

Strawberry, Lemon and Basil Infused Water

Stay hydrated throughout the day with this flavorful combo of strawberry and basil.

Ingredients:

- 2 cups of thinly sliced or chopped strawberries
- 1 lemon, sliced
- 1 large handful of basil
- 48 ounces of filtered water

How-To:

- Pour water into a pitcher
- Mix strawberry slices, lemon slices and basil together in a bowl; add to water and stir
- Refrigerate water mixture until flavors have infused

Cucumber, Mint and Lemon Infused Water

Cool off with this restorative blend of refreshing cucumber and mint.

Ingredients:

- 1 handful of fresh mint leaves
- 1 large cucumber, sliced
- 1 lemon, sliced
- 48 ounces of filtered water

How-To:

- Pour water into a pitcher
- Mix lemon slices, mint leaves and cucumber together in a bowl; add to water and stir
- Refrigerate water mixture until flavors have infused

