Fruit Infused Water Recipes

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.

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.

Ingredients:

- Pomegranate + Lime
- Pomegranate + Cucumber + Lemon
- Strawberry + Cucumber + Lime
- Blueberry + Orange
- Blackberry + Sage
- Cucumber + Lemon + Mint
- Rasberry + Mint
- Strawberry + Orange + Mint
- Strawberry + Rosemary
- Watermelon + Mint
- Strawberry + Kiwi + Lime
- Pomegranate + Cucumber + Lemon
- Grapefruit + Rosemary

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.
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.

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

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 its fizz.

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

Sparkling Strawberry Limeade Recipe
• Squish/meddle 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 raise 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.