

10 Refreshing Infused Water Recipes (With Fruit & Herbs)



Fruit infused waters are a wonderful and refreshing drink option for summer when the sun is out, the kids are bored, and the bugs are biting.

If you want to add some delicious taste and health benefits to water, try these infused water recipes instead! These recipes use micronutrient-rich herbs, fruits, and vegetables for thirst quenching flavor with added benefits!

How to Make Fruit Infused Water

It is hard to even call infused water a recipe because it is so simple. My kids love making these infused water recipes on their own and even figure out new flavors.

There are a couple of tips that make the process easier and improve the taste:

Use a Good Pitcher

Using a high-quality glass pitcher really does improve the flavor of infused water. This also makes it much easier to serve and enjoy! There are several great options for pitchers or jars:

- **Glass Pitcher with Infusing Lid** – This is my favorite because it is all glass with a stainless steel lid that keeps the fruit in the pitcher so it is easier to pour. It stores easily in the fridge for infused water on demand.
- **A half-gallon glass mason jar** – A cheaper option is a half gallon mason jar. I always have these around the house and use them for infused water and dozens of other things.
- **Your own personal glass water bottle**-I like to grab and go in the morning, so I prefer to fill my own glass water bottle the night before and enjoy it at work all day.

Use High-Quality Fruits and Herbs

I always try to choose high-quality fresh organic produce for making infused waters to avoid the pesticides in many conventional produce

If you grow to love fruit and herb infused water like I have, consider starting an indoor herb garden in your kitchen just for this purpose! Then fresh herbs are always only a pinch away. Get creative with your ingredients.

Give It Time

For best flavor, it takes at least 4 hours or overnight in the refrigerator to let the flavors of the fruit infuse into the water. Some of the recipes below are written for a half-gallon jar, others for a gallon jar.

Infused Water Recipes

Here are some of my favorite herb and fruit infused water recipes:

1. Cucumber Mint

Thinly slice one cucumber. Peel if it isn't organic! Add the sliced cucumbers to a ½ gallon glass jar, add 8 muddled fresh mint leaves, and fill with filtered water. Stir gently and place in refrigerator for at least 4 hours or overnight.

2. Citrus Blueberry

Slice two organic oranges into thin slices (leave the rind on for better flavor). Add sliced oranges and 1 cup of blueberries to a gallon size glass jar. Add filtered water to fill the jar and stir gently. Refrigerate for at least 4 hours and store in refrigerator.

3. Pineapple Mint

One of my favorites! Peel and thinly slice about 1/4 of a pineapple. The more thinly sliced the pineapple, the more flavor it will infuse. Add to a ½ gallon size glass jar with 10-12 leaves of muddled fresh mint. Add filtered water to fill and stir gently. Store in refrigerator.

4. Watermelon Basil

Add about 2 cups of finely chopped fresh watermelon (without rind) to a gallon size glass jar. Add 15 leaves of muddled basil and filtered water to fill. Store in refrigerator and allow at least 4 hours to infuse.

5. Strawberry Lemon

Like strawberry lemonade, but better! Add 15 fresh strawberries, washed and finely sliced to a ½ gallon glass jar. Add one sliced lemon with rind on. Fill with water. Stir gently and refrigerate 4 hours or overnight in refrigerator and enjoy.

6. Cherry Lime

Reminiscent of cherry limeade, minus the sugar coma. Add two cups of fresh cherries, cut in half, and one fresh lime, sliced into thin slices, to a gallon size glass jar. Add water to fill. Mix gently and store in refrigerator until ready to drink.

7. Grapefruit Raspberry

Another one of my favorites! Add one grapefruit, thinly sliced with rind on, to a gallon-size glass jar. Then add ½ cup slightly muddled fresh raspberries. Add water and mix well. Store in refrigerator for at least 4 hours before drinking.

8. Mango Pineapple

Peel and thinly slice one fresh mango. Add to ½ gallon glass jar. Add 1 cup of finely chopped pineapple and filtered water. Allow to infuse in the refrigerator for 4-6 hours before drinking.

9. Grape Orange

The hands-down kid favorite at our house. Place 2 cups of halved organic grapes into a gallon size glass jar. Add one orange, thinly sliced with rind on. Refrigerate overnight for best flavor.

10. Pineapple Basil

Add ¼ of a sliced fresh pineapple and 15 leaves of muddled fresh basil to a half gallon jar. Add filtered water. Infuse overnight and enjoy.