

Refreshing Infused Waters

PREPARATION TIME: 10 MINUTES

CHILL TIME: 2-3 HOURS IN THE REFRIGERATOR

PROCEDURE FOR ALL WATERS

- Place one liter of water in a pitcher or glass jar.
- Add the ingredients cut into wedges, slices, or pieces and refrigerate for a few hours.
- Waters can be consumed cold or at room temperature.
- The fruits and vegetables used for the waters can be eaten.
- Store in the refrigerator for 2-3 days.

HYDRATING WATER

- 1 L of water.
- Apple slices and a few cubes of orange.
- 4-5 mint leaves.
- ½ lemon.
- Place 1 L of water in a pitcher or glass jar, add the apple, orange cubes, and lemon wedges, refrigerate for 2-3 hours.

DRAINING VEGETABLE INFUSED WATER

- 1 L of water.
- ¼ fennel in wedges.
- 2 slices of pineapple (do not remove the core).
- Place 1 L of water in a pitcher or glass jar, add fennel wedges and pineapple slices, refrigerate for 2-3 hours.

DIGESTIVE INFUSED WATER

- 1 L of water.
- Carrot rounds.
- ¼ fennel in wedges.
- Small piece of fresh ginger.
- Place 1 L of water in a pitcher or glass jar, add carrot rounds, fennel wedges, and a small piece of fresh ginger.