

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

*Metamorphosis Healthy Lifestyle Coaching*

[www.truemetamorphosis.com](http://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! Riight?***

*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!*



Water is essential. Not only does it quench your thirst; it provides your body and skin with moisture and also helps flush out toxins. Drink more and you'll notice a huge difference in how you feel and look and *especially* if you infuse your water with fruit. If you want to look and feel even better, try my *Epic 1 Day Cleanse*. It's an amazing, all natural, *real food* cleanse program to help get you back on track and feeling great in 24 hours. It's perfect after a day or a weekend of a bit too much indulging or any time you're feeling a little sluggish, foggy and bloated. Click or tap below to get it NOW!

[EPIC ONE DAY CLEANSE](#)

Yours in good health,



*Cynthia* 

*Metamorphosis Healthy Lifestyle Coaching*

[truemetamorphosis.com](http://truemetamorphosis.com)

*Email: [cynthia@truemetamorphosis.com](mailto:cynthia@truemetamorphosis.com)*