

# 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 lemon 1 lime	1 litre of water 1 orange 1 cinnamon stick	1 litre of water ¼ cup of mint 5 large strawberries 1 star anise (optional)
Apple ginger	Cucumber lemon	Watermelon berry
1 litre of water 1 apple ¼ to ½ teaspoon of fresh ginger	1 litre of water 1 cucumber ½ lemon ¼ cup mint (optional)	1 litre of water 1 cup of watermelon 1 cup of mixed berries 3 basil leaves (optional)