

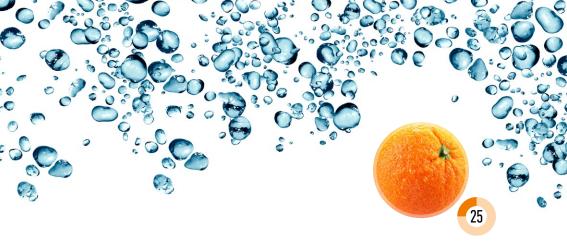
NATURALLY FLAVORED WATER

50 Advanced Recipes to Drink Instead of Soda

Contents

Zesty Lime and Grapefruit Water	5
Melon, Grape, and Honey Infusion	6
Tropical Coconut and Pineapple Water	7
Bloody Mary Infusion	8
Ginger and Licorice Root Infusion	9
Nectarine Berry Water	10
Calming Chamomile Infusion	11
Kiwi, Strawberry, and Parsley Water	12
Raspberry and Lime Mojito Infusion	13
Apple, Pear, and Sage Infused Water	14
Virgin Sangria Water	15
Carrot and Orange Water	16
Mango and Sour Cherry Water	17
Spicy Lime Water	18
Peach Cobbler Water	19
Melon, Lime, and Basil Water	20
Pear and Ginger Winter Water	21
Watermelon, Blood Orange, and Rosemary Water	22
Spinach and Strawberry Water	23
Passion Fruit Fresca	24
B Vitamin Water	25
Blueberry Chia Water	26

Plum and Pomegranate Medley	27
Blackberry, Lemon, and Dill Water	28
Pumpkin and Cardamom Water	29
Melon Fusion Water	30
Cranberry and Orange Water	31
Blueberry, Cucumber, and Cilantro Water	32
Carrot, Persimmon, and Tarragon Water	33
Lavender Lemonade	34
Cherry and Hibiscus Tea Water	35
Goji Berries and Pineapple Water	36
Raspberry and Thyme Fusion	37
Apricot and Purple Basil Water	38
Cinnamon Rhubarb Explosion	39
Dragon Fruit and Grape Water	40
Papaya and Tangerine Explosion	41
Kiwi and Prickly Pear Infused Water	42
Zucchini and Lemon Infused Water	43
Nettle Tea and Lemon Water	44
Vanilla Latte Water	45
Corn and Dill Water	46
Strawberry Fennel Fusion	47
Broccoli and Pineapple Water	48
Cucumber Herb Spa Water	49
Berry and Sage Water	50
Lemon Poppy Seed Infusion	51
Black Forrest Cake Water	52
Plum and Persimmon Delight	53
Cranberry and Beet Water	54



Zesty Lime and Grapefruit Water

This zesty water spiced with grapefruit, orange, and lime is a real summer treat. The Vitamin C in the citrus fruits will provide a boost of Vitamin C, while keeping you well-hydrated. Play with the citrus until you find the best combination that suits your taste-buds.



- O Halve the lime, lemon, orange, and grapefruit and slice them into thin slices.
- O Place all of your sliced fruit into the Young and More water infusing bottle and fill it up with cold water
- O Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

1 lime
½ red grapefruit
½ naval orange
½ lemon
water to fill your
Young and More
bottle









Melon, Grape, and Honey Infusion

The sweet honeydew melon is packed with B vitamins and very refreshing, especially in the hot summer months. The green grapes are brimming with cancer-fighting properties and the honey and mint round up this recipe with anti-microbial and antifungal benefits – no need to mention that they taste absolutely amazing.



Method:

- O Remove the core from the melon wedge and chop it into bite-sized cubes.
- O Halve the green grapes and place them into your Young and More water infusing bottle along with the cubed melon
- Add the honey and mint and fill your bottle with cold water.
- O Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

1 honeydew melon wedge ½ cup green grapes 1 teaspoon honey

10 mint leafs water to fill your Young and More bottle







Tropical Coconut and Pineapple Water

This water infusion does not only taste like paradise; it is also very healthy and nourishing for your body. The coconut is packed with electrolytes which hydrate and replenish your body, whereas the pineapple is packed with Vitamin C and magnesium.

Method:

- O Slice the pineapple and discard the core. Cut the pineapple into large chunks.
- O Cut the top part of the coconut, pour out the coconut water in a separate container, and store in the fridge for smoothies. Scoop out the coconut flesh.
- O Transfer all of the ingredients into your Young and More water infusing bottle.
- O Fill up the bottle with cold water and let it infuse for a few hours in the fridge. Enjoy!

Ingredients:

½ small pineapple ½ young coconut 1 vanilla bean pod water to fill your Young and More bottle









Bloody Mary Infusion

If you love drinking various cocktails, but prefer to stay healthy and sober – turn them into infused waters! This drink is inspired by the classic Bloody Mary cocktail, but without the unnecessary calories and alcohol, and with a ton of cancer-fighting antioxidants.

Method:

- O Wash and slice the tomato and the celery stalk.
- O Place the sliced veggies into your Young and More water infusing bottle along with the cilantro sprigs.
- Fill the bottle with cold water and add a few drops of hot sauce, depending on how spicy you like your drink.
- O Let the water infuse for a few hours in the fridge and enjoy.

Ingredients:

1 tomato 1 celery stalk 2-3 drops of hot sauce a few cilantro sprigs water to fill your Young and More bottle









Ginger and **Licorice Root Infusion**

Whenever you feel like you're coming down with a cold - make this infusion recipe. Both the ginger and licorice root have a ton of anti-viral and antiinflammatory properties, and the lemon will boost your Vitamin C reserves. You'll be back on your feet and cold-free in no time



Method:

- O Peel and grate the ginger and the licorice root
- O Wash and slice the lemon and transfer into your Young and More water infusing bottle along with the ginger and the licorice root.
- O Add the cinnamon stick and fill your bottle with warm water.
- Ol et the water infuse for a few hours at room temperature and eniov!

Ingredients:

1 1-inch long ginger piece 13-inch long licorice root piece 1 lemon 1 cinnamon stick water to fill your Young and More bottle







Nectarine Berry Water

The juicy nectarines are packed with vitamins A and C which protect you from the negative impact of free radicals. Combined with mineral-rich berries, this sweet drink is a true liquid treat.



- O Wash and slice your nectarine into thin wedges.
- O Place the nectarines into your Young and More water infusing bottle along with the washed blueberries and blackberries.
- O Fill the bottle with cold water and add 4-5 liquid stevia drops.
- O Let the water infuse for a few hours in the fridge and enjoy.

1 nectarine ½ cup blueberries 1/2 blackberries 4-5 vanilla stevia drops water to fill your Young and More bottle

Ingredients:





Calming Chamomile Infusion

Chamomile has a very soothing effect on your body, and can help calm your digestive system. Make this chamomile infusion whenever you feel something iffy happening with your tummy and you will shortly feel some relief.

Method:

- O Wash and cut the orange into this slices.
- O Place the sliced orange, chamomile tea, and mint leafs into your Young and More water infusing bottle and fill the bottle with warm water
- O Let the water infuse for a few hours at room temperature and enjoy!

Ingredients:

2 teaspoons dry chamomile tea 1 orange small handful mint leafs water to fill your Young and More bottle









Kiwi, Strawberry, and Parsley Water

The combination of kiwi, strawberry, and parsley will be unexpectedly delightful for your taste buds, yet you will benefit the iron and manganese found in kiwis, the antioxidants from the strawberries, and the cleansing chlorophyll from the parsley.



- O Wash the kiwi and the melon and cut them into thin slices.
- O Halve the strawberries and place them into your Young and More water infusing bottle along with the sliced kiwi and lemon.
- Add in the parsley sprigs and fill the bottle with cold water.
- O Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

1 kiwi ½ cup strawberries 1 small bunch parsley sprigs ½ lemon water to fill your Young and More bottle









Raspberry and Lime Mojito Infusion

Serve this amazing water infusion on a hot summer night. The limes will keep your body well-hydrated, and the raspberries will give you a powerful antioxidant punch. The best part is that both kids and grown-ups will equally enjoy this summer "cocktail."

Method:

- O Wash and cut the lime into thin slices.
- O Place the raspberries, sliced lime, and mint leafs into your Young and More water infusing bottle and fill the bottle with cold water.
- O Add 4-5 liquid stevia drops and let the water infuse for a few hours in the fridge. Enjoy!

Ingredients:

1 cup raspberries
1 lime
a small handful
mint leafs
4-5 liquid stevia
drops
water to fill your
Young and More
bottle









Apple, Pear, and Sage Infused Water

This wintery infused water is packed with potassium and folate, as well as plenty of antioxidants. The sage is an interesting character, adding an herbal twist to the sweet apples and pears.



- O Wash, halve, and cut the apple and pear into thin slices.
- O Transfer the sliced apple and pear into your Young and More water infusing bottle along with the sage leafs and the cinnamon stick.
- O Fill the bottle with cold water and let it infuse for a few hours in the fridge. Enjoy!

Ingredients:

- 1 apple 1 pear
- a small handful sage leafs
- 1 cinnamon stick water to fill your Young and More bottle









Virgin Sangria Water

We all love a tall glass of chilled sangria on a hot afternoon, but alcohol and high temperatures don't always mesh well together. This virgin sangria infusion will keep you hydrated and will replenish your nutrient reserves, thanks to the red grapes, apples, and oranges.



Method:

- O Wash and cut all your fruits into small cubes, to resemble the traditional way of making sangria.
- Place the cut up fruits into your Young and More water infusing bottle and fill the bottle with cold water.
- O Let the water for a few hours in the fridge and enjoy!

Ingredients:

1 apple 1 orange ½ cup red grapes 1 lemon water to fill your Young and More bottle







Carrot and Orange Water

This carrot and orange infused water is just brimming with vitamins A and C which are powerful antioxidants that provide natural sun protection. It also tastes pretty refreshing on a hot summer day.

Method:

- O Wash and cut the carrot into large chunks.
- O Slice the orange into thin slices and grate the ginger.
- Place all the ingredients into your Young and More water infusing bottle and fill the bottle with cold water.
- O Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

1 large carrot 1 1-inch long ginger piece 1 orange 10 mint leafs water to fill your Young and More bottle









Mango and Sour Cherry Water

This water infusion is both sweet and tart at the same time, and comes with a wide array of vitamins and minerals to keep you hydrated and satiated.

Method:

- O Wash and slice the apple and chop the mango.
- O Halve the pitted sour cherries.
- O Place all of your prepped fruit into your Young and More water infusing bottle and fill the bottle with cold water.
- O Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

1/2 mango 40 1/4 cup sour cherries, pitted 30

1 sweet apple 30 water to fill your Young and More bottle









Spicy Lime Water

Experienced infused water drinkers will enjoy this recipe. It is slightly spicy, yet very refreshing thanks to the zesty lime and cooling cucumber. If you're looking to boost your metabolism and maybe drop a few pounds, this infusion recipe is the perfect choice.

Method:

- Wash and slice the cucumber and the lime.
- O Chop the ialapeno into large chunks. Leave the seeds in for a really spicy water, or discard them if you prefer a milder hotness.
- O Place the prepped veggies and the cilantro sprigs into your Young and More water infusing bottle and fill the bottle with cold water.
- O Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

1 small cucumber ½ jalapeno 1 lime a few cilantro sprigs water to fill your Young and More bottle









Peach Cobbler Water

Sweet peaches and creamy coconut pair beautifully together and will flavor your plain water with a familiar dessert taste. This sweet water infusion also comes with a ton of magnesium and potassium from the peaches, and a healthy dose of electrolytes from the coconut.

Method:

- O Wash and slice the peach into thin slices
- Out the top part of the coconut and drain the coconut water in a separate bowl. Reserve the water for any recipes calling for coconut water
- Scoop out the coconut flesh and add half of the flesh to your Young and More water infusing bottle.
- Add the peaches and the vanilla stevia and fill the bottle with cold water.
- O Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

1 ripe peach ½ young coconut 4-5 vanilla liquid stevia drops water to fill your Young and More bottle









Melon, Lime, and Basil Water

The humble lemon is packed with manganese and iron and the lime brings a hefty dose of Vitamin C. The combination of sweet melon, acidic lime, and fragrant basil is very soothing and refreshing for your taste buds.

Method:

- O Slice the melon flesh off the wedge and discard the core. Chop the melon into large chunks.
- O Wash and slice the lime into thin slices and transfer to your Young and More water infusing bottle along with the melon chunks and basil leafs.
- Fill your bottle with cold water and let it infuse for a few hours in the fridge. Enjoy!

Ingredients:

1 honeydew melon wedge 1 lime 10 basil leafs water to fill your Young and More bottle









Pear and Ginger Winter Water

While the summer hotness calls for fresh, zesty flavors, when winter comes you naturally crave warming spices like cinnamon or cloves. This pear and ginger infusion not only comes with a ton of anti-inflammatory and anti-viral properties, but will also hit that warming craving perfectly.



Method:

- O Wash and cut the pear into large chunks
- O Grate the ginger and rub the cloves between your hands to release their flavor.
- O Place all of your ingredients into your Young and More water infusing bottle and fill the bottle with warm water.
- O Let the water infuse for a few hours at room temperature and enjoy!

Ingredients:

1 ripe pear 1 2-inch thick ginger piece 1 cinnamon stick 4-5 whole cloves water to fill your Young and More bottle







Watermelon, Blood Orange, and Rosemary Water

This unexpected water infusion is packed with free radical-fighting antioxidants. The sweet watermelon is very refreshing and hydrating, especially during the hot weather months.

Method:

- O Slice the watermelon off the wedge and discard the core.
- Wash and slice the blood orange and rub the rosemary sprigs between your palms to release their flavor.
- O Transfer all of the ingredients into your Young and More water infusing bottle and fill the bottle with cold water
- O Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

1 watermelon wedge 40 1 blood orange 40 a few rosemary sprigs 20 water to fill your Young and More bottle









Spinach and Strawberry Water

This fragrant water is packed with iron and phytonutrients from the spinach and basil, but also comes with a healthy dose of vitamins A, C, and B6 from the sweet strawberries. You can't really taste the spinach, but you will benefit from all the nutrients.



- O Wash and slice the lemon and halve the strawberries.
- Place all the ingredients into your Young and More water infusing bottle and fill the bottle with cold water.
- O Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

½ cup baby spinach 10 medium strawberries 1 small lemon 10 basil leafs water to fill your Young and More bottle









Passion Fruit Fresca

Passion fruit is the perfect sweet and tart fruit to use in infused waters. It is packed with iron and Vitamin C, which make for a perfect combination, since your body can absorb the iron properly without the addition of Vitamin C. The orange and honey will sweeten up the water, and the parsley will add some freshness.



- O Wash and slice the orange into thin slices
- O Halve the passion fruit and scoop out the insides into your Young and More water infusing bottle.
- O Add the rest of the ingredients and fill the bottle with cold water.
- O Let the water infuse for a few hours in the fridge and enjoy

Ingredients:

1 passion fruit ½ Naval orange a few parsley sprigs 1 teaspoon honey water to fill your Young and More

bottle









B Vitamin Water

This water recipe comes with all of the essential B vitamins that will give you a natural energy boost. The lemon is high in vitamin B2, the peach is packed with vitamin B3, the raspberries are full of B5, and the pineapple is high in B6.



- O Wash and slice the lemon and the peach into thin slices.
- O Chop the pineapple into large chunks and place it into your Young and More water infusing bottle along with the rest of the ingredients.
- O Fill the bottle with cold water and let it infuse for a few hours in the fridge. Enjoy!

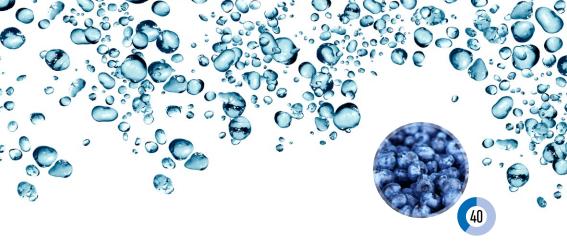
Ingredients:

1 lemon 1 peach ½ cup pineapple a small handful of raspberries water to fill your Young and More bottle









Blueberry Chia Water

Chia seeds can absorb up to 10 times their weight in water, so this water definitely yields the ultimate refresher

Method:

- O Wash and slice the lemon.
- O Place the chia seeds, blueberries, and sliced lemon into your Young and More water infusing bottle.
- O Add the honey and fill the bottle with cold water
- O Let the water infuse for a few hours in the fridge and shake well before drinking. Enjoy!

Ingredients:

bottle

¼ cup blueberries 1 tablespoon chia seeds ½ lemon 1 teaspoon honey water to fill your Young and More









Plum and Pomegranate Medley

The tart pomegranate is packed with Vitamin C, potassium, and manganese, whereas the sweet red plums are just brimming with Vitamin A and magnesium.

Method:

- O Wash and halve the plums and discard the pits.
- O Add the prepped plums and pomegranate seeds into your Young and More water infusing bottle and add the liquid stevia drops.
- O Fill the bottle with cold water and let it infuse for a few hours in the fridge. Enjoy!

Ingredients:

2 ripe plums
1/4 cup
pomegranate
seeds
4-5 liquid stevia
drops
water to fill your
Young and More
bottle









Blackberry, Lemon, and Dill Water

The humble dill is very rich in flavonoids that fight off cancer-causing cells, and when combined with the antioxidant-rich blackberries and lemon, this water infusion turns into a true health powerhouse.

Method:

- O Wash and slice the lemon into thin slices.
- O Add the lemon, blackberries. and dill sprigs into your Young and More water infusing bottle and fill the bottle with cold water.
- O Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

½ cup blackberries 1 lemon a few dill sprigs water to fill your Young and More bottle









Pumpkin and Cardamom Water

This wintery water is bursting with beta-carotene and lycopene which are crucial for beautiful skin and good eye health. The cardamom plays a key role in your cardiovascular health and can help suppress your appetite, so you don't pack on those nagging winter pounds.



- O Chop the pumpkin into large chunks
- O Wash and slice the apple into thin slices.
- O Place the cardamom pods on a wooden board and crush them with a knife to help release their flavor.
- Add all of the ingredients into your Young and More water infusing bottle and fill the bottle with warm water.
- O Let the water infuse for a few hours at room temperature and enjoy!

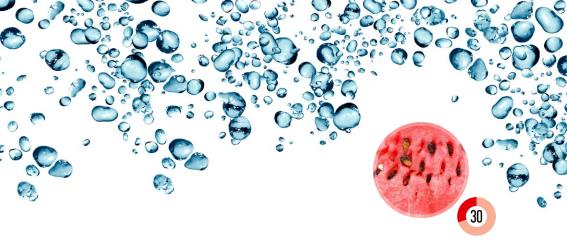
Ingredients:

½ cup pumpkin 1 small apple 1 cinnamon stick 3-4 whole cardamom pods water to fill your Young and More bottle









Melon Fusion Water

This recipe yields the perfect summer party drink – a combination of sweet melons to elevate any get-together you're having, while also keeping your guest hydrated and nourished.

Method:

- O Cut the flesh off all your melon varieties and discard the core.
- O Chop the fruit into large chunks and transfer into your Young and More water infusing bottle along with the mint leafs.
- O Fill the bottle with cold water and let it infuse for a few hours in the fridge. Enjoy!

Ingredients:

½ watermelon wedge 1 honeydew melon wedge 1 cantaloupe wedge 10 mint leafs water to fill your Young and More bottle









Cranberry and Orange Water

The tart cranberries work beautifully with the sweet orange in this antioxidant-rich water. The cranberries are packed with copper and manganese, and the orange is rich in Vitamin C.

Method:

- O Wash and cut the orange into thin slices.
- O Add the orange, cranberries, and whole star anise into your Young and More water infusing bottle and fill the bottle with cold water.
- O Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

1 Naval orange
½ cup cranberries
1 whole star anise
water to fill your
Young and More
bottle









Blueberry, Cucumber, and Cilantro Water

This water recipe is perfect if you're trying to lose some weight and want a refreshing drink that's a bit more interesting than plain old water. The cucumber and the cilantro will boost your metabolism, and the blueberries will give you an antioxidant boost, making sure your body functions properly.



Method:

- O Wash and slice the lemon and the cucumber.
- O Place all of the ingredients into your Young and More water infusing bottle and fill the bottle with cold water.
- O Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

½ cup blueberries 1 small cucumber 1 lemon a few cilantro sprigs water to fill your Young and More bottle







Carrot, Persimmon, and Tarragon Water

The orange color in the carrots and persimmons comes from the beta-carotene and lycopene - compounds that promote excellent eye health and radiant skin, whereas the tarragon is packed with antioxidants. The creamy persimmons will give this water an incredible sweetness - almost like sipping on a dessert.

Method:

- O Wash and cut the carrot into large chunks.
- Segment the persimmon and transfer into your Young and More water infusing bottle along with chopped carrots and tarragon sprigs.
- O Fill the bottle with cold water and let it infuse for a few hours in the fridge. Enjoy!

Ingredients:

1 carrot 1 persimmon a few tarragon sprigs water to fill your Young and More bottle









Lavender Lemonade

The fragrant lavender is very gut-friendly and has a ton of soothing properties. When combined with the digestion-promoting lemon, it will have a very calming effect on your upset tummy, especially after a heavy meal.



- O Wash and slice the lemon into thin slices.
- O Add all of the ingredients into your Young and More bottle and fill the bottle with cold water.
- O Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

1 lemon 2 teaspoons culinary lavender flowers 5-6 basil leafs 4-5 liquid stevia drops water to fill your Young and More bottle









Cherry and Hibiscus Tea Water

Dark and sweet cherries pair up beautifully with the rich hibiscus flavor. The cherries are packed with anti-inflammatory properties and anti-cancer compounds, whereas the hibiscus tea is very beneficial for high blood pressure.



Method:

- O Wash, pit, and halve the cherries.
- O Wash and slice the lemon into thin slices.
- Place the sliced lemon, halved cherries, and hibiscus tea into your Young and More water infusing bottle.
- O Add the honey and fill your bottle with warm water.
- O Let the water infuse for a few hours at room temperature and enjoy!

Ingredients:

½ cup cherries 2 teaspoons hibiscus tea ½ lemon 1 teaspoon honey water to fill your Young and More

bottle







Goji Berry and Pineapple Water

Goji berries are the ultimate superfood, promoting good bone health and athletic performance; quality of sleep; and overall mental calmness. The tart pineapple is chock-full of vitamin C, rounding up this water with some antioxidant power.

Method:

- O Slice the pineapple flesh off the core and discard the center round part that has a bitter taste.
- O Chop the pineapple into large chunks and place it into your Young and More water infusing bottle along with the goji berries and parsley sprigs.
- O Fill the bottle with cold water and let it infuse for a few hours in the fridge. Enjoy!

Ingredients:

1/4 cup dried goji berries 1/2 small pineapple a few parsley sprigs water to fill your Young and More bottle









Raspberry and Thyme Fusion

Raspberries and spinach are very high in the vitamin B7, also known as biotin, which is known for its beauty benefits; promoting radiant skin, smooth and shiny hair, and strong nails. The humble thyme not only adds a lovely zing to this recipe, but also comes with a healthy dose of iron.



Method:

- O Wash and cut the lime into thin slices.
- O Add the lime, raspberries, spinach, and thyme to your Young and More water infusing bottle and fill the bottle with cold water.
- O Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

½ cup raspberries
¼ cup baby
spinach
1 lime
a few thyme
sprigs
water to fill your
Young and More
bottle







Apricot and Purple Basil Water

Apricots are chock-full of cancer-fighting antioxidants, and the purple basil can help increase your blood circulation, as well as decrease insomnia.

Method:

- O Wash and halve the apricots and discard the pit.
- O Wash and slice the orange into thin slices.
- O Add all of the ingredients into your Young and More water infusing bottle and fill the bottle with cold water.
- O Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

4 large apricots ½ Naval orange 10 purple basil leafs water to fill your Young and More bottle









Cinnamon Rhubarb Explosion

The sweet rhubarb is chock-full of Vitamin K which plays a key role in blood clotting, thus promoting good cardiovascular health. The humble cinnamon is ideal for regulating blood sugar levels, so sip on this water along a sugary breakfast or a sweet treat.

Method:

- O Chop the rhubarb stalk into large chunks.
- O Wash and slice the apple into thin slices.
- O Transfer all ingredients into your Young and More water infusing bottle and fill the bottle with cold water.
- O Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

2 rhubarb stalks 1 small apple 1 cinnamon stick water to fill your Young and More bottle









Dragon Fruit and Grape Water

The neon-colored dragon fruit is a true nutritional powerhouse, packing in vitamins C, B2, and B3, as well as minerals iron, phosphorus, and calcium. Red grapes are naturally high in quercitin – flavonoid that has a ton of anti-inflammatory benefits.



Method:

- O Wash and halve the red grapes.
- O Peel the dragon fruit and chop it into large chunks.
- O Wash and slice the cucumber into thin slices and transfer to your Young and More water infusing bottle along with the rest of the fruit and the min leafs.
- O Fill the bottle with cold water and let it infuse for a few hours in the fridge. Enjoy!

Ingredients:

½ pink dragon fruit ½ cup red grapes 1 small cucumber 8 mint leafs water to fill your Young and More bottle







Papaya and Tangerine Explosion

The sweet tangerine pairs up beautifully with the slight bitterness of the papaya. The bright papaya can boost your immune system and your metabolism, thus aiding your weight-loss, whereas the tangerines come with amazing antioxidant properties, thanks to their high vitamin A and C content.



½ small papaya 1 tangerine ½ orange a few rosemary sprigs water to fill your Young and More bottle





Method:

- O Halve the papaya and discard the seeds. Chop the papaya into large chunks
- O Wash and slice the tangerine and orange into thin slices.
- O Place the prepped fruit and the rosemary sprigs into your Young and More water infusing bottle and fill the bottle with cold water.
- O Let the water infuse for a few hours in the fridge and enjoy!



Kiwi and Prickly Pear Infused Water

The prickly pear, also known as cactus pear, helps with cholesterol, high blood pressure, and obesity, but is also known for its anti-inflammatory and antiviral properties. When combined with the iron-rich kiwi, and the antioxidant-packed currants, it makes for a recipe that's just screaming with nutrition.



Method:

- O Peal the prickly pear and the kiwi and slice them into large chunks.
- O Add the fruit and the teaspoon of honey to your Young and More water infusing bottle and fill the bottle with cold water.
- O Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

1 prickly pear 1 kiwi ¼ cup black currants 1 teaspoon honey water to fill your Young and More







Zucchini and Lemon Infused Water

While fruit infused waters undoubtedly taste the best, when you add vegetables to your water you get a much higher nutrient boost. Add a piece of fruit to your vegetable infused water and you'll get the best from both worlds: a ton of nutrients and some much-needed sweetness.



Method:

- O Wash and slice the zucchini, lemon, and orange.
- Add the produce into your Young and More water infusing bottle along with the basil leafs.
- Fill the bottle with cold water and let it infuse for a few hours in the fridge. Enjoy!

Ingredients:

½ zucchini
1 lemon
1 naval orange
10 basil leafs
water to fill your
Young and More
bottle







Nettle Tea and Lemon Water

Nettle tea is amazing for the winter season when your immune system is running low and you feel like you're coming down with a cold. Nettle tea cures the common cold and when combined with Vitamin C rich lemon, anti-microbial honey, and anti-inflammatory cinnamon, this drink turns into a cold-fighting weapon.



Method:

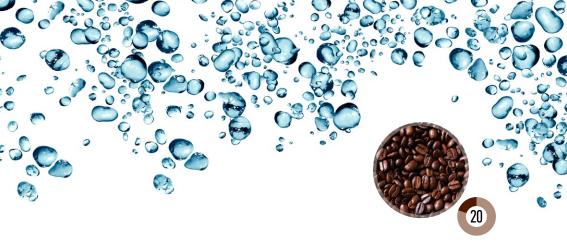
- O Wash and slice the apple and the lemon
- O Add the fruit into your Young and More water infusing bottle along with the nettle tea leafs and the cinnamon stick
- O Fill the bottle with warm water and let the water infuse for a few hours at room temperature. Enjoy!

Ingredients:

1 lemon
½ apple
2 teaspoons
nettle tea leafs
1 cinnamon stick
water to fill your
Young and More
bottle







Vanilla Latte Water

Moderate amounts of caffeine can actually do good things for your body, starting from waking you up in the morning, to balancing blood sugar levels. This vanilla latte water is a healthy way to drink coffee, all the while giving your taste buds one exiting tingle.



Method:

- O Place the coffee beans in a small ziplock bag and crush them slightly with a wooden spoon. This will release their flavors
- O Add the coffee beans along with the rest of the ingredients into your Young and More water infusing bottle and fill the bottle with warm water.
- O Let the water infuse for a few hours at room temperature and enjoy!

Ingredients:

2 tablespoons coffee beans 1 vanilla pod ½ cup coconut meat 1 cinnamon stick water to fill your Young and More







Corn and Dill Water

Just like a delicious homemade cornbread, this infused water is sweet and savory at the same time, but also slightly spicy from the hot sauce. The bright corn is packed with B6 and magnesium, whereas the dill is rich in iron.

Method:

- O Wash and slice the cucumber into thins slices.
- O Place the corn along with the rest of the ingredients into your Young and More water infusing bottle and fill the bottle with cold water. If you're using frozen corn make sure to defrost it ahead of time.
- O Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

1 small cucumber ½ cup fresh or frozen corn 1-2 drops of hot sauce a few dill sprigs water to fill your Young and More









Strawberry Fennel Fusion

The tart strawberries and the sweet orange are a match made in heaven for the crisp fennel. This hearty vegetable is chock-full of vitamins C and A, as well as minerals calcium and magnesium.



- O Wash and slice the orange and strawberries
- O Chop the fennel into large chunks and transfer into your Young and More water infusing bottle along with the rest of the ingredients.
- O Fill the bottle with cold water and let it infuse for a few hours in the fridge. Enjoy!

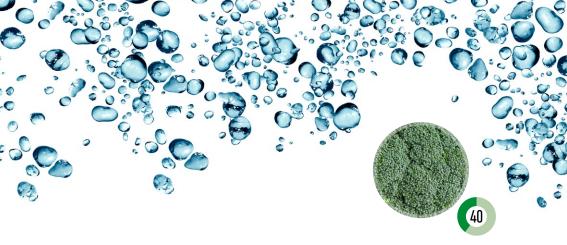
Ingredients:

½ Naval orange 8 strawberries ½ small fennel bulb a few parsley sprigs water to fill your Young and More bottle









Broccoli and Pineapple Water

The mighty broccoli is a true nutritional powerhouse. This cruciferous vegetable is packed with iron and magnesium, and when combined with the Vitamin C-rich pineapple, turns this water into a clean and healthy drink that you can feel good about sipping.

Method:

- O Wash the broccoli and slice all the little florets from the stem.
- O Slice the pineapple flesh from the core and chop it into large chunks.
- Add the broccoli florets and chopped pineapple into your Young and More water infusing bottle along with the mint and liquid stevia.
- O Fill the bottle with cold water and let it infuse for a few hours in the fridge. Enjoy!

Ingredients:

½ small broccoli head ¼ pineapple 8 mint leafs 3-4 liquid stevia drops water to fill your Young and More bottle









Cucumber Herb Spa Water

This water tastes just like it came out of a spa saloon: refreshing, calming, and nourishing. This recipe is geared at drinkers that don't really have a sweet tooth, since there aren't any sweet elements in the water. The mineral-dense cucumber combined with the cleansing herbs acts as the ultimate detoxifier.



Method:

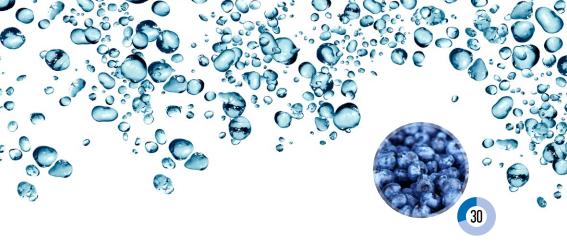
- O Wash and slice the cucumber into thin slices.
- O Add all of the ingredients into your Young and More water infusing bottle and fill the bottle with cold water.
- O Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

1 medium cucumber 70 8 cilantro leafs 10 8 mint leafs 10 8 basil leafs 10 water to fill your Young and More bottle







Berry and Sage Water

The antioxidant rich berries pair up beautifully with the iron, thiamin, and copper packed sage in this aromatic and slightly woody tasting water.

Method:

- O Wash the berries and add them into your Young and More water infusing bottle.
- Slightly muddle the berries with the sage to help release their flavor
- O Fill the bottle with cold water and let it infuse for a few hours in the fridge. Enjoy!

Ingredients:

14 cup blueberries
14 cup
blackberries
14 cup raspberries
18 sage leafs
water to fill your
Young and More
bottle









Lemon Poppy Seed Infusion

Lemon and poppy seed is such a classic combination found everywhere: from muffins, to cookies and bread rolls. Even the tiniest amount of poppy seeds provides high doses of niacin and iron, whereas the acidic lemon just brimming with Vitamin C.



Method:

- O Wash and slice the lemon into thins slices.
- Add the lemon slices along with the rest of the ingredients into your Young and More water infusing bottle
- O Fill the bottle with cold water and let it infuse for a few hours in the fridge. Enjoy!

Ingredients:

- 1 lemon 1 teaspoon poppy seeds
- 1 teaspoon honey 6 mint leafs water to fill your Young and More







Black Forrest Cake Water

Dates, sour cherries, and coconut work as the main elements in this water infusion that's inspired by the classic decadent cake. The sweet dates taste almost like chocolate, but also come packed with potassium and magnesium

Method:

- O Pit and halve the dates and the sour cherries
- O Add the fruit and the coconut meat into your Young and More water infusing bottle and fill the bottle with cold water.
- O Add the liquid stevia and let the water infuse for a few hours in the fridge. Enjoy!

Ingredients:

1/4 cup coconut meat 4 medium dates 10 sour cherries 3-4 liquid stevia drops water to fill your Young and More bottle









Plum and Persimmon Delight

The persimmons are chock-full of vitamins A and C – powerful antioxidants that protect you from the damaging effects of free radicals, whereas the purple plums are packed with iron, magnesium, and potassium. The bay leaf has a very soothing effect on your tummy and aids digestion.



- O Wash and segment the persimmon.
- O Wash, pit, and halve the plums and transfer to your Young and More water infusing bottle along with the rest of the ingredients.
- O Fill the bottle with cold water and let it infuse for a few hours in the fridge. Enjoy!

Ingredients:

1 small
persimmon
2 purple plums
a few parsley
sprigs
1 bay leaf
water to fill your
Young and More
bottle









Cranberry and Beet Water

The humble beetroot is the star of this water, bringing a chock-full of vitamins and nutrients, including iron and calcium, while the beet greens are very rich in vitamins A, C, and D. The tart cranberries play well with the sweetness and slight earthiness of the beets.



Method:

- O Wash and slice the beetroot into thin slices
- O Add the sliced beet, cranberries, and beet greens into your Young and More water infusing bottle and muddle with the honey.
- O Fill the bottle with cold water and let it infuse for a few hours in the fridge. Enjoy!

Ingredients:

½ small beet a small handful beet greens ¼ cup cranberries 1 teaspoon honey water to fill your Young and More bottle



