

# HOW TO MAKE INFUSED WATER

You can infuse water with any number of herbs, spices, edible flowers, fruit and even vegetables! Here are some ideas:

- Herbs: Rosemary, thyme, mint, basil, cilantro, parsley
- Spices: Cinnamon sticks, cardamom pods, fresh ginger, cloves, vanilla bean
- Edible flowers: Rose, lavender, citrus blossoms, hibiscus, pansies, violets (or any that are 100% pesticide free)
- Fruit: Berries (fresh or frozen), melon, tropical fruits, citrus, apples, pears
- Vegetables: Cucumber, celery, fennel, carrots
- Water: Filtered water is great, but if you don't have a filtration system, tap water is fine too.

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## GATHER INGREDIENTS

I like to use large glass bottles or jars with lids. Give the add-ins a good wash or rinse. You can leave the fruits or veggies peeled or unpeeled. That's up to you. Try to use organic if you can. Avoid any fruit that's bruised or overly ripe, or herbs that don't look fresh. Add the fruit, herbs, spices or whatever you want to use into a bottle of cool water. Or you could add it to the bottle and then fill it up with water. Use thin slices or small cubes because the flavor will infuse more quickly.

## BE PATIENT

Let the water sit for a few hours to allow the flavors to infuse. The longer it sits, the more flavorful the water will be. Some fruits or herbs will infuse more quickly than others. Citrus is pretty instant. Herbs take a little longer. Berries take a few hours and will also release color into the water. I put the infused water in the fridge immediately after I make it, but it doesn't hurt to let it sit at room temperature for a little while. However, you should keep it in the fridge or put ice in it if you aren't planning on using it right away.

## DRINK + REFILL

Pour a glass and enjoy! You can refill the water a few times and let it infuse again, but the flavors won't be as pronounced.