



Dietitian in your kitchen

INFUSING WATER



INGREDIENTS:

Fruit -- berries, citrus, melons, pineapple...most fruits will work

Herbs (optional) -- a sprig of mint, basil, sage, rosemary, tarragon, thyme, or lavender

Water (tap or filtered)

Ice

DIRECTIONS:

1. If using herbs, add a sprig of fresh herbs to jar/pitcher; press and twist with muddler or handle of wooden spoon to bruise leaves and release flavor; don't pulverize the herbs into bits.
2. Add approx. 2 cups of fruit to jar/pitcher; press and twist with muddler or handle of wooden spoon, just enough to release some of the juices
3. Fill pitcher with ice cubes.
4. Add water to top of pitcher.
5. Cover and refrigerate for up to 3 days.

Make it small scale! Cut down ingredients to taste adding to your favorite drinking cup/bottle.

FAVORITE COMBOS:

ALL CITRUS (no herbs) -- Slice 1 orange, 1 lime, 1 lemon into rounds, then cut the rounds in half. Add to jar and proceed with muddling, add ice & water.

APPLE CINNAMON – Add one sliced apple to jar, add cinnamon stick then add ice to half full. Fill jar with water and let sit for one hour before serving.

BASIL, NECTARINE, ORANGE – Add 12 basil leaves to jar and muddle. Slice 2 nectarines and cut 2 mandarin oranges into rounds, then cut the rounds in half. Add to jar and muddle with basil, add ice & water.

BLACKBERRY SAGE -- Add sage sprig to jar and muddle. Add 2 cups blackberries; muddle, add ice & water.

PINEAPPLE MINT -- Add a sprig of mint to the jar (you can throw in the whole sprig; or, remove the leaves from the sprig, if you prefer to have the mint swimming around and distributing in the jar). Muddle the mint. Add 2 cups pineapple pieces, muddle, add ice & water.

RASPBERRY LIME (no herbs) -- Quarter 2 limes; with your hands, squeeze the juice into the jar, then throw in the squeezed lime quarters. Add 2 cups raspberries. Muddle, add ice & water.

WATERMELON ROSEMARY -- Add rosemary sprig to jar & muddle. Add 2 cups watermelon cubes; muddle, add ice and water.

What's Your Favorite?

