



Adventure Ingredients: Natural Fruit, Herbs, Vegetables for Flavoring

Fruit Infused Flavored Water

Enjoy a chilled drink and then nibble on the juicy fruit

2 cups water or filtered water
1-1/2 cups sliced fruit or as desired
1/3 cup citrus slices or herbs

Prepare the Infused Water: Fill 3 cup water bottle with half of sliced fruit, citrus slices, herbs; add half of the water; add remaining fruit and fill bottle with water; cap bottle; let chill in the refrigerator for 1 hour or overnight .

Cook's Note: Slicing the fruit exposes the juices of the raw fruit into the water. The leaves of most herbs can be added whole; if using rosemary, cut or mash them a little.

I prepared one bottle with Strawberry Mint Infused Water and one with Cucumber lemon Blueberry Infused Water

About the Recipe: Infused water is a fun way to drink your eight or more glasses of water per day. Cut up some pieces of your favorite fruit, add some citrus and/or include a few of those wonderful herb leaves. This gives you a way to enjoy some flavored water and even snack on the fruit.

What benefit is this? Helps nutrients reach your cells; flushes out toxins; helps to digest food, regulates your body temperature, increases joint mobility, and supports brain function.