

WATER INFUSED DRINK RECIPES

How to cut back on sugary drinks, with some easy infused water recipes

How long can you keep fruit infused?



infuse in a glass jar for 2-4 hours or you can let it infuse overnight in the fridge

What should you infuse in water?



fruit and herbs from the garden or nature that haven't been sprayed with chemicals

Water is important because it helps...



carry nutrients, digest food, remove waste, regulate body temperature, cushion joints and organs



cucumber, basil and mint:

- 1 cup cucumber *sliced*
- handful of fresh basil leaves *torn*
- handful of fresh mint leaves *torn*

Supports balanced hormones and blood sugar, reduces bloating



berries, lemon and ginger:

- 1/2 pint raspberries, black or blueberries *fresh or frozen*
- 1 lemon *thinly sliced*
- 1 (2-inch) piece ginger *peeled and thinly sliced*

Supports digestion and may soothe heartburn



strawberry and evergreen tips:

- 1/2 cup strawberries *stemmed and sliced, fresh or frozen*
- handful of tips from evergreen tree branches (Douglas fir, grand fir, spruce)

Rich in vitamin C, electrolytes and antioxidants, supports the immune system and energy

Rose petals, lavender, sage, thyme, lemon balm are more great options to create a calming and refreshing drink



*The Pinoleville Pomo Nation
Wellness Center
Good Health and Wellness in
Indian Country*

*Information and recipes sourced from Native
Infusion: Rethink Your Drink - A Guide to
Ancestral Beverages by Valerie Segrest and
Elise Krohn*