

Splash of Flavor

WHAT IS INFUSED WATER?

Infused water is a combination of fruits, herbs, and vegetables mixed into plain old water. Whichever fruit or vegetable that use can either be sliced or mashed when adding it to the mix.



INFUSED WATER BREAKDOWN

1. Pick your produce. You can use one item or a combination of fruit and vegetables.
2. Decide if you want to add a garnish (fresh herbs).
3. Get your water. You'll need at least 4 cups to every ½ - 1 cup of fresh produce.
You can add more or less produce to sweeten your water.
4. Then infuse - Infusion takes about 2 hours, depending on the temperature.



INFUSE TEMPS

- Warm climates - 1 hour (left on the counter for example)
- Cold climates - 2 hours (placed in the refrigerator)



FLAVOR - COMBO IDEAS

- **4 Mix Combo:** Veggie + Citrus + Berry + Herb
- **3 Mix Combo:** Citrus + Berry + Herb
- **2 Mix Combo:** Citrus + Melon



FOOD SAFETY

- Make sure to use a clean your container (glass) for your infused water.
- Wash your fruits, vegetables, and herbs before making your recipe
- During the infusion process - decide hot (warm) or cold.

Whether you place the water in the refrigerator or leave the container on the counter, once infused (done), place in the refrigerator or add ice after to avoid spoilage.

- Chill for later - If you are not going to drink the flavored water right away, put the container in the refrigerator
- Lastly, if you plan to keep your flavored water for more than a day, strain out the produce before storing it in the refrigerator.



OTHER WAYS TO SPLASH FLAVOR

1. Squeeze fresh lime or lemon wedge in the water (classic)
2. Add a splash (like a tablespoon or teaspoon) of juice to a glass of water.
3. Make ice cubes using 100% juice - then add one or two cubes to a large glass/bottle of water.



GET CREATIVE!

Mix what you like by adding all or just one produce element.

Example:

