



WATERCREST

SENIOR LIVING



The Chef's Corner

Infused Water

As the weather heats up, it is important to stay hydrated. A great way to quench your thirst and satisfy your palette is by drinking infused waters. Infused water is a lightly flavored, natural refreshment that provides the hydration your body needs and the fresh, crisp flavor you expect.

Besides tasting great and having zero calories, infused water has many additional health benefits, including:

- Improves mood
- Flushes toxins from your system
- Fills you up so you don't eat as much
- Aids in water weight loss
- Keeps food flowing through your digestive system

The Chefs at Watercrest invite you to try some of our favorite infused water recipes at home.

To get you started: Place all ingredients in a large non-reactive container and cover with 3 gallons of warm water. Allow to sit in cooler overnight for best results.

Pineapple Lemon Grass Infused Water

- ½ pineapple, cut into long strips
- 2 stalks of lemon grass, split with a spoon or mallet before cutting it into 3" pieces
- A Handful of Fresh Basil Leaves
- 8 Limes, with all outer peel and pith removed
- 1 small piece of Fresh Ginger, Remove Peel and cut into pieces

Cucumber Lemon Fennel Infused Water

- 1 Fennel, bulb and stalk, cut into pieces
- 1 cucumber peeled and sliced
- 5 lemons remove all outer peel and pith, cut into slices

Strawberry Lemon Mint Infused Water

- 3 Cups Strawberries, Halved
- 5 Lemons, All outer peel and pith removed
- A handful of fresh mint