

Infused Water

Infusing water with fruits and herbs is a flavorful way to stay hydrated, and a great alternative to sugar-sweetened beverages.

What You Need:

- 2-3 gallons of water
- Ice
- Fresh or frozen fruit
- Fresh herbs

Note: The more ingredients you add, and the longer you let it sit, the more flavorful the water will be. For example, 5 medium oranges should be okay for 2 gallons of water.

What You Do:

1. Start by adding ice to your container
2. Slice up fruit and place over ice
3. If using herbs: chop or gently crush larger leaves (mint, basil). Use whole springs of herbs like rosemary. Add to container.
4. Add water and allow to sit before serving

Flavor Ideas:

Citrus Trio: orange, lemon and lime

Fruit Punch: grape, strawberry and lime

Berry Chill: cucumber, strawberry and basil

Lemon Aid: lemons, raspberries and/or strawberries

Melon Medley: watermelon, honeydew and cantaloupe

Relax: cucumber and lavender

Refresh: grapefruit and rosemary

Spa Day: cucumbers, limes and mint

Sunrise: oranges and grapes

Going solo: Try watermelon, kiwi, peach, orange or pineapple by itself



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