Natural Fruit & Herb Water Recipes
Healthy, easy to make, and inexpensive - with no added sugar!

1. ______________________: Lemon/Cucumber/Basil & Mint
Mix in a pitcher 10 cups cold water + 1 cucumber + 1 lemon both thinly sliced.
Add ¼ cup finely chopped basil leaves and 1/3 cup fresh mint leaves and refrigerate overnight before serving.

2. ______________________: Strawberry OR Raspberry/Lime
Mix in a pitcher 10 cups cold water + 1 cup of strawberries or raspberries slightly crushed and 1 thinly sliced lime. Add 12 finely chopped mint leaves and refrigerate overnight before serving.

3. ______________________: Lemon/Orange/Fennel (a natural black licorice flavor)/Mint (good for digestion)
1 teaspoon of dried and crushed fennel + 2/3 cup boiling water for 10-15 minutes.
Allow to cool and set aside this (infusion). Mix in a pitcher 10 cups cold water + juice from 2 lemons + 1 thinly sliced orange and 12 finely chopped mint leaves. Add the infusion and refrigerator overnight.

4. ______________________: Blueberry OR Blackberry/Sage
Mix in a pitcher 10 cups cold water + 1 cup of blackberries slightly crushed + 3-4 sage leaves.
Leave in refrigerator overnight.

5. ______________________: *Watermelon OR Raspberry/Rosemary OR Mint
Mix in pitcher 10 cups cold water + 1 cup of cubed watermelon + 2 rosemary OR mint stems.
Refrigerate overnight before serving.
*How do you make sure a watermelon is ripe? Hold it up to your ear and when you tap it it should sound hollow.

6. ______________________: *Pineapple/Mint
Mix in pitcher 10 cups cold water + 1 cup of cubed pineapple + 12 fresh mint leaves finely chopped.
Refrigerate overnight before serving.
*How do you make sure a pineapple is ripe? Smell the butt of the pineapple and if it smells like a sweet pineapple then it is ready OR pluck a leaf out of the top. If it pulls out easily, it is ripe.

7. ______________________: Apple/Cinnamon
Mix in pitcher 10 cups water + 1 cup of cubed apple + 2 cinnamon sticks and 2 teaspoons of ground cinnamon. Refrigerate overnight before serving.