INFUSED WATER RECIPES

by

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TASTY VEGETABLE & FRUIT INFUSION
INFUSED WATER RECIPES

Tasty Vegetable and Fruit Infusion Recipes for your Infuser Bottle or Pitcher.

JANE BURTON

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Drinking water helps us to stay hydrated and reduces the amount of food we eat. But what if we don't like the taste of water or just find it tasteless or boring at times? Sometimes water just doesn't have the quality to enjoy drinking it on its own. We can satisfy our thirst and stay hydrated even without resorting to caffeinated or sugar-loaded beverages. The healthiest and tastiest thirst-quenching solution in this case is fruit or herb infused water. They are easy to make, full with vitamins and refreshing. Infused water is flavorful, although not necessarily sweet. They can make a thirst quenching healthy sports drink with a hint of fruit and/or herbs.

The process of infusing water means steeping fruits, herbs or vegetables with water to fuse all flavors together. It is a healthy substitute for high sugar, preservative laced drinks available at the store. When you choose your own natural flavoring, it tastes better and is better for you.

Drinking infused water is helpful for weight loss if you are one of those people who dislikes drinking the suggested 8 glasses of water every day! This rings especially true if your local water isn’t good quality. Bottled water quality also varies widely and can be very expensive when consumed regularly.
What You Need to Get Started

Infusing water is incredibly simple. Theoretically it is possible to make all kinds of flavored water: There are recipes that involve infusion bottles, blenders, boiling, infusion pitchers using a wide range of ingredients. In reality, most of people would like to keep things easy. If healthy living is your lifestyle, there is no need to over complicate the making of infused waters. Think about fruits and vegetables that would infuse into water easily, these are often high juice fruits vegetables. Herbs and spices can also be added for that extra flavor burst. Variety is the spice of life!

The easiest recipes just take a minute or two to make, and require very few supplies. First, choose a infuser bottle, jar or pitcher where to make your infused water. The latest infuser water bottles like in the picture below, make the whole process super quick and easy, without the mess.

If you like infused waters on a regular basis, you can consider purchasing a special fruit infusion pitcher or bottle or fruit infusion water bottle, which is portable. However, they are not at all necessary, just regular water storage containers work just as well, though sometimes the process can get messy. Besides containers, another tool you might need is a wooden spoon, masher or muddler for crushing or mashing fruits and herbs.

The ingredients are typically just water, fruit and herbs, sometimes vegetables and spices. You can choose any fruit you like. The only exception is bananas, because their structure is too thick and they get stuck in the container. Just make sure the fruit are soft and ripe. This will also improve the sweetness and flavor of the end product. Citrus fruit and berries are the most popular due to their sweet and refreshing taste. Pineapple and watermelon can make your water sweeter. You can also experiment with vegetables like cucumber, and add ice to your infused water. Another neat idea is adding spices like cinnamon to your home-made beverages.
Now that you have your ingredients ready, it's time to make your own infused water. **The process almost always is the same. To make up a large batch of infused water, fill the jug or pitcher, for smaller amounts use an infuser bottle.** Mix in chopped fruits, **vegetables and herbs.** These will need to be slightly smaller chunks for smaller infusion units such as personal bottles. Another method is pureeing your ingredients, then using a sieve to strain the pulp, then diluting the puree with water.

Patience is important in this process. Water has to sit for at least 2 to 8 hours for the flavors to mix. The longer the water sits, the more flavorful it will hold. Some ingredients infuse faster than others. Citrus fruit are almost instant, while herbs can take many hours. Berries also take some time, and they release pigment, coloring the water slightly.

You can store your infused water in the fridge to keep it cool and serve with ice for maximum refreshment. Videos on [water infusion](#) are here.
Tips for Staying Healthy

- Not eating foods we are intolerant or allergic to
- Reducing the intake of sugar (no sugar diet book)
- Eating foods from variety of food groups.
- Eating organic, natural, non processed foods where possible (the Paleo diet follows these principles. Check out this Paleo Diet & Recipes here)
- Keep gut healthy to avoid constipation and diarrhea for optimal nutrient absorption.
- Keep diet alkaline balanced. Lemon infused water is wonderful for this. Although we think lemon is acidic, it is actually highly alkaline once digested.
- Avoid alcohol and long term medications that may irritate gut. Healthy intestinal flora thrives in a balanced gut.
- Eat different colored foods as an easy guideline. Traffic light colors are great!
- Greens: kale, spinach, kiwi fruit, celery, courgettes, capsicum
- Yellow/orange: lemons, oranges, capsicum, apricots, carrots, sweet potato, squash,
- Red: tomato, red beans, capsicum, watermelon,
- Purple: beetroot, aubergine, blueberries, blackberries, dark grapes.
Drinking water has many health benefits, one is helping to detox to body of a build up of toxins. Research has increasingly shown that inflammation in our body is a common cause of muscle loss, inflammatory bowel, diabetes, rheumatoid arthritis, accelerated aging, Alzheimer's and even cancers. Reducing inflammation is a crucial part keeping youthful and healthy.

**High Alkaline Fruits**
Lemon (turns alkaline in stomach), lime, kiwi fruit, limes, grapes, mango, melons, papaya, passion fruit, pears, plums, pineapple, raisins, avocado, dates, figs,

**High Alkaline Vegetables**
Barley grass, cabbage, cucumber, carrot, endives, lettuce, pumpkin, radish, spinach, kale, sweet potato, squash, swede, watercress, wheatgrass, artichoke, beetroot, green beans, garlic, peas and leek.

If you want to add dairy to your drinks, almond and coconut milk are alkaline alternatives to cow's milk. (you can get [Almond Flour Cookbook / Almond Flour Recipes](#) on Amazon, and [Coconut Milk Recipes](#) here).
Coconut water, lemon and lime juice and herbal tea makes for healthy infuser recipes too.
NATURAL SUPER FOOD LIST

For some of the harder fruits or vegetables to infuse, blend them first, add to the infusion water mix to create a super tonic! Get creative!

- Beets are good for cleansing the liver, gall bladder and bowel.
- Natural sweeteners can be used such as soaked dates, raisins, and prunes. Date sugar, maple syrup, carob powder and raw honey are also good.
- Apple and pineapple juice are a good pick me up' and help cover up a "yucky" taste.
- Cayenne pepper is good for circulation.
- Anise (herb) will help reduce gas in the stomach.
- Citrus fruits, and any fruit/veg high in ascorbic acid help boost the immune system and fight cancer.
- Coriander (cilantro) is good for the heart and the digestive system.
- Dandelion is a mild diuretic.
- Echinacea is a good detoxifying agent for cleaning the lymphatic system.
- Grapes are a good blood purifier.
- Lemons, oranges and grapefruit help eliminate catarrh, and boost immune system.
- Mangoes are good for the intestines.
- Parsley is a tonic for the kidneys and blood vessels.
- Mint is good to help cover a "yucky" taste and also good for digestion.
- Pineapple is a good source of manganese and vitamin C, great for the blood and digestion.
- Pomegranate is good for urinary problems and is a detox blood cleanser.
- Papaya is good for intestinal disorders.
- Sage is a good "wake up" herb and also good for the sinuses.
- Spinach is great raw in drinks, but don't overdo it because it contains oxalic acid.
- Thyme helps alleviate headaches, asthma and cold symptoms associated with the upper respiratory system.
- Watermelon is good for the kidneys and is a blood cooler.
- Watercress helps eliminate fluids from the body because it is high in potassium.
- Wheatgrass is high in Indole which helps prevent cancer. It is high in many beneficial enzymes.
LOW SUGAR FRUITS & VEGETABLES

Low Sugar Fruits & Vegetables

Use this link to do thorough search of your own: How much sugar and carbs is in fruit (Just select a fruit from the drop down box)

- **Raspberries, strawberries, limes, under ripe bananas, rhubarb and lemons** are very good. During detox stick with lemons, limes and under ripe bananas in limited moderation.

Here is that link again to do your own research about how much sugar and carbs are in vegetables (select from the drop down box)

- **Broccoli, cauliflower, spinach, kale, zucchini and greens** are very good.
Fruit & Vegetable Infused Water Recipes

Each recipe can be adapted easily for use in your particular water infusion container. If it’s a small bottle, add less ingredients, if you need to make up larger amounts of infused water, use a pitcher jug and double up. Have fun experimenting and personalizing your drinks. You can even mix blended juices in with your favorite infused water. A few springs of mint or parsley is a wonderful refresher. The sky is the limit!

NOTE: Adapt recipes to suit the size of your infuser and your taste buds.

Apple Pie Infusion

Ingredients:

- 6 cups ice
- 5 apples, sliced
- 5 cinnamon sticks
- water

Directions:

Core and thinly slice the apples. Place the apple slices and cinnamon sticks in your 2 quart (2 liter) pitcher or bottle. Pour over the ice. Fill the pitcher or bottle with water. Stir, cover and refrigerate for at least 2 hours before serving.
CITRUS CUCUMBER WATER

Ingredients:

- 3 quarts (3 liters) water
- 2 lemons, sliced
- ½ cucumber, sliced
- 12 mint leaves
- water

Directions:

Slice the lemons and cucumber. Place all ingredients in a pitcher or bottle, jar or bottle. Let them stay overnight. Drink cold or in room temperature. Enjoy!

STRAWBERRY PINEAPPLE WATER

Ingredients:

- 1 quart (1 liter) water
- ½ cup strawberries, mashed
- ½ cup pineapple, mashed
- 1 sage leaf
- ice cubes

Directions:

Mash the strawberries and pineapple. Place them in a pitcher or bottle together with a sage leaf. Pour over the water, then place the pitcher or bottle in the freezer. Serve cool with ice and enjoy!

GREEN TEA AND TANGERINE REFRESHER

Ingredients:

- 8 cups green tea, brewed
- 1 tangerine, sliced
- 10 mint leaves
**Directions:**

Brew the green tea, and slice the tangerine. Combine them and 10 mint leaves in a large pitcher or bottle or bottle. Stir well, and let the drink stay in a refrigerator overnight for the flavors to fuse together. This drink boosts metabolism, and can be enjoyed as often as you like.

**MILDLY SPICY INFUSED WATER**

**Ingredients:**

- 6 cups ice
- 2 cucumbers, thinly sliced
- 2 jalapeno peppers, seeded and sliced
- water

**Directions:**

Seed and slice the jalapeno peppers. Thinly slice the cucumbers. Place them in a large pitcher. Pour over the ice, and fill your pitcher or bottle with water. Refrigerate for at least two hours. Serve cool, and enjoy!

**WATERMELON BASIL SPRITZER**

**Ingredients:**

- water or soda water
- 1 cup watermelon, cubed
- 2 to 3 fresh basil sprigs

**Directions:**

Place the watermelon cubes and basil in a quart-size (1 liter) jar or bottle. Fill the water container with water, cover and chill in the refrigerator for an hour or two before serving. If using soda water, only half fill allowing to steep for an hour with lid tightly on, then fill to top before serving to keep the bubbles in.

**FRUIT AND CUCUMBER WATER**

**Ingredients:**

- 1 large strawberry, sliced
- ½ small cucumber, sliced
• ¼ grapefruit, cut into small pieces

• ice cold water

**Directions:**

*Place the sliced strawberry, cucumber and the little grapefruit chunks in a 24 oz (700ml) container. Pour over ice cold water. Keep in the refrigerator for few hours before serving. Enjoy!*

**CHERRY LIME INFUSION**

**Ingredients:**

• 1 quart (1 liter) water

• 1 lime, thinly sliced

• 10 pitted cherries, cut in halves

• 8 mint leaves

• ice cubes

**Directions:**

*Place the mint leaves at the bottom of your pitcher or bottle. Muddle them well. Add cherries, sliced lime, water and ice cubes. Let steep in a fridge for an hour or more before serving.*

**SKINNY GINGER LEMON DRINK**

**Ingredients:**

• 2 quarts (2 liters) water

• a chunk of ginger root, thinly sliced

• 1 lemon, sliced

• 12 mint leaves

• ice cubes

**Directions:**

*Slice the ginger root. Peel and slice the lemon. Fill a pitcher or bottle with water and add the ginger and lemon slices. Add the mint leaves and ice. Let the water sit overnight in the fridge. Serve cool and enjoy!*
TANGY CITRUS WATER

Ingredients:

- 1 orange, sliced
- 1 grapefruit, sliced
- ½ lemon, sliced
- ½ lime, sliced
- water

Directions:

Slice all citrus fruit in thin slices. Add them to a large pitcher, infuser bottle or jar and fill with fresh water. Conceal your container and store in the refrigerator until ready to serve.

FEELING FRESH INFUSED WATER

Ingredients:

- 1 cucumber, sliced
- ¼ cup mint leaves
- water

Directions:

Thinly slice the cucumber. Place in a jar, pitcher jug or bottle. Add the mint leaves. Fill the container full with water. Seal it and store in the refrigerator. Serve cool and enjoy!

HAWAIIAN INFUSION

Ingredients:

- 6 seedless grapes, cut into half
- 1 pineapple spear
- water

Directions:

Cut the grapes in half. If you want your water to taste more like grapes and less like pineapple, add some more grapes. Place all fruit in a 18oz (500ml) container, and fill it with
water and store in refrigerator. This drink tastes the best if infused for at least 24 hours, though 4-5 hours can be enough for the flavors to merge.

**RED SPICE INFUSED WATER**

**Ingredients:**
- 3 large strawberries, cut in half
- ¼ jalapeno pepper
- water

**Directions:**
Cut the strawberries in half. Seed the jalapeno pepper. Place strawberries and jalapeno in a 32oz (900ml) container. Fill with water and store in the refrigerator for 3 to 12 hours before serving. The longer you infuse the water, the spicier it becomes. If you would like this water to be more spicy, use ½ jalapeno instead of ¼. Enjoy!

**MANGO AND MINT INFUSION**

**Ingredients:**
- ½ mango, peeled and cut into large chunks
- 2 sprigs of mint (about 8 leaves)
- water

**Directions:**
Peel the mango, and cut in half. Cut the half you are going to use into 4-8 pieces. Place the pieces in a 32oz (900ml) container. Add mint leaves and pour over fresh water. Let the water sit for 3-4 hours in room temperature or 12 hours in a refrigerator. Serve cool and enjoy!

**CHERRY MINT WATER**

**Ingredients:**
- 8 fresh cherries, pitted and halved
- ¼ cup mint leaves
- water

**Directions:**
Place the cherries and mint leaves in a 8oz (225ml) jar. If you want more flavor, rip the leaves and with a small muddler or a spoon mash the cherries. Fill the jar with water, seal it
and give it a good shake. Place it in refrigerator overnight for maximum flavor. Serve cool and enjoy!

**Cantaloupe Infused Water**

*Ingredients:*

- 4 cups cantaloupe, thinly sliced
- 2 quarts (2 liters) water or seltzer

*Directions:*

Place the cantaloupe slices in a large pitcher or bottle. Add 2 quarts (2 liters) of filtered water or half the amount of seltzer. Refrigerate for 2 to 4 hours for cantaloupe to infuse. If you are using seltzer, add the remaining half of it right before serving. Serve with ice and enjoy!

**Blueberry Orange Infusion**

*Ingredients:*

- 6 cups watermelon
- 2 oranges, cut into wedges
- ¼ cup blueberries
- ice cubes

*Directions:*

Combine all ingredients in a pitcher or bottle and refrigerate for few hours. If you would like your drink to have more intense flavor, squeeze in the juice of one orange and mash the blueberries before infusing. Serve cold and enjoy!

**Emerald Green Water**

*Ingredients:*

- 6 cups water
- 1 large cucumber, peeled and sliced
- 6 kiwis, peeled and cut into half

*Directions:*
Combine 2 cups of water, the sliced cucumber and kiwi pieces in a food processor and puree until smooth for about 3 minutes. Place this mixture in a pitcher or bottle and stir in the remaining 4 cups of water. Serve chilled with ice.

**Grapefruit Rosemary Infusion**

**Ingredients:**
- ½ grapefruit
- few rosemary sprigs
- water
- ice

**Directions:**
Place the grapefruit and rosemary sprigs in a pitcher or bottle. Cover with water and let the drink sit overnight. Enjoy your infused water cold the next morning, just add some ice right before serving.

**Refreshing Lemon Cucumber Water**

**Ingredients:**
- 8 cups water
- 1 cucumber, thinly sliced
- 2 lemons, thinly sliced
- 4 sprigs fresh basil

**Directions:**
Place thinly sliced cucumber and lemons in a pitcher or bottle. Add basil leave. Pour over the water and refrigerate for 4-6 hours. Serve cool with ice. Enjoy!

**Mandarin Black Tea Infused Water**

**Ingredients:**
- 3 mandarin oranges, peeled and cut into half
- 4 basil leaves
- 1 black tea bag
- water
**Directions:**

Peel and cut the mandarin oranges in half to increase the exposed surface area. Place them together with basil and teabag in a 32oz (900ml) pitcher jug or double for infuser bottle. Add filtered water and infuse at room temperature for 3 hours. Tea doesn't infuse well in cold temperatures, so it is better to keep the drink out of refrigerator for the flavors to merge. However, you can cool the drink in a refrigerator before serving. The beverage will contain a little bit of caffeine because of the tea, but the amount of it will be much less than regular tea. Enjoy this energizing drink cool!

**Orange Lavender Water**

**Ingredients:**

- 8 cups water
- 2 large oranges, thinly sliced
- 4 sprigs fresh lavender
- ice cubes

**Directions:**

Place the oranges and lavender in a pitcher or bottle. Pour over the water and refrigerate for 4 to 6 hours. Serve cool on ice. Enjoy!

**Tangerine Tonic**

**Ingredients:**

- 8oz (225ml) water
- 1 slice grapefruit
- 1 tangerine, sliced
- ½ cucumber, sliced
- 2 peppermint leaves
- water
- ice cubes

**Directions:**

Slice the tangerine and cucumber. Place them along with a grapefruit slice and peppermint leaves in a pitcher or bottle. Pour over the water, add some ice, if you wish, and store in refrigerator for few hours before serving.
FESTIVE CLUB SODA CRANBERRY

- ½ - 1 cup of frozen cranberries (fresh if you have them!)
- Juice of ½ a lime
- ½ orange (optional)
- 16 oz of water

Directions: Place the cranberries, sliced lime, orange and club soda all in water pitcher or bottle. Allow to sit for about 5 minutes until the cranberries have thawed. Add some ice pieces if desired. Eat the whole cranberries or mix up as a sauce.
GOODS READS

Thank you for taking time to read my Infused Water Recipes book. If you enjoyed it, please consider telling your friends or posting a short review. Word of mouth is an author’s best friend and much appreciated.

Other good reads which may be of interest to you:

No Sugar Diet: by Peggy Annear.

Juicer Recipes to Detox, Cleanse & Lose Weight: by Jane Burton.

Paleo Food List: by Jane Burton.
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