

Fruit Infused Water Recipes

Pomegranate + Lime



Pomegranate + Cucumber + Lemon



Ingredients:

Strawberry + Cucumber + Lime



Blueberry + Orange



Watermelon + Mint



Strawberry + Kiwi + Lime



Tip: Herbs (mint, sage, rosemary) are optional. If using herbs, leave in container for one hour and take out to keep water from becoming bitter.

Fruity & Refreshing

Perfect for everyday drinking



How to make Fruit Infused Water:

- Wash your ingredients.
- Cut fruits and remove peels, rinds & piths.
- Place ingredients into your container with water added. Best when refrigerated for 1 hour



For best taste, serve cold

You can use your fruit mixture 2-3 more times, but don't try to stretch it too far, as the fruits can become bitter & they'll lose their flavor.

Raspberry + Mint



Blackberry + Sage



Strawberry + Orange + Mint



Cucumber + Lemon + Mint



Strawberry + Rosemary



Grapefruit + Rosemary



Brewed Tea

- Boil your favorite Tea or Navajo Tea Herbs in a large saucepan over medium heat for 5 minutes.
- Add mixture into a pitcher of water.
- To add natural sweetness, Mint & Honey can be added.



Flavored Sparkling Water

- Squish/Muddle fruit and/or herbs in the bottom of a glass.
- Add ice and pour in plain Sparkling Water. Stir gently & Enjoy.
- Keep capped and refrigerated for at least 2 - 3 days. Sparkling Water can lose it's fizz



Raspberry Tea Recipe

- Boil Raspberries & Water in a large saucepan over medium heat for 5 minutes.
- Strain mixture into a pitcher with brewed tea and chill for 1 hour:
 - 1 (16-oz.) pkg. raspberries (frozen or fresh)
 - 4 cups water
 - 4 cups brewed tea



Blueberry Tea Recipe

- Boil Blueberries, Lemon Juice & Water in a large saucepan over medium heat for 5 minutes.
- Strain mixture into a pitcher with brewed tea and chill for 1 hour:
 - 1 (16-oz.) pkg. blueberries (frozen or fresh)
 - 1/2 cup lemon juice
 - 4 cups water
 - 4 cups brewed tea



Sparkling Raspberry Water Recipe

- Add Raspberry into a glass and squish/muddle fruit.
- Strain mixture into a glass with Sparkling Water and add ice.
 - 5 or 6 Raspberries
 - Ice
 - Sparkling Water



Sparkling Strawberry Limeade Recipe

- Squish/muddle fruit in a glass. Add Lime juice.
- Strain mixture into a glass with Sparkling Water and add ice.
 - 6 to 8 Strawberries
 - 3 to 5 limes, depending how tart you like it
 - Ice



Bye-Bye Sugary Drinks: This Is What Happens To Your Body When You Stop Drinking Sugary Drinks

HEART

You'll be taking better care of your heart the moment you put down the sugary drinks. Sugary beverages raises a person's blood pressure, and it increases the more you drink.

BRAIN

In long-term, drinking a lot of soda can have a negative effect on your brain function and thinking processes. Drinking a lot of soda can increase risk of Alzheimer's disease or other types of dementia.

TEETH

Stepping away from sugary drinks can better oral health and a whiter smile.

BONES

Stepping away from sugary drinks can improve your bone health and decrease your risk of osteoporosis.

KIDNEY

Your kidney will be in better shape - Sugary drinks can increase your risk of kidney disease and kidney failure.

WEIGHT LOSS

One of the easiest ways to lose weight is to cut sugary drinks from your diet.

FIGHT TYPE 2 DIABETES, OTHER CHRONIC DISORDERS

Long-term consumption of large, sugary beverages will contribute to, Type 2 diabetes.