



## Infused Water Combinations

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Recipe Source: [www.dailyburn.com](http://www.dailyburn.com)

### Strawberry Mint

#### **Ingredients:**

6-8 sliced strawberries  
1 cup of mint leaves  
40 oz cold water

### Citrus Mint

#### **Ingredients:**

1 sliced grapefruit  
2 sliced lemons  
2 sliced cucumbers  
1 handful of fresh mint leaves, torn  
64 oz water

### Watermelon Basil

#### **Ingredients:**

2 slices of watermelon, cut into thirds or quarters  
Small handful of basil, scrunched  
64 oz water

### Blueberry Orange

#### **Ingredients:**

2 mandarin oranges, cut into wedges  
1 cup of blueberries  
48 oz water

*Tips from the Test Kitchen: If you like, mash up the ingredients slightly in the pitcher. Let sit in the refrigerator for at least one hour before serving. Serve cold for best results. Discard herbs and fruit after 12 hours.*

**No Significant Nutritional value when just water is ingested.**