

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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