

# 30 REFRESHING FRUIT INFUSION RECIPES

Refresh And Rehydrate  
With These Yourself Today  
Simple Infusion Recipes

**EXCLUSIVE TO CHEF'S INSPIRATIONS**

*Sarah Smith*

30 REFRESHING FRUIT INFUSION RECIPES

**HEALTHY AND FIT  
WITH FRUIT INFUSIONS**

**30 VITAMIN WATER  
RECIPES**

Sarah Smith  
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## INTRODUCTION



Are you feeling sluggish, lethargic and bloated lately? Do you also suffer from frequent headaches?

This is a message from your body that you are not drinking enough water. As water accounts for 70% of your body content, you need to replenish it after a gym workout or on a hot summer's day. Water is not merely a thirst quencher - it also have the power to hydrate and cleanse your body.

Sometimes you get bored of drinking plain water and reach for tastier drinks like tea, coffee, sodas, juices, and smoothies.

Tea and coffee in moderation is good for your health, but can become quite addictive. Juices and smoothies contain nutrients, but they are loaded with sugars and high in calories. This can be counterproductive when you have more than two-three glasses a day.

Sodas are full of empty calories and can cause weight gain. They also wreak havoc on your digestive system.

Is there an alternative drink that is both nutrient-dense and low in calories?

### **Fruit infused or vitamin waters.**

Water infusions are refreshing, economical and require little effort. All you need are one-two fruits, water, ice cubes, and some herbs and spices for that extra zing.

## WATER AND FRUITS



Water, a zero calorie liquid, removes toxins and waste from your body, improves your focus levels, carries essential nutrients to every part of your body, and converts fat cells into fuel. Fruits provide your body with fiber, anti-inflammatory compounds and micro-nutrients.

Your liver and kidney need water and fruit to carry out vital functions. They help convert and dispose fats, carb and sugar. Fruit and water also help eliminate free radicals from your system.

**Sugar is seen as the new villain when it comes to lifestyle diseases and rising obesity.** Despite abundant supply of wholesome foods, most people prefer sugary drinks to fruit.

2014 Food and Health Survey by International Food Information Council Foundation ([IFICF](#)), paints a positive, hopeful picture. 40% respondents were planning to add more fruit to their diet.

If you're in the habit of reaching for sodas and commercial juices, there is a way to avoid this overdose of sugar, limit sugar intake and calories while enjoying numerous health benefits – simply learn how to make and enjoy flavored water.

## FRUIT INFUSIONS – WHAT IS THE STORY?



Infused water is a combination of fruits, spices, herbs and sometimes vegetables soaked in cold water. Add fruit to water and steep for a while. As the ingredients slowly release their juices and flavor, vital nutrients seep into the water enriching it. The resulting liquid is tasty, nutritious and contains no more than 5-15 calories. This makes it a powerful tool for

boosting health, detoxifying your body, avoiding weight gain and losing stubborn weight.

You'll need everyday items from your pantry to prepare these infusions - bottles/mason jars/pitchers, knife, wooden spoon or spatula, vegetable peeler, dicing board or plate, cheesecloth or tea infuser.

### **What will you gain from recipes in the book?**

You will learn how to create your own home made fruit infused drinks. This will help rehydrate your body and replacing lost vitamins and minerals.

You create unique health drinks with natural foods and a cheap, abundant ingredient – water.

The 30 recipes use fresh and readily available fruits, and provide you with 4-5 glasses of infused water. Double the quantity or reduce it by half based on your specific needs. Reduce spice and herb quantity to 3/4 of original amount or increase it to 1½ times the original quantity.

Some recipes contain seasonal fruits. Substitute them with frozen versions or other fruits. Use any spice mix or herbs on hand.

Happy Infusing!

## VITAMIN WATER & BENEFITS



Besides being great tasting and with minimal calories, fruit infused water contains vitamins, minerals and antioxidants which is beneficial to your health:

It can help:

1. Flush toxins and free radicals from your system.
2. Strengthen immune system and fight infection.
3. Reduce inflammation and its effects, including muscle pain and obesity.
4. Cleanse kidneys and liver and ensure smooth functioning.
5. Increase collagen formation and improve skin condition.
6. Reduce stress, minimise muscle and joint pain, and improve mood.
7. Hydrate your body and replace lost nutrients.
8. Aid digestive process, decrease constipation and control gut health.
9. Enable fat burning, accelerate metabolism, and help in weight loss.
10. Maintain blood sugar and blood pressure levels.
11. Reduce muscle fatigue and provide instant energy after physical activity.
12. Curb food cravings and keep you satiated for longer.
13. Last but not the least; they make good replacements for sodas and energy drinks at parties.

## **INFUSED WATER FAQ**

### **1. ARE FRUIT INFUSIONS CALORIE AND SUGAR FREE?**

Water has no calories or sugar content, while fruits have natural sugar and calories. Compared to juices and smoothies, infused water is very low in sugar (1-2g) and calories (5-15), unless you add sweeteners.

### **2. DO INFUSIONS REQUIRE SPECIAL WATER?**

Use clean or filtered tap water. Use mineral water when you travel, as local water may be of poor quality. Book recipes use tap water, but feel free to add tonic or carbonated waters for the fizz effect. Carbonated waters contain sugar and sodium and may not work well with your weight loss goal. Reserve sparkling water for parties.

### **3. HOW LONG SHOULD FRUITS REMAIN STEEPED?**

Citrus, watery fruits and berries release flavor within 15-30 minutes, while harder fruits take more than two hours. For stronger water infusions, leave it overnight in the fridge.

### **4. CAN YOU STORE INFUSIONS AT ROOM TEMPERATURE?**

Fruits spoil faster at room temperature, especially in humid conditions. Store your infusions on countertop for a couple of

hours in pleasant weather. Refrigerate larger batches of flavored waters. If an infusion smells weird or tastes foul you will need to throw it away.

## **5. HOW LONG CAN YOU STORE IT?**

Infused water lasts for 2-3 days in the fridge. It will lose flavor and nutrients in the absence of preservatives. Finish your infused water on same day whenever possible.

## **6. ARE REFILLS POSSIBLE?**

Use one batch for 2-3 refills. Water loses flavor when the fruit runs out of juice. Refill water when jar is half empty. If you're busy, prepare a big batch to last the entire day.

## **7. CAN INFUSED FRUITS BE REUSED?**

As the juice and flavor seep out of the infused fruit, they start tasting bland, particularly after the third refill. To avoid wasting fruit, add them to salads, or as puree for fruit based dishes.

## **8. SHOULD YOU AVOID NON-ORGANIC PRODUCE?**

You can't avoid pesticides and chemicals in food today. Readers with limited access to organic produce can use fruits from regular vendors. Dip them in water-salt or water-vinegar

for 5 minutes before rinsing them clean. Use fruit brush to remove pesticides and rinse fruits well.

## INSIDER SECRET TO QUALITY INFUSIONS

- Use fresh or frozen fruits (when you crave seasonal varieties). Avoid dried fruits as there is very little flavour to be extracted.
- Avoid bitter tasting water by removing rind of citrus fruits. Don't cut deep while peeling skin as you end up losing juice.
- To save time with pomegranate infusions, use readily available seeds.
- Slice or dice fruits thin, and muddle or squeeze fruits to release juices. Try citrus, berries or watermelon based infusions, for a quick drink, as these release flavor faster.
- Bananas don't work in infusions but avocados are good to go. Use softer fruits and ones with high water content for tastier drinks.
- By drinking cold drinks you burn more calories to maintain the right body temperature, and some nutritionists believe that ice cubes can help you burn more calories! Use them in infusions, especially in the summer.

## 30 FRUIT INFUSIONS



The recipes in the book offer different benefits. If you want to lose weight, try fruit infusions from the chapter on metabolic boosters.

Your food tastes differ from others and is no different when it comes to fruits. If you don't like a particular infusion combo, you may end up discarding the entire batch. These recipes help you prepare smaller batches. When you develop a taste

for flavoured waters in the book, experiment with other fruits, spices, and herbs to create unique infusions.

**Add these foods**

*FRUITS*

Apples, blackberries, strawberries, raspberries, cranberries  
blueberries, cantaloupe, musk melon, honey dew,  
watermelon, cayenne pepper, jalapeno, cherries, prunes,  
plums, grapefruit, grapes, mango, coconut water, kiwi,  
orange, lemon, lime, nectarines, tangerine, mandarin orange,  
avocado, peach, apple , green apple, pear, pineapple,

*VEGETABLES*

Beets, cucumber, carrots, celery, bell pepper

*HERBS AND SPICES*

Basil, sage, oregano, rosemary, thyme, parsley, cilantro,  
mint, cinnamon, cardamom, clove, ginger root, lemongrass,  
star anise, vanilla bean, fennel, cumin, mace, nutmeg

*OTHERS*

Lavender, rose petals, dandelions, green tea, maccha green  
tea, chamomile

## BEGINNER INFUSIONS

You might find it difficult to switch from plain water or juices to fruit infusions. To kick start your infused water journey and to get acquainted with the taste, use these fruit-herb combos to create infusions.



## LEMONY MINT

Lemon is loaded with vitamin C and makes for a refreshing drink when combined with mint.

*PREP TIME - 5 MINS*

*INFUSE TIME - 2 TO 6 HRS*

### *INGREDIENTS*

4 cups water (1 quart/900 ml)

1 lemon

3-4 mint leaves

3-4 ice cubes (optional)

1. Slice lemon into thin rings and add to jar/bottle.
2. Crush mint leaves and add it along with ice cubes and a quart of water (cold to lukewarm).
3. Cover and steep in fridge for two to six hours (preferably overnight).
4. For a quick drink, leave infusion on counter top for 30 minutes hour to an hour.

\* Citrus rind lend a bitter taste to water after 4-6 hours.  
Replace lemon pieces with fresh ones.

## ROSEMARY GRAPEFRUIT

Naringenin, an antioxidant in grapefruit, helps regulate blood sugar levels.

*PREP TIME* - 5 MINS

*INFUSE TIME* - 2 TO 4 HOURS

### *INGREDIENTS*

4 cups water (1 quart/900 ml)  
1 grapefruit  
1 sprig rosemary leaves  
3-4 ice cubes (optional)

### *METHOD*

1. Remove grapefruit rind with knife. Cut fruit into round slices and add to bottle/jar.
2. Crush rosemary and add it along ice cubes and water.
3. Cover and steep in fridge for two to four hours (preferably overnight).
4. For a quick drink, leave infusion on counter top for 30 minutes to an hour.

## BERRYLICIOUS

Antioxidants in berries flush out toxins and free radicals from the system and improve immunity.

*PREP TIME - 5 MINS*

*INFUSE TIME - 2 TO 4 HRS*

### *INGREDIENTS*

4 cups water (1 quart/900 ml)  
4-5 strawberries  
3-4 blackberries  
3-4 ice cubes (optional)

### *METHOD*

\*Thaw frozen berries for 5 minutes

1. Add berries to jar and muddle them gently with a wooden spatula/spoon to release juices.
2. Add ice cubes and water.
3. Cover and steep in fridge for two to four hours (preferably overnight).
4. For a quick drink, leave infusion on counter top for 30 minutes to an hour.

## ORANGE & STRAWBERRY

Vitamin C in orange combines with powerful antioxidants in strawberry to cut down belly fat.

*PREP TIME* - 5 MINS

*INFUSE TIME* - 2 TO 6 HRS

### *INGREDIENTS*

- 4 cups water (1 quart/900 ml)
- 1 orange
- 4-5 strawberries
- 1 long strip orange rind (optional)
- 3-4 mint leaves
- 3-4 ice cubes (optional)

### *METHOD*

1. Remove rind and seeds from orange. Slice and add with a piece of rind to jar.
  2. Halve strawberries. Add ice cubes, water, and strawberries. Muddle berries to release juices.
  3. Cover and steep in fridge for two to six hours (preferably overnight).
  4. For a quick drink, leave infusion on counter top for 30 minutes to an hour.
- \* Remove citrus rinds after 4 hours as water may turn bitter.

## APPLE AND THYME

Both apple and pear contains Vitamin C and polyphenols which helps breakdown fat and remove it from our body.

*PREP TIME* - 5 MINS

*INFUSE TIME* - 6 TO 8 HRS

### *INGREDIENTS*

4 cups water (1 quart/900 ml)

1 apple

1-2 sprigs thyme

3-4 ice cubes (optional)

### *METHOD*

1. Core the apple. Slice thin or dice into small chunks - round or cubes.
2. Add to bottle with crushed thyme leaves, water, and ice.
3. Cover and steep in fridge for six to eight hours (preferably overnight).

## TANGERINE & PEPPERMINT

Polyphenols in green apple, antioxidants in strawberry, and vitamin C in tangerines turn these fruits into weight loss aids.

*PREP TIME* - 5 MINS

*INFUSE TIME* - 2 TO 6 HRS

### *INGREDIENTS*

4 cups water (1 quart/900 ml)

1 tangerine

1 long strip of rind (optional)

3-4 peppermint leaves

3-4 ice cubes (optional)

### *METHOD*

1. Remove rind from tangerine. Slice into rings and add to jar.

2. Add rind, water, crushed peppermint leaves, and ice.

3. Cover and steep in fridge for two to six hours (preferably overnight).

4. For a quick drink, leave infusion on counter top for 30 minutes to an hour.

\* Remove citrus rinds after 4 hours as water may turn bitter.

## METABOLIC BOOST

Your body's metabolism determines how well food is processed and converted into energy. Poor metabolic rates make it difficult to lose weight even when you eat healthy foods and exercise regularly. Don't let bad genes stop you from your fitness goals. Activate sluggish metabolism and boost the calorie-burning process with specific fruit infusions.



## MUSK GINGER

Musk melon contains vitamins and minerals which boost your body's metabolism, while ginger help aid the digestive process.

*PREP TIME - 5 MINS*

*INFUSE TIME - 6 TO 8 HRS*

### *INGREDIENTS*

4 cups water (1 quart/900 ml)  
1½-2 cups melon chunks  
1 inch ginger root, thinly sliced  
3-4 ice cubes (optional)

### *METHOD*

1. Remove skin and chop the musk melon into thick strips or small chunks.
  2. Add to jar with ice cubes, minced ginger, and water.
  3. Cover and steep in fridge for six to eight hours (preferably overnight).
- \*Add more water if required. Add ginger in tea infuser and put into jar.

## CHERRY & PLUM

Cherries and plum contains Vitamin B6 and thiamine which helps convert sugar into energy.

*PREP TIME - 5 MINS*

*INFUSE TIME - 2 TO 4 HRS*

### *INGREDIENTS*

4 cups water (1 quart/900 ml)

4-6 fresh cherries

3-4 plums

3-4 ice cubes (optional)

### *METHOD*

1. Gently squeeze cherries and plums (to release juices) before adding them to jar. Add ice cubes and cold water.
2. Cover and steep in fridge for two to four hours (preferably overnight).
3. For a quick drink, leave infusion on counter top for 30 minutes to an hour.

## AVOCADO & CINNAMON

Oleic acid in Avocado helps burn belly fat at a fast rate while cinnamon boosts metabolism and lowers cholesterol.

*PREP TIME - 5 MINS*

*INFUSE TIME - 6 TO 8 HRS*

### *INGREDIENTS*

4 cups water (1 quart/900 ml)  
1 avocado  
¼ stick cinnamon  
3-4 ice cubes (optional)

### *METHOD*

1. Remove seeds from avocado and make thin slices. Remove the skin (optional) before adding pieces to bottle.
2. Pour water and ice. Add cinnamon stick to water (wrap in cheesecloth or put in tea infuser).
3. Cover and steep in fridge for six to eight hours (preferably overnight).

## MINTY WATERMELON

Watermelon with its high water content helps you feel satiated and curbs appetite.

*PREP TIME - 5 MINS*

*INFUSE TIME - 2 TO 4 HRS*

### *INGREDIENTS*

- 3½ cups water (1 quart/900 ml)
- 2 cups watermelon chunks
- 3-4 mint leaves
- 3-4 ice cubes (optional)

### *METHOD*

1. Scoop out watermelon chunks with knife. Remove seeds and add to bottle.
2. Crush mint leaves and add it with ice and water.
3. Cover and steep in fridge for two to four hours (preferably overnight).
4. For a quick drink, leave infusion on counter top for 30 minutes to an hour.

## VANILLA BERRIES

Thiamin and Vitamin B6 found in cherries combine with vitamin C in lime to help your body process food and burn off excess calories.

*PREP TIME - 5 MINS*

*INFUSE TIME - 2 TO 4 HRS*

### *INGREDIENTS*

- 4 cups water (1 quart/900 ml)
- ½ vanilla pod (or 1 teaspoon pure extract)
- 1 lime (rind removed)
- 6-8 blueberries
- 3-4 ice cubes (optional)

### *METHOD*

1. Remove seeds from vanilla pod and add to jar. Muddle blueberries before you add them.
2. Add thinly sliced lime (without rind), ice cubes and water.
3. Cover and steep in fridge for two to four hours (preferably overnight).
4. For a quick drink, leave infusion on counter top for 30 minutes to an hour.

## PAPAYA AND MANGO

Papain enzyme in papaya and vitamin B12 in mango help reduce belly fat, while jalapeno boosts metabolism.

*PREP TIME* - 5 MINS

*INFUSE TIME* - 6 TO 8 HRS

### *INGREDIENTS*

4 cups water (1 quart/900 ml)  
1 cup papaya chunks  
1 cup mango chunks  
½ jalapeno pepper  
3-4 ice cubes (optional)

### *METHOD*

1. Peel of skin from papaya and mangoes. Cut into small chunks or thick strips and add to bottle. Muddle fruits to release juices.
2. Deseed jalapeno pepper and chop into 2-3 slices. Add it along with ice and water.
3. Cover and steep in fridge for six to eight hours (preferably overnight).
4. Remove jalapeno before drinking.

## **BUILD IMMUNITY**

Consuming purple, yellow, and red colored fruits and vegetables help keeps your immune system healthy. This protects you from diseases and inflammation, and keeps liver and kidneys in top gear. You regain strength fast after strenuous activities without adding extra calories to your diet.



## PEAR AND PEACH

Pectin and phytonutrients in these fruits help increase immunity level and reduce bad cholesterol.

*PREP TIME* - 5 MINS

*INFUSE TIME* - 6 TO 8 HRS

### *INGREDIENTS*

4 cups water (1 quart/900 ml)

½ pear

½ peach

3-4 oregano leaves (optional)

3-4 ice cubes (optional)

### *METHOD*

1. Core and halve pear and peach. Cut each half into thin slices and add to jar.
2. Crush oregano and add it with water and ice cubes.
3. Cover and steep in fridge for six to eight hours (preferably overnight).

## CRANBERRY & POMEGRANATE

Rich in antioxidants, cranberries and pomegranate, play a vital role in strengthening the immune system.

*PREP TIME - 5 MINS*

*INFUSE TIME - 2 TO 4 HRS*

### *INGREDIENTS*

4 cups water (1 quart/900 ml)

½ cup pomegranate seeds

6-8 cranberries

3-4 ice cubes (optional)

### *METHOD*

1. Gently squeeze cranberries before adding to bottle. Then add the pomegranate seeds.
2. Add ice cubes and water,
3. Cover and steep in fridge for two to four hours (preferably overnight).
4. For a quick drink, leave infusion on counter top for 30 minutes to an hour.

## KIWI AND LEMON

With more vitamin C than found in oranges, Kiwi is an important immunity booster.

*PREP TIME* - 5 MINS

*INFUSE TIME* - 4 TO 6 HRS

### *INGREDIENTS*

4 cups water (1 quart/900 ml)

1 lemon

1 kiwi

½-1 sprig of thyme

3-4 ice cubes (optional)

### *METHOD*

1. Remove kiwi skin with knife. Cut it into round slices and add to bottle.
2. Add thinly sliced lemon pieces, water and ice.
3. Cover and steep in fridge for four to six hours (preferably overnight).

## GRAPES & RASPBERRY

Polyphenols found in both berries and grapes have immune system boosting properties.

*PREP TIME* - 5 MINS

*INFUSE TIME* - 2 TO 4 HRS

### *INGREDIENTS*

4 cups water (1 quart/900 ml)

1 cup grapes (any variety)

5-6 raspberries

2-3 cloves (optional)

3-4 ice cubes (optional)

### *METHOD*

1. Gently squeeze berries and add to jar. Use seedless grapes or remove seeds before adding them along with ice and water.
2. Put cloves in tea infuser or cheesecloth and add to water.
3. Cover and steep in fridge for two to four hours (preferably overnight).
4. For a quick drink, leave infusion on counter top for 30 minutes to an hour.

## MANDARIN ORANGE & GREEN APPLE

Both Mandarin oranges and apples are rich in vitamin C which helps burn calories faster.

*PREP TIME* - 5 MINS

*INFUSE TIME* - 2 TO 4 HRS

### *INGREDIENTS*

- 4 cups water (1 quart/900 ml)
- 1 mandarin orange
- ½ green apple
- 1 thin strip orange zest (optional)
- 3-4 ice cubes (optional)

### *METHOD*

1. Remove rind, slice orange into rings and add to jar.
  2. Core and cut the apple into small pieces. Add the orange zest, ice cubes and water.
  3. Cover and steep in fridge for two to four hours (preferably overnight).
  4. For a quick drink, leave infusion on counter top for 30 minutes to an hour.
- \* Remove citrus rinds after 4 hours as water may turn bitter.

## SPICY BERRIES

Antioxidants and vitamin C and E in berries have many health benefits.

*PREP TIME* - 5 MINS

*INFUSE TIME* - 2 TO 4 HRS

### *INGREDIENTS*

4 cups water (1 quart/900 ml)  
3-4 raspberries  
3-4 blueberries  
3-4 blackberries  
½ stick cinnamon  
3-4 ice cubes (optional)

### *METHOD*

\*Thaw frozen berries for 5 minutes

1. Muddle fresh berries with wooden spoon before you add to jar.
2. Add cinnamon stick, ice cubes, and water.
3. Cover and steep in fridge for two to four hours (preferably overnight).
4. For a quick drink, leave infusion on counter top for 30 minutes to an hour.

## DETOX WATERS

Water is good at flushing out harmful toxins from the body. Add natural foods with healing and cleansing properties to plain water, and you have a powerful combo that works every time.



## ORANGE, LIME & CUCUMBER

This infusion helps remove toxins and improve collagen.

*PREP TIME* - 5 MINS

*INFUSE TIME* - 2 TO 4 HRS

### *INGREDIENTS*

4 cups water (1 quart/900 ml)

½ lime

1 orange

½ of cucumber

3-4 ice cubes (optional)

### *METHOD*

1. Remove orange and lime rinds with knife. Cut fruits into round slices and add to pitcher.
2. Slice cucumber and add it with some ice cubes and water.
3. Cover and steep in fridge for two to four hours (preferably overnight).
4. For a quick drink, leave infusion on counter top for 30 minutes to an hour.

## PEAR, BLUEBERRY & CLOVES

Vitamins and antioxidants in these fruits act as a body cleansing agent.

*PREP TIME* - 5 MINS

*INFUSE TIME* - 2 TO 6 HRS

### *INGREDIENTS*

4 cups water (1 quart/900 ml)

1 pear

3-4 blueberries

2-3 cloves

3-4 ice cubes (optional)

### *METHOD*

1. Core pear and cut into thin slices. Muddle blueberries and add to jar with pear. Add cloves, ice and water.
2. Cover and steep in fridge for two to six hours (preferably overnight).
3. For a quick drink, leave infusion on counter top for 30 minutes to an hour.

## APPLE, GRAPEFRUIT & CUMIN

Apple, grapefruit and cumin makes a good cleanse combo, and help the liver bounce back to health.

*PREP TIME* - 5 MINS

*INFUSE TIME* - 2 TO 6 HRS

### *INGREDIENTS*

4 cups water (1 quart/900 ml)

½ apple

½ grapefruit

½ teaspoon cumin seeds (optional)

3-4 ice cubes (optional)

### *METHOD*

1. Cut grapefruit into half, remove rind, slice one half into rings, and add to jar.
2. Core apple, cut into half, and make thin slices of one half. Add to jar with water, cumin seeds (in cheesecloth), and ice cubes,
3. Cover and steep in fridge for two to six hours (preferably overnight).

## LEMON, SAGE & AVOCADO

Both avocado and lemon contain cleansing agents such as vitamin C and magnesium.

*PREP TIME* - 5 MINS

*INFUSE TIME* - 4 TO 6 HRS

### *INGREDIENTS*

4 cups water (1 quart/900 ml)

1 lemon

1 avocado

3-4 sage leaves

3-4 ice cubes (optional)

### *METHOD*

1. Remove rind and slice lemon into thin rings. Remove the seed from avocado and cut it into small chunks.
2. Add fruits, ice and crushed sage to bottle and pour water.
3. Cover and steep in fridge for four to six hours (preferably overnight).

## POMEGRANATE & ROSEMARY

Pomegranate seeds and raspberry contain folate, Vitamin C, E, and B2.

*PREP TIME* - 5 MINS

*INFUSE TIME* - 2 TO 4 HRS

### *INGREDIENTS*

4 cups water (1 quart/900 ml)

½ cup pomegranate seeds

5 -6 raspberries

1 sprig rosemary

3 to 4 ice cubes (optional)

### *METHOD*

1. Remove pomegranate skin and squeeze seeds into jar.
2. Gently crush raspberries before adding them along with crushed rosemary, ice and water.
3. Cover and steep in fridge for two to four hours (preferably overnight).
4. For a quick drink, leave infusion on counter top for 30 minutes to an hour.

## PEACH, PINEAPPLE & PAPAYA

Rich in vitamins and minerals, these fruits unclog your liver and improve the digestive system.

*PREP TIME* - 5 MINS

*INFUSE TIME* - 4 TO 6 HRS

### *INGREDIENTS*

4 cups water (1 quart/900 ml)

1 cup pineapple

½ peach

1 cup papaya

5 to 6 ice cubes (optional)

### *METHOD*

1. Cut pineapple and papaya into thin slices and remove rind before adding to jar.
2. Core peach, cut into small chunks, and add to jar with water and ice.
3. Cover and steep in fridge for four to six hours (preferably overnight).

## HEALTH AGENTS

Certain fiber-rich foods regulate sugar levels. Some fruits and spices can lower cholesterol and blood pressure while improving the immunity system. Create infusion waters with these beneficial ingredients.



## GRAPES, APPLE & CARROTS

With low glycemic load and enough fiber, these foods are good at reducing carb intake.

*PREP TIME* - 5 MINS

*INFUSE TIME* - 4 TO 6 HRS

### *INGREDIENTS*

4 cups water (1 quart/900 ml)

1 cup purple grapes

½ apple

1 small carrot

3-4 ice cubes (optional)

### *METHOD*

1. Use seedless grapes or remove seeds. Gently squeeze grapes and add to jar.
2. Core apple and cut into half. Dice one half into thin slices and add to jar.
3. Cut a juicy carrot into thin rings, muddle with wooden spoon, and add to jar with water and ice.
3. Cover and steep in fridge for four to six hours (preferably overnight).

## PLUM, WATERMELON & PEAR

Loaded with fiber, antioxidants, and minerals, this infusion will keep you healthy.

*PREP TIME* - 5 MINS

*INFUSE TIME* - 2 TO 4 HRS

### *INGREDIENTS*

4 cups water (1 quart/900 ml)

1 cup watermelon

1 pear

3-4 plums

3-4 ice cubes (optional)

### *METHOD*

1. Press plums lightly to extract juices. Cut watermelon slices, and then remove skin and seeds. Core pear and chop into thin slices.
2. Add these fruits to jar with water and ice.
3. Cover and steep in fridge for two to four hours (preferably overnight).
4. For a quick drink, leave infusion on counter top for an hour.

## WATERMELON, COCONUT & BERRY

These fruits are useful in hydrating the body, providing vital nutrients and aiding weight loss.

*PREP TIME - 5 MINS*

*INFUSE TIME - 2 TO 4 HRS*

### *INGREDIENTS*

4 cups coconut water (1 quart/900 ml)

1 cup watermelon

5 to 6 raspberries

3-4 mint/peppermint leaves

3 to 4 ice cubes (optional)

### *METHOD*

1. Cut watermelon slices, and remove skin and seeds. Muddle raspberries and add to jar with melon slices.
2. Add crushed leaves, ice cubes and water.
3. Cover and steep in fridge for two to four hours (preferably overnight).
4. For a quick drink, leave infusion on counter top for 30 minutes to an hour.

## LEMON, GINGER & GREEN TEA

Lemon and ginger boosts metabolism and help detoxify your body together with green tea.

*PREP TIME - 5 MINS*

*INFUSE TIME - 2 TO 4 HRS*

### *INGREDIENTS*

4 cups green tea (1 quart/900 ml)

1 lemon

1 inch ginger root

3 to 4 ice cubes (optional)

### *METHOD*

1. Remove rind and cut lemon into thin slices. Mince ginger and add to jar with lemon slices.
2. Brew green tea and pour into jar. Add ice cubes.
3. Cover and steep in fridge for two to four hours (preferably overnight).
4. For a quick drink, leave infusion on counter top for 30 minutes to an hour.

## APPLE, CAYENNE & MANGO

Enjoy the goodness of apple and mango with a dash of spiced water.

*PREP TIME* - 5 MINS

*INFUSE TIME* - 4 TO 6 HRS

### *INGREDIENTS*

4 cups water (1 quart/900 ml)

1 apple

1 cup mango slices

½ cayenne pepper (optional)

3-4 ice cubes (optional)

### *METHOD*

1. Core apple and cut into thin slices. Muddle and place in jar.
2. Cut mango slices and remove skin before adding to jar with water, cayenne pepper, and ice cubes.
3. Cover and steep in fridge for four to six hours (preferably overnight).

## BERRY, CITRUS AND CUCUMBER

You'll find vitamins C, B, E, antioxidants and more in this fruit infusion.

*PREP TIME* - 5 MINS

*INFUSE TIME* - 2 TO 4 HRS

### *INGREDIENTS*

- 4 cups water (1 quart/900 ml)
- 1 orange
- 1 cup mixed berries
- 1 cucumber
- 5 to 6 ice cubes (optional)

### *METHOD*

1. Remove rind from orange, and cut each slice into half before adding to pitcher.
2. Muddle berries before adding them. Cut cucumber into thin slices, muddle with spoon and drop into pitcher. Pour water and add ice.
3. Cover and steep in fridge for two to four hours (preferably overnight).
4. For a quick drink, leave infusion on counter top for 30 minutes to an hour.

## CONCLUSION

Use this book as a guide towards a clean eating lifestyle. Achieve your health and fitness goals with my 30 vitamin water recipes.

Tweak these recipes to suit your taste. Add or remove a fruit, replace with your favorites, and use different spices and herbs to enhance flavors.

Also add exercise to your daily routine. Avoid junk food and unhealthy fats. Toss away those soda cans!

Hydrate yourself with tasty fruit infusions and feel the difference!

## **AUTHOR'S NOTE**

Thank you for downloading my book on vitamin water.

Did you enjoy my *Healthy and Fit with Fruit Infusions* recipe book? Have recreated any of these infusion waters at home?

Your encouraging words will help me produce other health oriented books suited to your needs.

**SARAH SMITH**