

## Water infusion recipes

Water can do some amazing things. Water is a great solvent, which means it dissolves many things. Test this out and keep hydrated with these water and fruit infusions.

## Method

- 1. Fill up a 1 litre jug with drinking water.
- 2. Thoroughly wash fruit before slicing and add to water.
- 3. Let sit for 30-60 minutes to help the flavour infuse. For best results place in the fridge overnight.
- 4. Add a generous quantity of ice and enjoy straight away. Water can be topped up as required, but fruit should be changed at least every 48 hours.



## **Recipe ideas**

Lemon lime	Orange cinnamon	Strawberry mint
1 litre of water	1 litre of water	1 litre of water
1 lemon	1 orange	1/4 cup of mint
1 lime	1 cinnamon stick	5 large strawberries
		1 star anise (optional)
Apple ginger	Cucumber lemon	Watermelon berry
1 litre of water	1 litre of water	1 litre of water
1 apple	1 cucumber	1 cup of watermelon
$\frac{1}{4}$ to $\frac{1}{2}$ teaspoon of fresh	1/2 lemon	1 cup of mixed berries
ginger	1⁄4 cup mint (optional)	3 basil leaves (optional)

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