

Natural vitamin water for  
Healthy Hydration

*Live Infinitely's*  
Fruit Infused Water  
*Recipes*

**20 Rejuvenating Recipes**

**+ tips and advice on achieving a healthier lifestyle!**

# Fruit Infusion For You

A basic background on infused water, its benefits and some different recipe options.  
Written and provided by Live Infinitely, LLC with your purchase





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## Introduction

I want to thank you for your purchase from us at Live Infinitely and congratulate you on your new fruit infuser water bottle. If it is for you, we congratulate you for taking a step to a healthier and happier you! If it is a gift, please take a look at all the possibilities of infused water and consider picking one up for yourself!

Our bodies are made up of nearly 60% water but yet nearly 2 out of 3 people in the United States don't adequately hydrate their bodies. With the rise in flavored drinks recently it has become easier and easier to reach for one of these sugar filled alternatives. Sadly they do not provide the same benefits nor do they aid our bodies in the most basic of its required functions.

Flavored waters from your local grocery stores are not much better than a soda either. Pay close attention to what your drinking as many flavored waters are filled with artificial flavors or loaded with so much sugar that it's not even worth drinking.

This is where infused water comes in and offers a viable, tasty solution. Infusing your water is a way to use natural fruits and vegetables to provide delicious, healthy and refreshing water. Its very simple to make, easy to adjust to your individual taste, and makes consuming more water a much easier task!

This book is intended to provide you with a better knowledge of infused water, some benefits of it and just exactly how you go about making it. I hope that you enjoy it and are able to find at least a few delicious recipes from the ones we have included.

Enjoy!

## THE IMPORTANCE OF WATER

### BASICS OF STAYING HYDRATED

So it goes with out saying that water is essential to the processes our body does every day and that it is absolutely necessary for life. Our bodies can actually function longer with out food than they can with out water. But why and how does infused water help to make sure that I am properly hydrated?

### HOW AND WHY OUR BODIES NEED WATER

What are some additional benefits that keeping properly hydrated can provide you with? Well they are truly endless but I will attempt to list a few here that most everyone can agree upon.

Our muscle cells require proper hydration to function at their best. Depleted water supply can cause them to degenerate which leads to premature muscle fatigue. This can be a major issue for many athletes and people who live in warmer climates.

Our outer most protection layer can be weakened when we are dehydrated. Our skin is the first layer of defense and is not immune to insufficient water. We use it to hold our moisture in, but when we are dehydrated you will notice it starts to crack and become very dry to the touch. Drinking adequate water helps to protect from wrinkles and allow of skin to stay more elastic through the years.

Water also plays a major rule in flushing our kidneys and detoxing our bodies. The kidneys essentially filter toxins from our bodies but they still need assistance in clearing themselves. The more water we drink the easier it is to clear our kidneys of unwanted toxins. This can easily be identified by the color of your urine, near clear being the desired shade.

With so many known advantages, why are so many people not getting enough water on a daily basis? Well I truly believe it can be traced back to a few major causes. The fact that around 60% of the United States doesn't actually know how much water they consume a day or how much they should consume is a root issue. Combine this with the fact that plain water can be very boring to drink and it starts to make more sense. It's actually very easy to understand with the amount of delicious options available today but the fact of the matter is, soda and flavored drinks do not provide anywhere near the benefits. Actually they may even be more harming than anything. But this is where infused water varies from water and artificially flavored drinks. It provides the hydration that plain water does and provides a much more flavorful taste!

So chances are that you rarely consume the amount of water that you should. Ever wonder how much water you should consume daily? I have included some numbers

below so you can calculate your required intake. Keep in mind that these are only estimates and do not take into account your activity level, temperature and other things that could cause more water to be required. It's also important to realize that once you realize "thirst" you have already been lacking water for around 40 minutes. That is why it is important to drink water throughout the day and assure that you consume at least the minimum on a daily basis.

## DAILY WATER CHARTS

*(Note that amount varies with activity level, temperature etc.)*

Weight in lbs.	Ounces of Water Per Day	# of 8 oz Cups	# of 25 oz. Water Bottles	# of 32 oz Jars
100	50	7	2.5	2
110	55	7	2.5	2
120	60	8	2.5	2
130	65	8	3	3
140	70	9	3	3
150	75	10	3	3
160	80	10	3	3
170	85	11	4	3
180	90	12	4	3
190	95	12	4	3
200	100	13	4	4
210	105	13	4.5	4
220	110	14	4.5	4
230	115	15	5	4
240	120	15	5	4
250	125	16	5	4
260	130	17	6	5
270	135	17	6	5
280	140	18	6	5
290	145	19	6.5	5
300	150	19	6.5	5
400	200	25	8.5	7
500	250	32	10	8

So you have now used the chart above to determine a new minimum goal for your daily water intake and we have discussed just a few benefits of achieving that goal. From the reduction in sugars and calories to the increased sense of well being your body with thank you daily.

You're now wondering what you can do to meet this goal, and just how infusing water is going to help you. Well the major differences are in the taste and the way that we achieve this taste. By using natural fruits, you're able to enjoy a delicious unique taste that you will enjoy without adding additional sugars or artificial flavors! The possibilities are truly only limited by your imagination and can all be adjusted for your personal taste.

This book is by no means a complete list of all of the options, but rather just a small scratch on the surface. If there is something you want to try please do so and then you can better determine how to alter it for your personal liking. The natural release of each fruits flavor will vary and some may take longer time than others. In this book I intend to answer many of the common questions that come with infusing water as well as to assist you in meeting your new hydration goals.

## What is required to make infused water and answers to many common questions

This may be brand new to you so please take a moment to look through this section as it may answer many questions that you will come across. I am still learning this art and I still regularly adjust to see what tastes best. So don't be timid.

### SO WHAT DO YOU NEED TO GET STARTED?

Well there are many different options when it comes to fruit infusion devices. Recently many more people are opting to use some sort of travel infuser or infusion water pitcher that have an assembly inside of them to hold the fruit or vegetables. If you have received this book it's because you have purchased an infusion water bottle by Live Infinitely so we will mainly focus on that for now. We also suggest using a quality fruit or vegetable in your recipes as well. Hopefully organic but this is not completely necessary to make delicious water.

As the fruit will constantly be submerged in the water you will be drinking, it is very important to make sure that you have thoroughly cleaned it before hand as well. You can use pre cut fruits or vegetables from your local grocer, or you can cut and clean them yourself. It's important to use ripe fruits as well because they will provide sweeter infused water.

### HOW LONG DO YOU INFUSE THE WATER?

There is no single answer to this question honestly. It depends on how strong of a flavor that you want and just exactly what you're infusing. Citrus fruits tend to infuse faster than berries and melons. Refer to each recipe to get a better idea of how long to try at first.

### IS THERE ANY WAY TO FORCE THE FRUIT TO INFUSE FASTER?

The best option is to plan ahead and allow to full infusion time if you want a truly strong flavor. Fruit will infuse faster at a warmer temperature but will not last as long without spoiling. If you allow the ingredients to infuse at room temperature it will speed the process up, but make sure to refrigerate if you're not going to drink immediately.

### WHEN SHOULD I REFILL THE PITCHER WITH WATER?

This is one of the most important things to watch to have a continued supply of delicious water. It's best if you refill your infusion water bottle before it's half way empty, as this will allow the already flavored water to jumpstart the flavoring of the



new water. By no means is this required but it will provide for an all day flavor experience without the full infusion period each time.

#### HOW LONG WILL THE FRUIT AND WATER LAST?

This really depends on what fruit is being used and what condition it was in when you started to infuse your water. Citrus fruits like lemon will last longer than berries as these tend to rotten faster. Be sure to keep an eye on your fruit while it's in your water and if you're ever in question switch it out with fresh replacements. If you remove the fruit once the desired flavor is reached, you can store your infused water in the refrigerator for 3-5 days before consuming.

Note that for all recipes that follow, the amount of time required to infuse will vary depending on your desired taste level and just how much fruit you add. Please use these recipes just as a basis to start from.

## Healthy Fruit Infused Water Recipes

### Easy Make Natural Lemon Water

Fruit required:

1/2 Lemon

Directions: Cut 1/2 of a lemon into about 5 or 6 pieces that will fit into the infusion basket. If you plan on allowing this to infuse longer than 4 hours, remove the rind. If not you can leave the rind on.

Estimated time:

15 minutes – 4 hours

### Mango and Mint Water

Fruit Required:

1/3 mango peeled

5 mint leaves

Directions:

Peel 1 fresh mango and cut about 1/3 of it into small pieces to fit into the infusion basket. Fill the basket with the mango and about 5 mint leaves to really boost the flavor. Allow water to infuse for around 3 hours at room temperature or overnight if left in the refrigerator.

Estimate time: 3 -12 hours depending on temperature

## Lemon Lime Vitamin Water

### Required Fruits:

1 ½ slices of lime

1 ½ slice of lemon

### Directions:

The rind may be left on, but note that the longer it infuses with it on the increasingly sour it tends to become.

### Estimated Time:

2-6 hours, keep refrigerated and serve cold for best taste!

## Raspberry Lime Water

### Required Fruit

1/2 Lime with rind removed

6-10 Raspberries

### Directions:

Cut 1 small lime in half and then slice it small enough to fit into the fruit infusion basket. Carefully remove the rind and then add to the infusion basket. Fill the remaining space with fresh raspberries, around 10, and place in the refrigerator to infuse.

### Estimated time:

1-4 hours. With the rind removed this can be allowed to infuse over night to provide a stronger flavor.

## Cherry Limeade Water

### Required Fruit

3 Pitted Cherries

1/4<sup>th</sup> of a Lime

### Directions:

Cut the lime into small slices while keeping the rind on. Add cherries and lime slices to the infusion basket and allow water to infuse.

### Estimate Time:

1-2 hours depending on desired strength.

## Mint-Berry Water

### Required Fruit:

1 handful of fresh blackberries

3 mint sprigs

### Directions:

Fill infusion basket with black berries and mint springs for infusing. You can use this recipe with tap water or mineral water and allow water to infuse.

### Estimated Time:

Varies depending on your desired taste level. Start with 30 minutes and note what the time to reach your desired taste level is.

## Cinnamon Apple Water

### Required Fruit:

2/3<sup>rd</sup> apple thinly sliced

1 cinnamon stick

### Directions:

Slice your apple into small enough pieces that will allow it to fit inside the infusion water basket. Then place as much apple as possible along with your cinnamon stick into the basket and allow water to infuse.

### Estimated Time:

Apple is one of the slower fruits to infuse so make sure to allow for adequate infusion time. Start with 4 hours and increase the time until the desired flavor level is reached.

## Cranberry & Orange Infused Water

### Required Fruit:

1 handful of fresh cranberries

2 Orange slices with rind on

### Directions:

Slice 2 semi thin slices off of the orange while leave the rind in place. Fill the infusion basket with the 2 orange slices and the remaining space with fresh cranberries.

### Estimated Time:

Allow the mix to infuse in the refrigerator for somewhere between 1-3 hours for optimum flavoring.



## Tangerine & Strawberry Water

### Required Fruit:

4 Fresh sliced strawberries

2 Pieces of tangerine with rind on

### Directions:

Slice four fresh strawberries into small wedges and place inside the infusion basket. Fill the remaining space with 2 small tangerine wedges and allow water to infuse.

### Estimated Time:

Allow water to infuse for 2-4 hours. This mix will infuse faster if the water and fruit are at room temperature.

## Pineapple & Blueberry Water

### Required Fruit:

½ cup fresh pineapple chunks

¼ cup fresh blueberries

### Directions:

Fill the infusion basket with ½ cup of pineapple chunks and ¼ cup of blueberries and allow water to infuse. The pineapple will infuse much faster and provide for a more predominant flavor.

### Estimated Time:

Pineapple is one of the faster infusing fruits and should be ready to drink in less than 1 hour.

## Coconut & Blueberry Water

*(This mix requires the use of coconut water)*

Required Fruit:

$\frac{3}{4}$  cups of mashed blueberries

Directions:

Fill the infuser basket completely with semi-mashed blueberries, which will infuse faster. Fill the infuser water bottle with **Coconut** water and allow water to infuse.

Estimated Time:

1-3 hours make and sure to let set in the refrigerator for best taste.

## Mixed Berry Coconut Water

*(This mix requires the use of coconut water)*

Required Fruit:

$\frac{1}{4}$  cups blueberries

$\frac{1}{4}$  cups blackberries

$\frac{1}{4}$  raspberries

Directions:

Mash  $\frac{3}{4}$  cup of your mixed berries together before adding to your infusion basket. Fill any space available in your infuser with the mix and fill the bottle with **Coconut** water.

Estimated time:

Allow mix to infuse for 3 hours for the ideal taste. This can also be left to infuse overnight as long as the mix is left in the refrigerator.

## **Pineapple & Coconut Water**

*(This mix requires the use of coconut water)*

Required Fruit:

½ cup fresh pineapple chunks

1 cup coconut water

Directions:

Fill the entire infusion basket with fresh juicy pineapple chunks for infusing. Fill the infuser water bottle with about 1 cup of coconut water and the remaining space with spring water.

Estimated Time:

Allow the water to infuse for about 2 hours to reach its best taste.

## **Vanilla & Coconut Water**

*(This mix requires the use of coconut water)*

Required Fruit:

2 Vanilla bean pods

Directions:

Slice open the vanilla bean pods lengthwise and remove the beans from the inside. Place the beans inside the infuser basket and fill the bottle with coconut water.

Estimated Time:

This mix is ready to drink after about 10 minutes and a light shake to mix the flavoring.

## Cantaloupe & Strawberry Water

### Required Fruit:

2 Sliced strawberries

¼ Cup of cantaloupe

### Directions:

Remove the top of 2 strawberries and then slice the strawberry into thin slices. Cut the cantaloupe into small enough chunks to fit into the infusion basket. Fill the infuser and allow the water to infuse in refrigerator.

### Estimated time:

Around 2-4 hours in a chilled environment.

## Mellon Mania Water

### Required Fruit:

1/3<sup>rd</sup> cup watermelon

1/3<sup>rd</sup> cup cantaloupe

1/3<sup>rd</sup> cup honeydew

### Directions:

Fill the infuser equally with each of the listed fruits and fill the infuser bottle with spring water. You can add any extra fruit into the bottle while your infusing for a stronger taste.

### Estimated time:

Watermelon is a rather fast fruit to infuse so the time really depends on how much you want the honeydew to infuse. Start with 15 minutes and go from there.

## Honeydew & Kiwi Water

### Required Fruit:

½ sliced kiwi

½ cup honeydew

### Directions:

Remove the skins from each fruit and slice then into small chunks that will fill the infusion water basket. Fill the infuser equally with the honeydew and kiwi then allow the water to infuse.

### Estimated Time:

Allow mix to sit for 1-2 hours for best taste. Remember to refill the bottle before it is completely empty to maximize the infusion flavor.

## Pineapple & Lemon Water

### Required Fruit:

½ cup of chunked pineapple

4 slices of lemon

### Directions:

This is a very easy mix; slice about 4 slices off the lemon while leaving the rind on. Fill the infuser basket with the lemon first and use all remaining space for the pineapple chunks.

### Estimated Time:

Both of these fruits infuse rather quickly, you should start to taste around 15 minutes but you can allow the water infuse for up to 4 hours. Don't let infuse overnight with the rind of the lemon on or the water will tend to be very sour.



## Vanilla Peach Water

### Required Fruit:

1 Peach

1 vanilla bean pod

### Directions:

Slice the vanilla bean pod lengthwise and remove the seeds. Slice the peach into small enough chunks to fit into the infuser basket. Knead the peach slightly to decrease the infusion time. Place vanilla beans and peach chunks into the infuser basket and fill with bottle with water.

### Estimated Time:

Allow the water to infuse for 3 hours for best taste.

## Orange & Raspberry Water

### Required Fruit:

$\frac{3}{4}$  cups raspberries

2 small orange slice

### Directions:

Fill the infusion basket with 2 thin orange slices while leaving only a small amount of the rind on. Fill the remaining space with fresh raspberries and allow to infuse.

### Estimated time:

This mix can take up to 6 hours to fully flavor so be sure to plan ahead if you choose to try it. It can also be left to infuse overnight.

## Conclusion

As you can see, I think we can all agree that drinking water is vital to maintaining a healthy life. With the recipes provided we hope that we have sparked your creativity and amped up your excitement to create your own tasty water that fits your preferences best. This book only scratches the surface as to what is possible when creating fruit infused water. You may find that you'll take some of the provided recipes and combine them with each other.

We hope that you have found the solution that you were looking for to reach your daily water intake, cut out artificial sugars, lose weight, or whatever your goal is. Remember, results are a day-to-day effort, and no matter what your goal may be; the small steps you take will make a great impact in the end.

Good luck with your journey and remember that you have the support of Live Infinitely standing behind you!



## Other great sources on Infused Waters

<http://www.infusedwaters.com/>

<http://hellonatural.co/infused-water-ideas/>

<http://www.doctoroz.com/slideshow/supercharged-infused-waters>

<http://nutritionstripped.com/simple-infused-water/>