



INFUSER WATER BOTTLE RECIPES

OD0125

Tropic Paradise

Ingredients:

1/2 c. pineapple (chunks)

1 mango (cored and peeled)

1 orange (peeled and sliced)

Directions:

Add the fruit to your one quart jar.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain!

Berry Lux

Ingredients:

1/2 lime (sliced)

1/2 orange (sliced)

1/2 lemon (sliced)

1 handful strawberries (sliced)

6 slices cucumber

Directions:

Remove the tops of the strawberries. Add the fruit to your one quart jar.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Bloody Cucumber

Ingredients:

1/2 blood orange (peeled and sliced)

1/2 cucumber (sliced)

1/2 grapefruit (peeled and sliced)

Directions:

Add the fruit to your one quart jar.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Citrusy Cantaloupe

Ingredients:

1/2 cantaloupe (orange (peeled and sliced))

1 lemon (peeled and sliced)

Directions:

Remove the rind from the cantaloupe and add the fruit to your one quart jar.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Garden light

Ingredients:

1/4 cantaloupe (cubed)

1/4 honeydew melon (cubed)

1/2 cucumber, medium (sliced)

Directions:

Remove the rind from the cantaloupe and honeydew and cut into cubes.

Add the fruit to your one quart jar.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Blackberry Lime

Ingredients:

3 slices lime

10 blackberries

2 slices orange

Directions:

Add the fruit to your one quart jar.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Blue Lemon berry

Ingredients:

1 lemon slice

2 orange slices

10 blueberries

Directions:

Add the fruit to your one quart jar.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Berry Tasty Water

Ingredients:

1/2 c. raspberries

1/2 c. cherries

1/2 c. blueberries

Directions:

Remove the pits from the cherries. Add the fruit to your one quart jar.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Cherry Delight

Ingredients:

4 cubes watermelon

5 strawberries (sliced)

1/2 c. cherries

Directions:

Remove the tops of the strawberries, rind from the watermelon and pits from cherries. Add the fruit to your one quart jar.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Blue Pom Pom

Ingredients:

1/2 c. blueberries

1/2 c. raspberries

1/2 pomegranate worth of seeds

Directions:

Add the fruit to your one quart jar. You can add all the seeds from your pomegranate for a fuller flavor.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Coco-Blueberry madness

Ingredients:

1/2 c. blueberries

1/2 quart coconut water

1/2 mandarin orange (peeled and sliced)

Directions:

Add the fruit to your one quart jar.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with coconut water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with coconut water and the rest cold water.

You can also skip adding any water and increase the amount of coconut water depending on how strong you want the coconut flavor to be.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Coco-Lime Water

Ingredients:

1/2 lime (sliced)

1/2 quart coconut water

Directions:

Add the fruit to your one quart jar. Add more lime if you want a stronger flavor.

Use your mash or wooden spoon and press the lime so it starts to release its juices. You want to "break it open" without turning it into a paste.

Now fill the jar three quarters full of ice and top off with coconut water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with coconut water and the rest cold water.

You can also skip adding any water and increase the amount of coconut water depending on how strong you want the coconut flavor to be.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Raspberry Miracle

Ingredients:

1/2 c. raspberries

2 slices lemon

1/2 quart coconut water

Directions:

Add the fruit to your one quart jar.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with coconut water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with coconut water and the rest cold water.

You can also skip adding any water and increase the amount of coconut water depending on how strong you want the coconut flavor to be.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Vanilla Peach

Ingredients:

2 peaches (pitted and sliced)

1 vanilla bean (sliced)

Directions:

Add fruit to your one quart jar.

Use your mash or wooden spoon and press the peaches so they start to release their juices. You want to "break them" without turning them into a paste.

Scrape out the inside of your vanilla bean and add the scrapings to the jar. You can also add the scraped vanilla bean if you want.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Orange Cardamom

Ingredients:

1 tbsp. cardamom

1 vanilla bean (sliced)

1 orange, (peeled and sliced)

Directions:

Add fruit and cardamom to your one quart jar. Use your mash or wooden spoon and press everything. You want to "break them" without turning them into a paste.

Scrape out the inside of your vanilla bean and add the scrapings to the jar. You can also add the scraped vanilla bean if you want.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Strawnilla

Ingredients:

11 strawberries (sliced)

1 vanilla bean (sliced lengthwise)

Directions:

Add fruit to your one quart jar.

Use your mash or wooden spoon and press the strawberries so they start to release their juices. You want to "break them" without turning them into a paste.

Scrape out the inside of your vanilla bean and add the scrapings to the jar. You can also add the scraped vanilla bean if you want.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Strawberry Orange

Ingredients:

- 11 strawberries (sliced)
- 2 tea bags, chamomile tea
- 1 orange (sliced)

Directions:

Bring 1/2 a quart of water to a boil. Remove from heat.

Place tea bags in a separate jar, pour boiled water over them and let steep for five to ten minutes. Remove tea bags once desired strength has been achieved. Let cool.

Place your fruit into a different jar and muddle as per the usual instructions.

Pour cooled tea into jar and add ice as desired.

Place the lid on the jar and refrigerate.

Cucuapple

Ingredients:

1/2 pineapple (chunks)

1/2 cucumber (sliced)

Directions:

Add the fruit to your one quart jar.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Orangy Lemone

Ingredients:

4 mandarin oranges

1 lemon

Directions:

Peel and cut the oranges and lemon into slices. Add the fruit to your one quart jar.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Raspberry Surprise

Ingredients:

1 lime (quartered)

11 raspberries

Directions:

Add the fruit to your one quart jar.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Pineapple Mix

Ingredients:

1 orange (sliced)

1/2 c. pineapple (cut them good)

Directions:

Add the fruit to your one quart jar.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Lemony Surprise!

Ingredients:

15 strawberries (sliced)

1 lemon (sliced)

Directions:

Use the strawberries and cut their tops off before slicing. Add the fruit to your one quart jar.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired

Starfruit Madness

Ingredients:

6 strawberries (sliced)

3 starfruit slices (peeled)

Directions:

Use the strawberries and cut their tops. Add the fruit to your one quart jar.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Pomegranate Love

Ingredients:

1/2 c. pomegranate seeds

2 lemon slices

Directions:

Add the fruit to your one quart jar.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

L-Lime Delight

Ingredients:

1/2 lime (sliced)

1/2 lemon (sliced)

Directions:

Add the fruit to your one quart jar.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Ginger-Orange Madness

Ingredients:

1 piece ginger, small

1 orange (sliced)

Directions:

Use the skin off the ginger and slice into small rings. Add ginger to jar and muddle lightly. Then add the orange to your one quart jar.

Use your mash or wooden spoon and press the orange so it starts to release its juices. You want to "break it open" without turning it into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Strawberry-Tangerine Water

Ingredients:

3/4 c. sliced strawberries

1 tangerine rind

Directions:

Try to avoid getting too much of the white pith from the tangerine rind. Add strawberries and rind to your one quart jar.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Blueberry Cream

Ingredients:

1/2 c. blueberries

5 raspberries

Directions:

Add the fruit to your one quart jar.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Tasty Pomegranate

Ingredients:

1/2 c. pomegranate seeds

2 oranges (peeled and sliced)

Directions:

Add the fruit to your one quart jar.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Cherry Queen

Ingredients:

10-15 cherries

1/2 lime (sliced)

Directions:

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Grapefruit Apple Water

Ingredients:

1 c. pineapple (chunks)

1/2 grapefruit (sliced)

1/2 apple (sliced)

Directions:

Add pineapple and grapefruit to your one quart jar.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Add but do not muddle the apple and just slice thinly.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Strawberry Seeds

Ingredients:

14 strawberries (tops removed and sliced)

1 c. pomegranate seeds

Directions:

Add fruit to your one quart jar.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Tropic Beauty

Ingredients:

1 c. pineapple (chunks)

1/2 c. mango (chunks)

1/2 quart coconut water

Directions:

Add the fruit to your one quart jar.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to “break them” without turning them into a paste.

Now fill the jar three quarters full of ice and top off with coconut water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with coconut water and the rest cold water.

You can also skip adding any water and increase the amount of coconut water depending on how strong you want the coconut flavor to be.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

My favorite – Maximum Alkaline

Ingredients:

4 slices cucumber

4 slices lemon (peeled, no seeds)

Directions:

Add the fruit to your one quart jar.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Blueberry Water

Ingredients:

1 diced apple (cored)

1/2 c. blueberries

Directions:

Add blueberries to your one quart jar.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Add but do not muddle the apple and just slice thinly.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Orange Lavender

Ingredients:

1 orange (peeled and sliced)

2 lavender sprigs

Directions:

Muddle lavender sprigs and add along with the orange to your one quart jar.

Use your mash or wooden spoon and press the oranges so they start to release their juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Minty Plum-berry

Ingredients:

4 mint leaves (chopped)

1/2 apple (sliced)

1 plum (pit removed and sliced)

Handful of blueberries

Directions:

Add mint to your one quart jar and muddle followed by your plum and blueberries.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Add your apple but do not muddle and slice thinly for best results.

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Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Morning honeydew

Ingredients:

3 sage leaves

5 pieces honeydew

Directions:

Use the sage leaves and tear them in half before throwing into the jar and lightly muddling them. Add the honeydew melon.

Use your mash or wooden spoon and press the honeydew melon so it starts to release its juices. You want to "break it open" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

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Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Blackberry Leaves

Ingredients:

10-13 blackberries

10-13 raspberries

2 sage leaves

Directions:

Use the sage leaves and tear them in half before throwing them into the jar and lightly muddling them. Add the blackberries and raspberries.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Cranberry Happiness

Ingredients:

1 apple (sliced).

1/4 lemon (sliced)

1/2 cup cranberries (fresh or frozen)

1 pinch of ground nutmeg

Directions:

Add cranberries and lemon to your one quart jar.

water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Add but do not muddle the apple and just slice thinly. Toss in the pinch of nutmeg.

Don't forget to strain.

Lavender Kiwi

Ingredients:

1/8 c. lavender

1 kiwis (peeled and sliced)

Directions:

Place lavender in the one quart jar and lightly muddle. Add in the kiwi slices.

Use your mash or wooden spoon and press the kiwi so it starts to release its juices. You want to "break it open" without turning it into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Relax Lavender

Ingredients:

1/8 c. lavender

2 lemons (sliced)

Directions:

Place lavender in the one quart jar and lightly muddle. Add in the lemon slices.

Use your mash or wooden spoon and press the lemons so they start to release their juices. You want to "break them" without turning it into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Cinnamon Energizer

Ingredients:

1 cinnamon stick

1/2 red apple, sliced

Directions:

Make sure to not use cinnamon powder as it will not dissolve. Add but do not muddle the apple and just slice thinly. Place the cinnamon stick in the quart jar also at this time.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Pineapple Water

Ingredients:

5 thyme sprigs

1/2 c. pineapple (chunks)

Directions:

Start by tearing up the thyme sprigs and throwing them into the jar. Add pineapple to your one quart jar.

Use your mash or wooden spoon and press the pineapple so it starts to release its juices. You want to "break it open" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Fresh Leaf Orange

Ingredients:

1/2 c. cranberries

1 orange (sliced)

3 mint leaves

Directions:

Toss the mint in the one quart jar and lightly muddle.

Add the orange and cranberries next.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Strawberry leaf

Ingredients:

1 c. strawberries (tops cut off and sliced)

1/2 grapefruit (peeled and sliced)

2 sage leaves

Directions:

Use the sage leaves and tear them in half before throwing into the jar and lightly muddling them. Add the strawberries and grapefruit next.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Cucumber Rosemary

Ingredients:

2 sprigs rosemary

15 slices cucumber

1/2 grapefruit (peeled and sliced)

Directions:

Toss the rosemary sprigs into the one quart jar and lightly muddle them. Add the cucumber and grapefruit next.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Starfruit Romance

Ingredients:

3 slices orange

4 slices starfruit (cored and peeled)

2 tea bags, hibiscus

Directions:

Bring 1/2 a quart of water to a boil. Remove from heat.

Place tea bags in a separate jar, pour boiled water over them and let steep for five to ten minutes. Remove tea bags once desired strength has been achieved.

Place your fruit into a different jar and muddle as per the usual instructions after the tea has cooled down.

Pour cooled tea into jar and add ice as desired.

Place the lid on the jar and refrigerate.

Raspberry Tea Water

Ingredients:

11 raspberries

4 watermelon pieces

2 tea bags, hibiscus

Directions:

Bring 1/2 a quart of water to a boil. Remove from heat.

Place tea bags in a separate jar, pour boiled water over them and let steep for five to ten minutes. Remove tea bags once desired strength has been achieved.

Place your fruit into a different jar and muddle as per the usual instructions after the tea has cooled down.

Pour cooled tea into jar and add ice as desired.

Place the lid on the jar and refrigerate.

Hibiscus Water

Ingredients:

6 slices mandarin orange (peeled)

1/2 lime (sliced)

1 tea bag, hibiscus

Directions:

Bring 1/2 a quart of water to a boil. Remove from heat.

Place tea bags in a separate jar, pour boiled water over them and let steep for five to ten minutes. Remove tea bags once desired strength has been achieved.

Place your fruit in the jar and muddle as per the usual instructions after the tea has cooled down.

Pour cooled tea into jar and add ice as desired.

Place the lid on the jar and refrigerate.

Orange Blueberry Water

Ingredients:

11 blueberries

2 slices orange

6 basil leaves

Directions:

Use the basil leaves and tear them in half before throwing into the jar and lightly muddling them. Add the oranges and blueberries next.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Mango Water

Ingredients:

8 basil leaves

1 ripe mango (peeled and cubed)

Directions:

Use the basil leaves and tear them in half before throwing into the jar and lightly muddling them. Add the mango cubes next.

Use your mash or wooden spoon and press the mango so it starts to release its juices. You want to "break it open" without turning it into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Basil Leaf Water

Ingredients:

3 basil leaves

6 strawberries (sliced)

Directions:

Use the basil leaves and tear them in half before throwing into the one quart jar and lightly muddling them. Add the strawberries next.

Use your mash or wooden spoon and press the strawberries so they start to release their juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Watermelon Fresca

Ingredients:

5 basil leaves

1 c. cubed watermelon (no rind)

Directions:

Use the basil leaves and tear them in half before throwing into the jar and lightly muddling them. Add the watermelon cubes next.

Use your mash or wooden spoon and press the watermelon cubes so they start to release their juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Healthy Mojito

Ingredients:

4 mint leaves

1 c. sliced honeydew melon

1/2 lime (sliced)

Directions:

Toss the mint leaves in the jar and lightly muddle them. Add the fruit to your one quart jar.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Fruit BLAST

Ingredients:

1/2 sliced orange

4 cubes watermelon

1/4 c. cherries

2 mint leaves

1/2 sliced apple

Directions:

Toss the mint leaves in the jar and lightly muddle them.

Remove the pits from the cherries and rind from the watermelon. Add cherries, watermelon and orange to the one quart jar.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Add the apple but do not muddle and thinly slice.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Mint Freshness

Ingredients:

5 mint leaves

2 oranges (peeled and sliced)

Directions:

Toss the mint leaves in the jar and lightly muddle them. Add the oranges to your one quart jar.

Use your mash or wooden spoon and press the oranges so they start to release their juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Garden Mint

Ingredients:

3 mint leaves

1 c. cucumber (sliced)

1 dill sprig

Directions:

Toss the mint leaves and dill into the jar and lightly muddle them. Add the cucumbers to your one quart jar.

Use your mash or wooden spoon and press the cucumbers so they start to release their juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Refreshing Mint

Ingredients:

1 mint sprig

1 c. pineapple (cut chunks)

Directions:

Toss the mint leaves in the jar and lightly muddle them. Add the pineapple chunks to your one quart jar.

Use your mash or wooden spoon and press the pineapple chunks so they start to release their juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Straw-melon Water

Ingredients:

1/2 c. watermelon (sliced)

10 strawberries (tops cut off and sliced)

5 mint leaves

Directions:

Toss the mint leaves in the jar and lightly muddle them. Add the watermelon and strawberries to your one quart jar.

Use your mash or wooden spoon and press the watermelon and strawberries so they start to release their juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Citrus-Lime Fresca

Ingredients:

1/2 sliced lime

1/2 sliced lemon

1/4 c. cilantro

1/2 sliced orange

Directions:

Toss the cilantro leaves in the jar and lightly muddle them. Add the citrus fruits to your one quart jar.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Melon Cubes

Ingredients:

5 cilantro leaves

4 cubes watermelon

Directions:

Tear and toss the cilantro leaves in the jar and lightly muddle them. Add the watermelon cubes to your one quart jar.

Use your mash or wooden spoon and press the watermelon cubes so they start to release their juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Watermelon Garden

Ingredients:

5 cubes of watermelon

1/2 orange (sliced)

1 rosemary sprig

Directions:

Toss the rosemary sprig into the jar and lightly muddle. Add the watermelon and oranges to your one quart jar.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Jalapeno Spring

Ingredients:

1 sprig mint leaves

1/4 jalapeno pepper

1/2 cucumber (sliced)

Directions:

To begin this recipe, you will want to de-seed the jalapeno. To do this you will cut the top off the pepper before cutting it in half. Make sure to put on a glove and then run your thumb down the pepper's length in order to remove the pith and the seeds.

Toss the mint leaves in the jar and lightly muddle them. Add the jalapeno and cucumber to your one quart jar.

Use your mash or wooden spoon and press the jalapeno and cucumbers so they start to release their juices.

You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Strawberry Jalapeno

Ingredients:

11 strawberries (tops removed and sliced)

1/4 jalapeno pepper

Directions:

To begin this recipe, you will want to de-seed the jalapeno. To do this you will cut the top off the pepper before cutting it in half. Make sure to put on a glove and then run a thumb down the pepper's length in order to remove the pith and the seeds.

Toss the mint leaves in the jar and lightly muddle them. Add the jalapeno and strawberries to your one quart jar.

Use your mash or wooden spoon and press the jalapeno and strawberries so they start to release their juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Hot Pepper Pear

Ingredients:

- 1/2 lemon (sliced)
- 1 tangerine (sliced)
- 1/4 c. cilantro
- 1/2 pear (cored and sliced)
- 1 hot green pepper (small, whole)

Directions:

Toss the cilantro leaves in the jar and lightly muddle them. Add the fruits and pepper to your one quart jar.

Use your mash or wooden spoon and press the fruit so it starts to release its juices. You want to "break them" without turning them into a paste.

Now fill the jar three quarters full of ice and top off with water if you are letting it sit for night. If you want to consume within the next three to five hours fill the jar half full of ice and then top off with cold water.

Put the lid on the jar and place in the fridge for desired length of time.

Don't forget to strain.

Mandarin Basil Tea

Ingredients:

- 2 tea bags, black tea
- 3 torn basil leaves
- 2 mandarin oranges (sliced)

Directions:

Bring 1/2 a quart of water to a boil. Remove from heat.

Place tea bags in a separate jar, pour boiled water over them and let steep for five to ten minutes. Remove tea bags once desired strength has been achieved. Let cool.

Place your basil and oranges into a different jar and muddle as per the usual instructions. Pour cooled tea into jar and add ice as desired.

Place the lid on the jar and refrigerate.

Oolong Tealicious

Ingredients:

1/2 c. cantaloupe (cubed)

2 bags, Oolong Tea

10 strawberries (tops cut off and sliced)

Directions:

Bring 1/2 a quart of water to a boil. Remove from heat.

Place tea bags in a separate jar, pour boiled water over them and let steep for five to ten minutes. Remove tea bags once desired strength has been achieved. Let cool.

Place your fruit into a different jar and muddle as per the usual instructions.

Pour cooled tea into jar and add ice as desired.

Place the lid on the jar and refrigerate.

Cinnamon Oolong

Ingredients:

1 cinnamon stick

1 orange (sliced) 2 bags, Oolong Tea

Directions:

Bring 1/2 a quart of water to a boil. Remove from heat.

Place tea bags in a separate jar, pour boiled water over them and let steep for five to ten minutes. Remove tea bags once desired strength has been achieved. Let cool.

Place your fruit into a different jar and muddle as per the usual instructions. Toss in your cinnamon stick. Pour cooled tea into jar and add ice as desired.

Place the lid on the jar and refrigerate.

Citrus Tea

Ingredients:

1/2 grapefruit (sliced and peeled)

2 tea bags, Mate tea

Directions:

Bring 1/2 a quart of water to a boil. Remove from heat.

Place tea bags in a separate jar, pour boiled water over them and let steep for five to ten minutes. Remove tea bags once desired strength has been achieved. Let cool.

Place your fruit into a different jar and muddle as per the usual instructions.

Pour cooled tea into jar and add ice as desired.

Place the lid on the jar and refrigerate.

Berry Good Green Tea

Ingredients:

11 strawberries (sliced)

1 kiwi (peeled and sliced)

2 tea bags, Green tea

Directions:

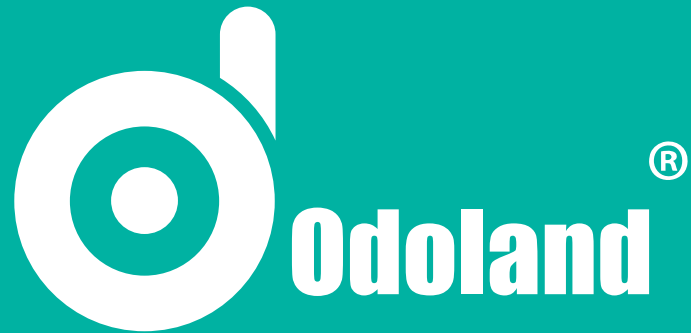
Bring 1/2 a quart of water to a boil. Remove from heat.

Place tea bags in a separate jar, pour boiled water over them and let steep for five to ten minutes. Remove tea bags once desired strength has been achieved. Let cool.

Place your fruit into a different jar and muddle as per the usual instructions.

Pour cooled tea into jar and add ice as desired.

Place the lid on the jar and refrigerate.



If you have any questions or more ideas, please click the link (www.iodoland.com) or send emails to our customer service (cs@iodoland.com).