**Energy Boosting Infused Water Recipes**

Are you looking for infused water recipes that focus on boosting your energy levels? You’ll find lots of fruits, vegetables and herbs can aid in giving you a much-needed energy boost.

When you feel more energized, you’re much more productive. It also makes it easier to stick to a healthy lifestyle. So, what infused water recipes should you be focusing on to receive energy boosting benefits?

Here, we’ll look at some of the best infused waters for energy.

**Lemon infused water**

The easiest energy boosting infused water recipe, is simply lemon. While you can add numerous other ingredients to boost its health benefits, lemon infused water alone is extremely effective at boosting energy levels.

Out of all of the different fruits, this one is also considered one of the healthiest due to its low sugar content. It will also help the body to detox, flushing out harmful toxins.

All you need is a lemon and water for this one so why not make this your beginner infused water recipe? It only takes around 20 minutes to create too as the lemon doesn’t need to be infused for hours to receive its benefits.

**Cinnamon orange water**

If you’re looking for a sweeter infused water recipe, cinnamon orange water is ideal. You don’t need many ingredients for this one, just one orange and two cinnamon sticks should suffice for one drink.

Orange and citrus fruits are well known for their energizing benefits. The addition of cinnamon also gives the drink healing powers. Cinnamon is known for its antibiotic and antioxidant properties, great for cleansing the body.

**Ginger lime infused water**

Another energizing recipe you’ll want to try is ginger lime infused water. You can stick to using just ginger and lime, or you can add a little mint for a more refreshing taste.

Ginger has a really powerful taste and it contains a high level of antioxidants. It also contains enzymes which help to promote healthy bowel movements. It can also promote blood circulation, making you feel naturally more awake. The lime also helps to boost your alertness, while delivering a healthy dose of Vitamin C.

**Strawberry and lime water**

Ideal for hot sunny days, this strawberry and lime water is a refreshing and energizing drink. Containing strawberries, lime and mint, the micronutrients within these ingredients dissolve into the water and aid in detoxification.

Immediately after drinking this infused water, you’ll feel an instant energy boost. If you use ripe strawberries, you’ll also find this is a very sweet drink, suitable for the whole family. You’ll just need a cupful of strawberries, one lime and a few mint leaves.

**Pineapple and orange water**

Fancy a tropical style energizing drink? This pineapple and orange water recipe is sure to be a big hit on hot sunny days.

Both oranges and pineapples contain a high level of Vitamin C. They also have anti-inflammatory, digestion and immune system benefits. You don’t need a lot of these ingredients to create a two-liter bottle. Just combine one orange, half a cup of pineapple, two cups of ice and some water.

It’s best to leave this water to infuse for around an hour in the refrigerator before drinking.

**Lemon and mint water**

When it comes to energizing ingredients, lemon is one of the best. Therefore, you’ll find it featured in a lot of different energizing water recipes. The addition of mint takes away some of the tangy flavor of the lemon, creating a more refreshing drink.

You’ll need three lemons, one for just the juice and the other two to infuse in the water. You’ll also need a few sprigs of mint, ice and water.

The above are some of the best energizing infused waters you can create. Why not take a look online and you’ll find hundreds more recipes to suit your preferences.