

# INFUSED WATER BASICS

## Splash of Flavor

### WHAT IS INFUSED WATER?



Infused water is a combination of fruits, herbs, and vegetables mixed into plain old water. Fruits or vegetables used can be sliced or mashed before being added to water to release flavors.

### 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  $\frac{1}{2}$  - 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 infusion - 1 hour (left on the counter for example)
- Cold infusion - 2 hours (placed in the refrigerator)

### FOOD SAFETY

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



### FLAVOR - COMBO IDEAS



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

### OTHER WAYS TO SPLASH FLAVOR

1. Squeeze fresh lime or lemon wedges in the water.
2. Add a splash 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:

