**Healthy Recipes for Infused Water**

Looking to give your health a boost this year? Infused water could be just what you need to improve your health and your wellbeing.

With so many different recipes to choose from, it can be hard knowing which ones to start with. Some infused water recipes are healthier than others. So, if you’re looking to gain the most benefits from this latest health trend, below you’ll discover some of the best healthy recipes for infused water.

**Citrus burst recipe**

Citrus fruits are renowned for their energizing and detoxifying properties. They also produce a very fresh, tangy taste that can really awaken those taste buds.

For this recipe you’ll need a lemon, limes, an orange, ice and water. The combination of citrus fruits gives this drink awesome health benefits such as improved immunity and detoxification.

Check out the recipe [here](https://www.simplystacie.net/2015/06/citrus-bliss-infused-water/).

**Apple, lemon and carrot recipe**

Another healthy yet delicious infused water recipe you’ll want to try is this apple, lemon and carrot recipe. It’s not only one of the tastiest recipes, but one of the most affordable to create too.

To make two or three bottles of this water, you’ll need half a lemon, half a carrot and half an apple. You’ll want to dice the carrots up into small pieces and ideally the drink should be left overnight in the refrigerator to soak up all of the flavors.

The apple, lemon and carrot combination produce a powerful healthy water. Carrots are great for the eyesight, while apples are great for the immune system and lemons detoxify the body.

**Ginger detox**

If you’re looking for a water infused recipe that’s going to help to detox the body, ginger is a key ingredient to focus on.

Ginger has fantastic anti-inflammatory benefits, which is great for those suffering with certain conditions. It also helps to ease muscle pain after a workout, enabling you to work out for longer. On top of its anti-inflammatory benefits, ginger also has powerful antioxidants to fight off illness and disease.

You’ll find hundreds of ginger water recipes, with just a small selection you can try [here](https://www.culligan.com/ca/home/solution-center/ginger-water-recipes-benefits).

**Refreshing cucumber**

If you’re looking for a refreshing, healthy infused water recipe, cucumber is the best ingredient to use. It contains a high level of nutrients and vitamins, such as Vitamin C, B6 and K.

While you can use cucumber alone, it’s best to combine it with other health boosting ingredients such as lemon and mint. You can find a popular cucumber water recipe [here](https://www.spendwithpennies.com/cucumber-water/).

**The pina colada**

Boost your health while also treating yourself to a tasty drink with this pina colada infused water recipe. Made with pineapple, mint and coconut water, this is one of the healthiest infused water recipes on the list.

The citrus from the pineapple contains great antioxidants, while also giving the drink an energizing property. The mint soothes the palate, while the coconut water also provides fantastic health benefits.

This is a great recipe to try in the summer months. Find the simple recipe [here](https://www.acquablend.com/pina-colada-inspired-fruit-infused-water-recipe/).

**Blueberry Kiwi**

One of the more unusual flavor combinations is this blueberry and kiwi infused water. You’ll need around half a cup of blueberries and a couple of kiwis thinly sliced. You can also add a few mint leaves for a refreshing twist.

This water is great for the brain and it also provides powerful digestive benefits too.

These great infused water recipes should give you plenty of inspiration to get started. All of the recipes are easy to create and can provide fantastic benefits when consumed daily. You can also do your own research to find the healthiest ingredients to use in infused waters. Just remember to pay attention to the infusion times for best results.