

Lemon, Ginger & Turmeric Infused-Water

Staying hydrated is important. Do you ever get tired of drinking water? Here are delicious ways to infuse fresh flavors and a little nutrition into your water.

ALL YOU NEED:

- ½ lemon, sliced
- 4 slices fresh ginger
- 1 Tablespoon ground turmeric
- 2 Quarts water

ALL YOU DO:

1. Start with clean hands; wash hands with warm water and soap for at least 20 seconds.
2. Rinse produce, herbs under cool running water and add to 2-quart jar. You can “muddle” or slightly crush the produce, herbs to release more flavors.
3. Add 2 quarts of water and ice (*if desired*).
4. Store infused water in the refrigerator at 40°F or below in a sealed pitcher.
5. For best results, drain fruit solids within 24 hours and refrigerate water up to three days.

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Adapted from: *Taste of Home*

Other Infused Water Combination Ideas:

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| Cantaloupe + mint + lemon | Strawberry + lemon + basil |
| Citrus + cucumber | Pineapple + lemon + mint |
| Watermelon + cucumber + mint | Watermelon + mint |