Water Infusions

There was a time when coffee, tea, soda, juice, sugary lemonade, and milk seemed to be the only beverages anyone drank if they weren't drinking beer, wine, or some other kind of alcohol. No one drank water. Not if they could help it, anyway.

Then bottled water came on the scene and water became more popular. Of course, food companies wanted to cash in so they made flavored bottled water and vitamin water. If you think they couldn't mess up water, think again. If you need proof, read the labels.

Lately, infused water is all the craze. If you've never heard of it, infused water is simply water that contains fruit, vegetables, herbs, or spices. Whatever you put in it will infuse the water with its flavor.

The most interesting aspect to water infusions, is the many choices and combinations to be made. You can use anything from sweet fruits to hot peppers.

There are three ways to make water infusions:

1. Simply add ingredients to a pitcher of clean, pure, water (preferably filtered) with ice. Slice fruits and veggies so they are very thin to increase surface area and increase flavor. When using herbs, squeeze or crush them to release the oils (and flavor).
2. You can make an infusion in a jar and refrigerate it for use days later.
3. Make ice cubes out of the ingredients you want to add to the water. Use the ice with water.

Here are some popular combinations. (Note: Basil is often used and it tastes great!)

- Cucumber
    - With basil
    - With kiwi
    - With citrus fruits and mint
- Honeydew melon
    - With basil! Seriously!
- Watermelon
    - With berries
    - With mint or rosemary
- Pineapple
    - With strawberries
    - With mango
    - With mint
- Berries
    - With any other fruit
    - With mint
- Citrus – oranges, lemons, limes, grapefruit, tangerines, etc.
    - Combine or use alone with mint
    - With melon
    - Note: You might want to peel citrus fruits to avoid their bitter flavor.
- Jalapeño
    - With cucumbers and mint
    - With strawberries
- Tomato
    - With celery and bell pepper

Try new and outlandish combinations. You never know what amazing flavors you will create! The best thing about homemade infusions is that you know what is in them. Why not drink flavored water full of nutrients and antioxidants? They are an excellent addition to a healthy diet. To learn more about a truly healthy diet check out the 80% Raw Diet. And if you've never tried cranberry lemonade, check out The One Gallon Challenge.

Recommended Reading:

- *Symptoms of Dehydration & Benefits of Proper Hydration – Are you Getting Enough Water?*
- *What's the Best Water for Detoxifying and For Drinking?*
- *Eat More Fiber, Drink More Water For Naturally Glowing Skin – Here's Why*