



KIDS!

powered by Henry Ford LiveWell

0 Sugar-Added Drinks is Easier Than You Think!

If you're craving a flavorful beverage, try infused water instead of picking up a pop or sugary drink.

WHAT IS INFUSED WATER?

Infused water is made from taking different fruits, vegetable and herbs and placing them in water to add flavor to it. You can make your infusion light by leaving the fruit in for a short time, or if you really want a strong flavor let the ingredients soak overnight.

INFUSED WATER RECIPES

There are dozens of popular infused water recipes. You can use your imagination to think of flavors you would like. To get started, see the recipes below. After you have tried some of these, have fun creating your own recipes!

JUST THE BERRIES

4-5 large strawberries, sliced
½ cup blueberries, slightly muddled

ORANGE BLUEBERRY

1 orange, sliced
¼ cup blueberries, slightly muddled

CITRUS BLEND

1 orange, sliced
1 lime, sliced
½ lemon, sliced

CINNAMON APPLE

1 sweet apple, sliced
2 cinnamon sticks

BLACKBERRY CHERRY LIME

½ cup blackberries, slightly muddled
½ cup cherries, halved
1 lime, sliced

RASPBERRY LIME

2 limes, cut in quarters and juiced
2 cup raspberries

PINEAPPLE MINT

A few sprigs of mint, muddled to release the flavor
1 cup pineapple, chopped and slight muddled



Mix with about 32 ounces of water and let infuse for at least 2 hours. Infuse overnight for full flavor.

INFUSED WATER TIPS

- For stronger flavored water allow to infuse overnight in the refrigerator. You can also get a more intense flavor by muddling your fruit and veggies, which means to crush them a little.
- Keep infused water in the refrigerator to keep it fresh
- For best flavor and results, drink your water within 3-4 days
- If you like the fizziness of pop, try infusing seltzer water. You'll get carbonation of pop and none of the unwanted sugar.



HENRY FORD
LIVEWELL

henryfordlivewell.com/5210