

# Fruit Infused Water

This week's recipe is super simple and technically it's not a "recipe." This is more of a list of possible combinations and the process involved.

Fruit infused water is a great way to flavor your water without any extra artificial sweeteners and takes plain water up a notch.

Fill your pitcher or water bottle 3/4 full of water and then add any of the combinations listed below or make up your own. Place in the pitcher or water bottle in the fridge to chill and enjoy!

Watermelon & Basil  
Cantaloupe & Cucumber  
Lemon & Lime  
Blueberry & Lemon  
Blackberry & Sage  
Grapefruit & Mint  
Peach & Raspberry  
Kiwi & Raspberry  
Mango & Kiwi  
Pear (or apple) & Ginger  
& Cinnamon  
Grapefruit & Rosemary  
Lemon & Blackberry  
Apple & Cranberry  
Tangerine & Cranberry  
Mixed Berry  
Watermelon & Lime



The possible combinations are extensive. You can also make fruit infused ice cubes by placing your desired fruits into ice cube trays and then topping with water and freezing. Add to your pitcher or water bottle and enjoy!

Recipe by Tonya Judd