

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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