

Flavors for Winter Water

Make these daily for optimal hydration and winter wellness!



Citrus

In a two-quart mason jar with lid, add slices from a 1/2 lemon, 1/2 lime, and 1/2 orange. Fill with filtered water and refrigerate. Add a sprig of rosemary for something really special!



Ginger Lemon

In your 2-quart mason jar with lid, add a 2" piece of ginger, sliced. Add the slices from a whole lemon. Refrigerate and enjoy within one day. Add a little snap with just a pinch of cayenne.

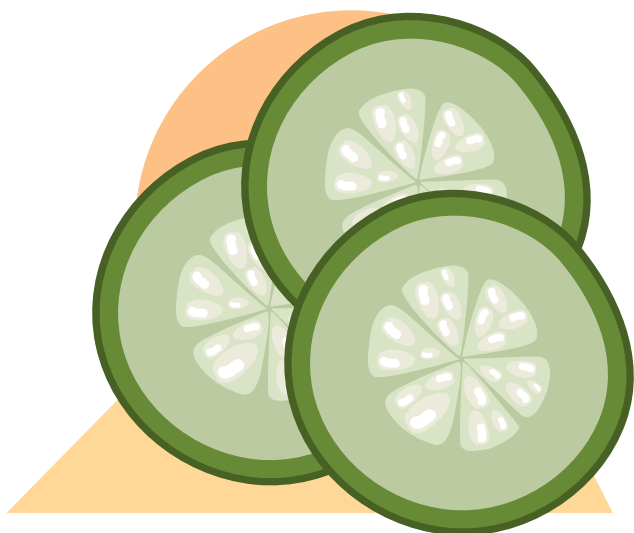


Pear Cinnamon

Chop one cored pear and place it in your 2-quart mason jar. Add 2 cinnamon sticks. Refrigerate and drink within one day. For a little more flavor and a quarter teaspoon of vanilla extract.

Pomegranate Lime

Add the seeds from 1/4 of a pomegranate to your 2-quart mason jar. then, add slices from a whole lime. Top off with filtered water. Refrigerate and enjoy. Want a bit more flavor? Add a couple sprigs of cilantro.



Cucumber Water

Not exactly seasonal, but oh so hydrating! Cut up an entire organic cucumber and place in your 2-quart mason jar and fill with filtered water. Make it even more refreshing with a few springs of fresh mint.

Winter Wellness and Hydration