Recipes
Infused Water

Fruit Infused Water
Strawberry and Lemon

Ingredients:
- 3 lemons, sliced
- 1/2 lb of strawberries, sliced
- 5 mint leaves (optional)
- 1 gallon of water
- Ice (optional)

Instructions:
1. Wash ingredients. Place all ingredients into a pitcher.
2. Chill or serve with ice.
*Muddle strawberries and lemons to intensify flavor!

Benefits of Drinking Water
- Water cushions joints and protects sensitive organs.
- Water helps prevent the body from over-heating.
- Water helps with digestion.
Fruit Infused Water
Peach and Lemon

Ingredients:
• 2 peaches, sliced
• 1 lemon, sliced
• 1 gallon of water
• Ice (optional)

Instructions:
1. Wash ingredients. Place all ingredients into pitcher.
2. Chill or serve with ice.
* Squeeze lemons to intensify flavor!

Benefits of Drinking Water
✔ Water benefits the kidneys.
✔ Water boosts performance during physical activity.
✔ Water helps protect the spinal cord and sensitive tissues.

Fruit Infused Water
Orange and Blueberry

Ingredients:
• 2 oranges, cut into wedges
• 1 handful of blueberries
• 1 gallon of water
• Ice (optional)

Instructions:
1. Wash ingredients. Place all ingredients into pitcher.
2. Chill or serve with ice.
* Squeeze orange and muddle blueberries to intensify flavor!

Benefits of Drinking Water
✔ Water helps the body remain at a normal temperature.
✔ Water helps the body stay energized.
✔ Water helps flush out body waste.