. Pour in the water. Cover and chill 1-8 hours.

Lemon-lavender

- 6 thin slices of lemons
- Some fresh lavender

Add lemon slices and lavender to infuser; pour water over both and refrigerate for 2 hours. Serve over ice and garnish with a sprig of lavender.

Cinnamon

- 4 inches cinnamon, 2 pieces
- 8 mint leaves

Place cinnamon in infuser and add cold water. Refrigerate 1 hour and serve.

Lemon, Lime and Apple

- 2 thin slices of lemons
- 4 thin slices of lime
- 1 thin slice of apple
- Coriander leaves (optional)

Add citrus slices (and coriander leaves, if desired) to infuser; fill with the water and refrigerate for 2 hours.

Frozen Fruit

- ¼ cups frozen apple chunks, grapes or berries

Add frozen fruit to infuser; pour water over fruit and let sit at least 30 minutes in the refrigerator. Shake to distribute fruit flavor and serve. (Note: you can chop up the same kind of fruit, unfrozen, and follow same directions.)

Orange-mint Water

- 5 thin slices of oranges
- 10 mint leaves

Put sliced oranges and mint leaves in infuser and add water; refrigerate for 2 hours in infuser and serve.

Watermelon-basil

- 8 cubes of seedless watermelon
- 10 basil leaves

Pour water over the melon and basil; refrigerate for 2 hours and serve.

Fruit

- 1 cube of each of the following: apple, lemon, orange, pear,
- 1 strawberry
- 2 raspberries
- 4 mint leaves

Place fruit in infuser and add cold water. Refrigerate for 2 hours and serve.

Ginger

- 6 thin slices of ginger
- 5 mint leaves

If you like spices, ginger is a great way to add a “zing” to your water. It is also a great way to clear your throat and sinuses during a cold.