

## Hydration Inspiration- Infused Water

Did you know that, on average, 60% of the human body is composed of water?! Hydration requirements vary from person- to-person and even from day-to-day depending on several circumstances. Some of these may include weather, activity level, body mass, life stage, and elevation. Staying hydrated throughout the day is extremely important and, with these infused water recipes, hydrating has never been easier- and tastier!



### Ingredients (all are optional, customize to your preference!)

- Fruit (fresh or frozen)
  - Berries, citrus, melon, pineapple
- Vegetable
  - Cucumber, jalapeno, jicama, carrot
- Herbs
  - Mint, basil, thyme, cilantro, cinnamon stick, rosemary, ginger
- Other
  - Water, sparkling water, coconut water, kombucha, tonic water
  - Salt (for making a DIY sports drink)

### Directions

1. Thoroughly wash and prepare ingredients.
2. Place ingredients of choice in a glass jar, pitcher or infusion bottle.
3. Add ice (optional) and top off with water or liquid of choice.
4. If not drinking immediately, the infused water can be refrigerated for up to 4 days.

### Tips

- All edible ingredients placed in water/liquid can be consumed.
- Frozen fruit will double as ice cubes!
- Smaller ingredients, like thyme for example, can be placed in a tea diffuser.
- If you do not want the ingredients free-floating, place them in a diffuser stick, coffee filter, tea diffuser, etc. or make kabobs with skewers.