**Best Fruits, Herbs and Vegetables to Make Infused Water**

If you’re thinking of creating your own infused water, you’ll have a lot of options when it comes to the ingredients you can use. Practically all fruits and vegetables can be infused to create delicious recipes. However, some are more popular than others.

Here, you’ll discover some of the best fruits, herbs and vegetables you can use to make infused water.

**Best fruits to use**

Fruits are the easiest ingredients to use in infused water. Practically all fruits can be used, creating fresh, delicious flavors. However, some are better to use than others in terms of health benefits.

Apples are a great example. Packed full of iron, apples are also low in calories. They are also a natural appetite suppressant, keeping you feeling fuller for longer. They are also sold in a wide choice of varieties, each with its own unique flavor profile.

In terms of health benefits, blueberries are also one of the best fruits you can use. They are packed full of powerful antioxidants and they also contain a naturally sweet flavor if you use ripe ones. This means they’ll be a big hit with the kids. They are also one of the easiest fruits to use as they require no preparation. Just stick them in the water as they are.

Lemon is another great option. Known for its detoxifying properties, lemon infused water is extremely good for the health. It is a particularly great fruit to use in morning infused water drinks, helping to detoxify the body while boosting energy levels.

These are just a few of the best fruits you can use to create your healthy infused waters.

**Best herbs for infusing**

Again, you can use any number of herbs to create healthy infused waters. However, for health benefits you’ll want to focus on ginger, sage and parsley.

Ginger can be used in fresh or powder form to receive its impressive benefits. Adding a spicy, warm taste to the water, it’s fantastic for detoxifying the body. It also has great anti-inflammatory benefits, alongside great benefits for the digestive system.

Sage, although not one of the most popular herbs used in water, also has powerful health benefits. It is particularly great for cognition benefits, helping your brain to become sharper and more alert. It can also help to improve memory, and is high in Vitamin K. Ingested daily, it can also help to regulate cholesterol levels and improve blood sugar.

Parsley is another great herb to use for its health benefits. It contains a high level of vitamins and nutrients. It also has powerful anti-inflammatory benefits. Combine this with its anti-fungal and anti-bacterial properties and you have a very healthy infused water ingredient.

**Best vegetables to use**

You’ll be spoilt for choice when choosing vegetables to add to your infused recipes. Like herbs and fruits, some veggies are better to use for their health benefits than others.

Carrots are a great vegetable to add to water. High in Vitamin A and carotene, these delicious veggies are great for your eyesight and skin. They go well with a number of fruits too, adding a sweeter taste to infused waters.

Beets are also worth considering due to their antioxidant and anti-inflammatory properties. These are slightly messier to work with, but they do pack some powerful benefits. Spinach, sweet potato and broccoli are some other great veggies you can use.

These are just a small selection of the best fruits, herbs and vegetables to use in infused water. It’s a good idea to do a little research to see which flavor combinations work better. You can combine the fruits, herbs and vegetables for a super-healthy drink providing they complement each other well.