**How to Make Infused Water**

Now that you know the benefits of drinking infused water, the question is how can you make it?

While you can easily buy ready-made infused water, you’ll receive far more benefits if you make it yourself. Creating your own can also help to enhance the flavor, plus it’s cheaper too.

Below, you’ll discover how to make infused water to experience its awesome benefits.

**Choose your ingredients**

The first thing you’ll need to do is decide which ingredients you want to use. Remember, you can use fruit, herbs and vegetables. You can also mix it up by using a combination of fruits and vegetables, or even a mixture of all three ingredients.

Think about the main benefits you want to experience. Are you looking to feel more energized for example? If so, you’ll want to focus on citrus fruit flavors. Or, perhaps you’re looking for an infused water that’s going to detox the body? Once you know what you’re trying to achieve, it will help you select the best ingredients to use.

**Don’t use hot water**

Once you have your ingredients, you’ll need to the prepare the water. While drinking hot water with lemon juice can be a great detoxifying drink, it’s actually better to use cold water for infused recipes.

This is because hot water can cause vegetables and fruits to break down much faster. This can lead to them becoming soggy and creating more of a gloopy drink. So, if you want the best results, stick to cold or room temperature water.

**Leave the water to infuse slowly**

When infusing the water, you’ll want to make sure you give it plenty of time to soak up the flavors.

Ideally, you’ll want to leave the ingredients to infuse for at least 20 minutes. However, for a full-bodied flavor, you might want to wait for up to a maximum of two hours for the water to infuse.

It’s important to research here to find out which ingredients can be left for longer. For example, some ingredients may need to be drunk right away to receive their benefits. Some ingredients on the other hand, will need to be infused for longer to get the most flavor. You can even find infused water recipes which require overnight refrigeration. So, pay attention to infusion times depending upon the ingredients you’re using.

**Step by step guide**

The above are the basics you’ll need to know before making infused water. The actual step by step process involves:

**Step 1 -** Fill a pitcher or glass with water, then grab your ingredients.

**Step 2 –** Gently mash up the ingredients before adding them to the water.

**Step 3 –** Leave to infuse for at least 20 minutes.

**Step 4 –** Strain the water and enjoy!

There are a few different ways you can create infused waters, but the above is one of the easiest.

**Top tips to follow**

So, now you know more about how to create delicious infused waters, let’s look at a few tips to help.

Firstly, using a glass pitcher or mug will ensure that you end up with the best flavors. Plastic can soak up some of the flavor, while also adding its own flavor to the drink.

You’ll also wan to ensure you’re using the freshest ingredients. Avoid using bruised fruit or herbs that aren’t fresh.

Finally, slicing the fruit and vegetables thinly will also give you more flavor. When cut into smaller pieces, they infuse much quicker and easier.

As you can see, creating your own infused water recipes is easy. The above is a brief guide on how to create your own infused waters and the general guidelines to follow.