

*4 AMAZINGLY EASY
AND DELICIOUS
FRUIT-INFUSED WATER RECIPES*

Metamorphosis Healthy Lifestyle Coaching

www.truemetamorphosis.com



So.....you're trying to drink more water or quit your diet soda habit. There will be times when plain old water simply won't cut it. But don't throw in the towel just yet.

Fruit Infused H2O to the Rescue!

Infused waters are so easy to make. They're nutritious, refreshing and can help satisfy your cravings when you're looking for something sweet or missing your usual diet soft drink. You can use any fresh fruit (except bananas), herbs, and spices to turn plain water into a refreshing, flavorful drink.

Here are some of the benefits of drinking fruit-infused water

- You'll get more nutrients in your diet
- You'll help ward off sickness and disease
- You'll slow down the aging process
- You'll boost your metabolism
- You'll maintain a healthy body weight
- You'll have more energy

WOW! Riiight?

***What makes fruit-infused water so good
for your health and wellness?***

It's all those vitamins, minerals, phytonutrients, and antioxidants in the fruit! They provide the nutrition you need to help boost your immune system and maintain healthy pH levels. They also help fight free radical damage, increase collagen production, speed up your metabolism to burn more calories throughout the day, and provide extra energy and electrolyte power! **



Are you ready to give fruit-infused water a try?

Of course you are!

*****if you're diabetic or on a fruit-restricted diet, please consult your physician before adding fruit-infused water to your daily diet..***

Here's what you'll need to make fruit-infused water:

1-quart jars with lids (Mason jars are *perfect*)

Filtered water or plain seltzer or plain sparkling water

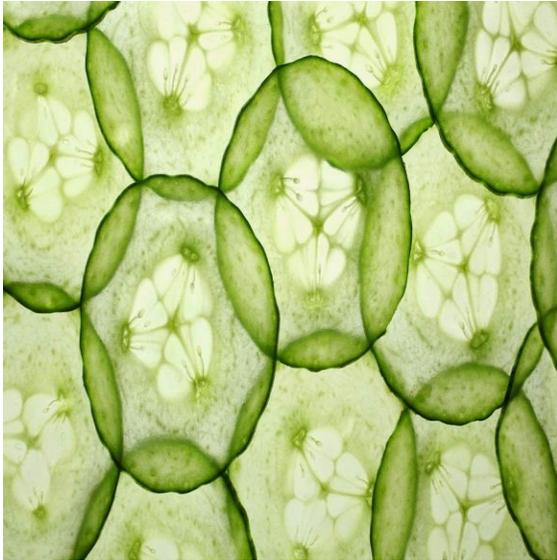
Wooden spoon

A touch of stevia, honey** or coconut sugar for extra sweetness (optional and only if *absolutely* necessary)

***You might need to dissolve the honey in a bit of warm water before adding.*



*Here are 4 of my favorite fruit-infused water recipes
(each recipe makes 1 quart)*



***Minty Fresh Cucumber Lime
Water***

1/2 cucumber, sliced

1/2 lime, sliced

1/4 cup fresh mint leaves

This is so refreshing after working out.

Strawberry-Lemon Water with Basil

1/2 cup sliced strawberries

1/2 lemon, sliced

1/4 cup fresh basil leaves (or mint leaves)

*The basil leaves give this water a unique
flavor, but you can use mint, if preferred.*





Watermelon Mint Water

1 cup cubed watermelon

1/4 cup fresh mint leaves

Tastes like summer. Any time of year.

Pineapple-Orange Water with Ginger

1/2 cup cubed pineapple

1/2 orange, sliced

1 tablespoon freshly grated ginger

So exotic. Great for a hot summer day. Try adding some fresh grated coconut for more tropical flavor.



How to make your fruit-infused waters

Choose your recipe and gather all of the ingredients.

Place fruit, herbs, and/or spices in bottom of the glass. Take your wooden spoon and mash up fruit a bit to release some of their delicious juices.

Fill the jar with your water of choice and taste it. If you're using sweetener, add it in and stir until dissolved.

Refrigerate for several hours or overnight for maximum flavor.

*Have fun experimenting with different fruits, herbs and spices.
Be creative. The possibilities are endless!*



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Want to learn more about me and how I might be able to help you create a happier, healthier, more exciting life? Let's set up a complimentary Discovery Call. Schedule your FREE session with me [here](#).

Yours in good health,



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