



Brookdale
HEALTH HYDRO



Infused Waters

FIVE TIPS FOR INFUSING WATER

1. Allow ingredients to infuse for at least 30 minutes and no longer than 12 hours... DRINK UP!
2. Infuse at room temperature, its quicker.
3. Lightly rub leaves before adding to release flavours.
4. If using rosemary, remove after 4 hours.
5. For on-the-go infused water use a wide neck thermos, stainless steel or glass water bottle. Eat the fruit, its convenient when out and about.

BLUEBERRY & MINT

1½ cups blueberries

4 sprigs of mint, gently rubbed

RUBY GRAPEFRUIT & ROSEMARY

1 ruby grapefruit, segmented

2 sprigs of rosemary

STRAWBERRY & BASIL

10 strawberries, thinly sliced

4 basil leaves, torn into quarters and gently rubbed

PINEAPPLE & CHERRIES

½ pineapple, thin wedges

8 cherries, pitted and halved

KIWI & BLACKBERRY

2 kiwi fruit, thinly sliced

10 blackberries

CITRUS BLEND

1 orange, thinly sliced

1 lime, thinly sliced

½ lemon, thinly sliced

4 sprigs lemon verbena, gently rubbed

MANGO & MINT

1 mango, thinly wedged

4 sprigs mint, gently rubbed

POMEGRANATE & MINT

1 pomegranate, seeded

4 sprigs mint, gently rubbed

CUCUMBER, MINT & LEMON

1 medium cucumber, sliced into ribbons with a peeler

½ lemon, thinly sliced

4 sprigs mint, gently rubbed



This recipe is from Brookdale's Heavenly and Healthy Flavours cookbook, which is available for purchase at Brookdale Health Hydro or online at www.brookdale.co.za