

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.