

DRINKS IN A JAR



HOW TO MAKE INFUSED WATER

Believe it or not, you really can infuse water easily with fruit, vegetables, herbs and spices. This goes beyond the classic ubiquitous lemon slice in water, where you can get creative and think outside the bottle. The possibilities are endless!

STARTERS

You can infuse water with any number of herbs, spices, edible flowers, fruit and even vegetables!

Here are some ideas:

- Herbs: Rosemary, thyme, mint, basil, cilantro, parsley
- Spices: Cinnamon sticks, cardamom pods, fresh ginger, cloves, vanilla bean
- Edible flowers: Rose, lavender, citrus blossoms, hibiscus, pansies, violets (or any that are 100% pesticide free)
- Fruit: Berries (fresh or frozen), melon, tropical fruits, citrus, apples, pears
- Vegetables: Cucumber, celery, fennel, carrots
- Water: Filtered water is great, but if you don't have a filtration system, tap water is fine.

GATHER INGREDIENTS

Mason jars make great holding containers; either the small ones or the large quart-sized jars work well. Give the ingredients a good wash or rinse. The fruits and veggies can be peeled or unpeeled; that's up to you. Use organic if you can. Avoid any fruit that's bruised or overly ripe, and herbs that don't look fresh. Add the fruit, herbs, spices or whatever you want into a jar of cool water. Or add the ingredients to the bottle first and then fill it up with water. Thin slices or small cubes infuse more quickly.

BE PATIENT

Let the mixture sit for anywhere from a few hours to overnight to allow the flavors to infuse. The longer it sits, the more flavorful the water will be. Some fruits or herbs infuse more quickly than others. Citrus is pretty instant. Herbs take a little longer. Berries take a few hours and will also release color into the water. The infused water can be put in the fridge immediately, but it doesn't hurt to let it sit at room temperature for a little while. However, you should keep it in the fridge if you aren't planning to use it right away.

DRINK + REFILL

Drink right from the jar! You can refill the water a few times and let it infuse again, but the flavors won't be as pronounced.

Compiled by Kate Ueland, Dietetic Intern at UW Medical Center
Adapted from [Hello Natural Website](#)

INFUSION COMBINATIONS

The combinations are endless!

Blueberry Lemon Mint

Handful of whole blueberries, sliced lemon and handful fresh mint

Citrus Cilantro

Sliced citrus, handful of cilantro (if you don't have cilantro, use mint or basil)

Green Apple Raspberry Rosemary Sliced apple, whole raspberry and 1 sprig of fresh rosemary

Pineapple Cucumber Mint

Cubed pineapple chunks, sliced cucumber, handful fresh mint

Kiwi Blackberry

Sliced kiwi, whole blackberries

Orange Chai Spice

Sliced oranges, cardamom, cinnamon, clove, allspice

Vanilla Basil Strawberry

Vanilla bean (remove seeds first), handful fresh basil, 1 cup sliced strawberries

Fennel Pear

Thinly sliced fennel bulb plus a few green fronds, thin slices ripe, but firm pear

Basil Melon

Cubed melon, handful basil leaves

Ginger Lime

Sliced fresh ginger, sliced limes

Blueberry Cucumber Basil

Handful of fresh blueberries, sliced cucumber, handful basil

Lemon Lavender

Slices of lemon, a few teaspoons lavender (tie in cheesecloth)

Raspberry Rose

Handful of raspberries, organic fresh rose petals

Mango Pineapple Mint

Slice of firm-ripe mango, slices of pineapple, handful fresh mint

Apple Cinnamon

Sliced green or red apple, a few cinnamon sticks

Cucumber Melon Mint

Sliced cucumber, cubed melon, handful fresh mint

Mixed Berry Rosemary

Fresh or frozen berry assortment, 1 sprig fresh rosemary