

The image shows two glasses of fall fruit infusion on a wooden surface. The glass on the left contains slices of apple, cucumber, and a cinnamon stick. The glass on the right contains a slice of lemon, a strawberry, and green herbs. There are also whole apples and a lemon slice scattered around the glasses. The background is a rustic wooden surface.

Fall Fruit Infusion

Guide



Congratulations!

Adding fruit infused water to your daily water regimen is a wonderful boost to your health and well-being.

We know that we should drink water all throughout the day, yet we get bored with our plain water and end up reaching for a less than healthy drink to give us a little pizzazz to our day.

Well, that's about to change. Adding fruit to your water not only eliminates the boring plain water syndrome, but offers you a multitude of health benefits that plain water just doesn't have.

A vibrant assortment of fresh fruits including oranges, grapes, a pineapple, a kiwi, a starfruit, a tomato, a lemon, and a peach. The word "Benefits" is written in a large, elegant, black cursive font across the center of the image.

Benefits



Let's look at a few benefits you'll receive from adding fruit to your water:

- **Satisfies Hunger & Your Sweet Tooth** – Many times when we feel that we are having a “hunger attack”, we are actually thirsty. Drinking fruit infused water will help you satisfy that hunger pang – that is actually a thirst – and curb that desire to eat something sweet.
- **Provides a Toxin Flush** – Various fruits are natural detox fruits. Apples are a perfect example of a natural toxin flush fruit.
- **Improves Digestion** – The more water you drink the better your digestion will be. Adding fruit will naturally create a healthier digestive system.



- **Jumpstarts Your Metabolism** – The more water you drink, the better your metabolism will be. There are many fruits that are a perfect metabolism booster.
- **Improves Immunity** – The nutrients in the fruit will help you maintain a more balanced pH, which can substantially lower your chances of getting cancer and other diseases.
- **Increases Your Energy** – Fruit infused water is loaded with antioxidants, vitamins and minerals, which work to increase your body's natural energy.



➤ **Increases Your Workout Results** – Better hydration allows your body to work out longer and with more intensity. Your body will also have a better recovery due to the vitamins and minerals you are naturally getting with the fruit.

➤ **Keeps You Younger** – Keeping your body hydrated allows your skin to have the water it needs to stay healthy. You will notice that you have less fine lines and wrinkles when you drink more water and with the added vitamins and minerals, your skin will be well nourished.



Getting started with fruit infused water is simple.

Equipment

A simple mason jar or water pitcher is adequate to make your fruit infused water.

You can invest in a fruit infused pitcher or a single travel infuser. Your fruit will stay separate from your water with an infuser, which prevents the pieces of fruit from pouring into your drinking cup.





Fruit

Your fruit should be ripe, organic is your best choice. Clean your fruit well before placing it in your water.

Oranges, lemons and limes can turn your water bitter, due to their rinds. If you see that the rinds are thick, trim them to decrease the bitterness.

Apples, oranges, pears, mangos, grapes, etc. are sliced before putting them into your water. Pomegranates are lightly crushed

Some fruits will maintain their flavor through a couple of infusions. You can refill as you use your water, in order to have a continual supply of fruit infused water.



Fall Fruits

As our bodies transition from summer to winter, we need to eat more fruits of the season. This allows our bodies to detox naturally and to obtain the maximum nutrients available. The following are a list of the seasonal fruits we will use for the Fall Fruit Infusion recipes, once you get started with fruit infusion, you'll find that you'll be creating your own blends:

Apples

Cranberries

Grapes

Mangos

Oranges

Pears

Pomegranates

The following recipes are for a typical travel infuser, adjust as needed.



Apple and Cinnamon

Benefits: Apples and Cinnamon both have powerful antioxidant properties, work toward lowering your blood sugar, and may help boost your metabolism

1/2 Apple – thinly sliced – Fuji or Honey Crisp are ideal for infused water
1 – 2” Cinnamon Stick – organic Ceylon Cinnamon

Thinly slice your apple and place as many slices as possible in your infuser basket. Add your cinnamon stick and fill infuser with water.

Place in refrigerator and allow the water to infuse for a minimum of 4 hours.



Cherries and Mint

Benefits: Cherries may promote weight loss, good source of antioxidants, helps to reduce inflammation, and provides vitamin C. Mint is naturally stimulating and aids in digestion.

10 Fresh Organic Cherries – sliced in halves

10 Mint Leaves – lightly crushed

Fill infuser basket with fruit, add water to infuser. Place in refrigerator and allow the water to infuse for a minimum of 4 hours.



Cranberries and Orange

Benefits: Cranberries have many natural nutrients that enhance your immune system. Enhances your metabolism, which may help your to lose weight. Oranges contain vitamin C and promotes healing. Working together, cranberries and oranges will give you an energy boost.

1/2 Cup Organic Cranberries (50 grams) – lightly crushed (frozen organic will work too)

1/4 Blood Orange or a Navel Orange – thinly sliced

Layer fruit in your infuser basket, fill infuser with water. Place in refrigerator and allow the water to infuse for a minimum of 4 hours.



Grapes and Orange

Benefits: Grapes contain resveratrol, which aids in weight loss, increases your circulation and contains vitamins C & K. Oranges also contain vitamin C, and helps regulate high blood pressure.

12 Red or Green Seedless Organic Grapes

1/4 Blood Orange or Navel Orange

Slice grapes in half, thinly slice orange and place fruit in infuser basket and fill infuser with water. Place in refrigerator and allow the water to infuse for a minimum of 4 hours.



Mango and Mint

Benefits: Mangos have an abundance of vitamin C and aids in digestion. Mint is naturally stimulating and also aids in digestion.

1/2 Mango – peeled and cut into small chunks

8 Mint Leaves – lightly crushed (try growing your own mint)

Fill infuser basket with mango and mint. Let sit at room temperature for 4 hours or refrigerate up to 12 hours to bring out the flavor of the mango.



Pear and Cinnamon

Benefits: Pears contain vitamins C & K, are full of antioxidants, and supports the immune system. Cinnamon helps lower your blood sugar and may boost your metabolism.

1/2 Organic Asian (Red) Pear – this pear has the greatest health benefits
1 – 2” cinnamon stick – Organic Ceylon Cinnamon

Thinly slice pear and add to infuser basket, add cinnamon stick and fill infuser with water. Place in refrigerator and allow the water to infuse for a minimum of 4 hours.



Pomegranate and Mint

Benefits: Loaded with antioxidants and vitamin C, helps with weight loss, lowers the risk of heart disease and cancer. Mint is naturally stimulating and also aids in digestion.

1/2 cup Pomegranate Seeds (87 grams) – lightly crushed
10 Large Mint Leaves – lightly crushed

Add pomegranate seeds and mint to infuser basket and fill infuser with water. Place in refrigerator and allow the water to infuse for a minimum of 4 hours.



Your Turn

I hope you enjoy these fruit infusion recipes and now have an idea of how you can create your own blends.

There are many options to combine fruits and herbs together to create as many different recipes as you can imagine.

Mix up a single serving or a pitcher for guests, have some available at all times.

As the holidays approach and family and friends gather together, offer your favorite fruit infused water as a healthy option for a beverage.

MEET YOUR COACH

Would you like some personal support in becoming the best version of yourself?

I'd love to chat with you about your health goals. Contact me today!

Terri King

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