



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES



## Infused Water

**1.6g**  
**CARB**

**SERVES:** 16  
**SERVING:** 8oz

### Ingredients

- 1 cup fresh raspberries
- 1 lemon with peel, sliced
- 10 basil leaves
- 1 gallon water

### Directions

Fill large pitcher with water. Add fruit, lemon and basil.

Store in refrigerator. Lasts for up to 2-3 days.

Lemons, oranges, limes, and cucumbers will last longer. Berries start to disintegrate within 1-2 days.

### Other Suggestions

- 1 cup watermelon, 1 lime, 5 mint leaves
- 1 cup strawberries, 1/2 cucumber, sliced
- 1 cup pineapple, 1 kiwi, 1 lime
- 1 cup raspberries, 1 orange sliced
- 1 cup blueberries, 1 lemon, 4 sprigs rosemary
- 1 grapefruit, 1/2 cup pomegranate seeds, 10 mint leaves
- 1 cup honeydew/cantaloupe, 10 mint leaves, 1/2 cucumber, sliced

**Any combination of flavors on back.**

**Nutritional values will change slightly with fruit/herb choices.**



## Infused Water

Water is the ultimate **purifier, replenisher, and hydrator** for all organs in our bodies. It aids in all functions of our body and helps to flush out toxins.

It is recommended to drink at least 8 glasses of water which equals 64 ounces every single day!

Adding fresh fruits and herbs adds minerals and vitamins to water and increases the nutritional benefits. It also makes it taste refreshing, slightly sweet, and delicious!

### Fresh Fruit and Herbs Health Benefits to make incredible Infused Water:

**Lemons** – a natural detoxifier and aids with bloating and fluid retention

**Cucumber** – help cool the inflammatory response in body. Hydrates, reduces puffiness & bloating, flushes toxins

**Mint** – soothes the stomach and reduces inflammation

**Watermelon** – high in lycopene and antioxidants

**Lime** – helps with digestion and natural detoxifier

**Basil** – anti-inflammatory and anti-bacterial benefits

**Strawberries** – high in antioxidants and boost immunity

**Cantaloupe** – great skin and hair benefits

**Pineapple** – has digestive enzymes that aid in digestion



**Blueberries** – the healthiest fruit on the planet, high in antioxidants

**Peaches** – high vitamin C content is beneficial for the skin

**Oranges** – high in Vitamin C and helps to alkalize the body