

Citrus Mint Infused Flavoured Water Recipe

Here is a quick, easy recipe to flavour your drinking water to increase your hydration throughout the day. This recipe can be customized to your taste using various fruits and herbs.

Ingredients:

- 1 liter (4 cups) of filtered water
- 1 lemon
- 1 lime
- Handful of fresh mint leaves
- Ice cubes (optional)

Instructions:

1. Start by washing the lemon, lime, and mint leaves thoroughly to remove any dirt or residue.
2. Slice the lemon and lime into thin rounds or wedges.
3. Take the fresh mint leaves and lightly crush or tear them to release their natural oils and flavour.
4. In a large pitcher, add the sliced lemon, lime, and crushed mint leaves to the filtered water. Stir the mixture gently to ensure the flavours are evenly distributed. You can lightly press down on the fruits and mint with a spoon to release more flavour if desired.
5. Cover the pitcher and place it in the refrigerator for at least 2 hours to allow the flavours to infuse into the water. For a stronger flavour, you can leave it overnight.
6. Once the water has infused, you can strain out the fruits and mint leaves if desired or leave them in for added visual appeal.
7. If desired, add ice cubes to the flavoured water to make it more refreshing. Serve the flavoured water in glasses and enjoy!



Feel free to adjust the quantity of lemon, lime, and mint leaves based on your personal preference. You can also garnish each glass with a sprig of fresh mint or a citrus slice for an extra touch.

Enjoy your healthy and revitalizing citrus and mint flavoured water!



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