

CITRUS AND CUCUMBER



INGREDIENTS

2 large oranges, sliced
1 lemon, sliced
½ large cucumber, sliced
1 handful of fresh mint
2L water

DIRECTIONS

Add oranges, lemons and cucumber to pitcher. Gently mash to release more flavour. Take mint and gently mash to release the natural oils and add to pitcher. Add 2L of water to pitcher and stir. For best flavour, leave at least 4 hours or overnight in the refrigerator.

ROSEMARY, ORANGE + LIME INFUSED WATER



INGREDIENTS

2 limes, sliced
1 orange, sliced
A sprig of rosemary
2L water

DIRECTIONS

Add lime and orange slices to 2L of water. Then add sprig of rosemary. For best flavour, leave at least 4 hours or overnight in the refrigerator to let the flavours of the fruit infuse into the water.

Add more fruit for a sweeter flavour.

RASPBERRY LEMON



INGREDIENTS

2 cups raspberries
2L spring or filtered water
1 large lemon, cut into
half-inch slices

DIRECTIONS

Add raspberries and lemon slices to 2L of water. For best flavour, leave at least 4 hours or overnight in the refrigerator to let the flavours of the fruit infuse into the water.

Add more fruit for a sweeter flavour.

STRAWBERRY, BASIL AND CUCUMBER



INGREDIENTS

3 basil leaves roughly chopped
1 strawberry sliced
3-5 slices of cucumber
Ice
2L water

Variations:

Strawberry, Lemon, and Basil
Strawberry, Lime, Cucumber, Mint

DIRECTIONS

Add strawberry and cucumber slices to 2L of water. Then add basil leaves. For best flavour, leave at least 4 hours or overnight in the refrigerator to let the flavours of the fruit infuse into the water.

Add more fruit for a sweeter flavour.

APPLE CINNAMON



INGREDIENTS

1 apple, thinly sliced
1 cinnamon stick
2L water

DIRECTIONS

Add apple slices and cinnamon stick to 2L of water. For best flavour, leave at least 4 hours or overnight in the refrigerator to let the flavours of the fruit infuse into the water.

Add more fruit for a sweeter flavour.

MELON WATER



INGREDIENTS

- 1 cup rockmelon pieces
- 1 cup watermelon pieces
- 1 cup honeydew pieces
- 2L water

DIRECTIONS

Add melon pieces to 2L of water. For best flavour, leave at least 4 hours or overnight in the refrigerator to let the flavours of the fruit infuse into the water.

Add more fruit for a sweeter flavour.

PINEAPPLE GINGER DELIGHT



INGREDIENTS

1 cup fresh pineapple pieces
(crushed for a sweeter taste)
1-inch piece ginger, thinly sliced
2L water

DIRECTIONS

Add pineapple pieces and ginger slices to 2L of water. For best flavour, leave at least 4 hours or overnight in the refrigerator to let the flavours of the fruit infuse into the water.

Add more fruit for a sweeter flavour.

CUCUMBER MINT



INGREDIENTS

1 cucumber thinly sliced.
8 fresh mint leaves, muddled
2L water

DIRECTIONS

Add cucumber slices and mint leaves to 2L of water. For best flavour, leave at least 4 hours or overnight in the refrigerator to let the flavours of the fruit infuse into the water.

Add more fruit for a sweeter flavour.

WATERMELON BASIL



INGREDIENTS

2 cups of finely chopped
fresh watermelon
15 leaves of muddled basil
2L water

DIRECTIONS

Add watermelon pieces and basil leaves to 2L of water. For best flavour, leave at least 4 hours or overnight in the refrigerator to let the flavours of the fruit infuse into the water.

Add more fruit for a sweeter flavour.

PINEAPPLE MINT



INGREDIENTS

1/4 of a fresh pineapple
15 leaves of fresh muddled mint
2L water

DIRECTIONS

Add pineapple pieces and mint leaves to 2L of water. For best flavour, leave at least 4 hours or overnight in the refrigerator to let the flavours of the fruit infuse into the water.

Add more fruit for a sweeter flavour.

FRUIT INFUSED WATER FLAVOR IDEAS

Raspberry (or strawberry) lemon - any berry paired with lemon ends up with a light lemonade flavor!

Watermelon mint - super refreshing!

Tropical (mango pineapple) - this one comes out sweeter than the others, but in a totally good way!

Citrus cucumber (lemon, lime, orange, cucumber).

Other fruits to try: apples, honeydew, rockmelon, blueberries, blackberries, peaches.

Try fresh herbs too! Rosemary, basil, mint.



Sonic
HealthPlus

GET CREATIVE WITH ICE

Add mint, cucumber or fresh fruit to your ice cube tray, then place these into your water glass