



How to Make Infused Water: Our Favorite Flavor Combos

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The world's healthiest beverage is water, but you don't always have to drink it plain. Infusing your water with fresh fruit, veggies, and herbs is a great way to add flavor and visual appeal, without any questionable additives. Read on for a few tips to ensure your H2O is expertly infused, plus our [favorite ingredient combinations](#) for infusing water.

Pitcher Perfect

For infusing water, you can place chopped produce directly in your glass or a pitcher, or use an infusion pitcher to keep things tidy. We like the [Hiware Glass Fruit Infuser Water Pitcher](#), which also works well for iced tea or sun tea. When you're not infusing, the removable infuser makes a great cage for ice.

Slice Fruits Before Infusing

Slice berries and melons so it's easier for their delicate flavors to infuse. If you enjoy citrus but find your drinks a little bitter, peel off the skin and pith before adding slices to the water.

Crush Tough Ingredients

If you're planning to infuse your water with tough, fibrous ingredients such as rosemary or ginger, crush them with a muddler before adding. Tear or chop softer herbs, such as mint and basil, to release their flavorful oils.

Refrigerate Infused Water

You can infuse water at room temperature for up to two hours. After that, store it in the fridge so it stays fresh.

Don't Trash the Leftover Fruit

Once you've finished enjoying your infused water, don't just dump the leftover fruits and vegetables into the garbage. You can snack on them or add them to a smoothie. If they've lost their flavor, [composting](#) is a great way to recycle them.

How Long Does Infused Water Last?

Stored in the refrigerator, infused water will stay good for up to three days.

Infused Water Recipes

Supercharge your hydration vibes with flavorful infusions of fresh fruit, veggies, and herbs. For all the recipes below, add 8 cups of cold or room-temperature water to a pitcher. Add ice if desired.

- **Strawberry-Thyme Refresher:** ½ cup sliced strawberries + 4 to 5 sprigs fresh thyme
- **Orange-Jalapeño-Ginger Zinger:** 1 orange, sliced + ⅓ of a jalapeño, sliced + 2-inch piece fresh ginger, smashed
- **Berry-Basil Blast:** ½ cup fresh blueberries or blackberries + 6 fresh basil leaves, torn
- **Minty Cucumber Lemon Water:** ½ cup cucumber slices or strips + 1 small lemon, sliced + 6 fresh mint leaves, torn
- **Cantaloupe-Sage Cooler:** 1 cup cantaloupe slices or strips + 2 to 3 large fresh sage leaves, torn