

FEATURED RECIPE

Winning Combos

Infused Water Recipes

Minty Citrus Melon

Approx. 1 cup watermelon cubes

1 lime with skin, sliced

6-8 sprigs fresh mint

Lemon Ginger

½ lemon with skin, sliced

½ - 1 Tbsp fresh sliced ginger

½ cucumber, sliced

Berry Grape

½ cup sliced concord grapes

½ cup strawberries

(orange slices are also good)

Lemon Herb Cucumber

½ cucumber, sliced

½ lemon, with skin, sliced

6-8 sprigs fresh cilantro

Rosemary Grapefruit

½ grapefruit, sliced

2-3 sprigs fresh rosemary



Infused Water Recipes

You can add most any fruit and several spices/herbs to infuse water. Use fresh fruit – organic/sustainably grown when possible – and be sure to wash the skins of fruit that will be used whole. Citrus skins add a sharp, fresh flavor to infused water. Here are some combinations that I think work well. Lemon Ginger is my favorite.

Experiment with other combinations and herbs to come up with your own favorite blends. Infused water is a great way to help bump up fluid intake.



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