



Rosemary Water, Apple Lemon Water and Summertime Water

Rosemary Water

3 sprigs rosemary, 4 inches long
4 cups of water
Honey and lemon to taste (optional)

Gently bruise the rosemary needles to release the oils. Heat water to just about boiling and pour over sprigs. Let the water infuse about 8 minutes until the water is a light green color. Remove sprigs and add honey and lemon to taste. Serve hot or over ice.

Apple Lemon Water

1 medium or 2 small perfectly ripened apples, sliced
1 lemon, sliced
1½ quarts water
1 broken cinnamon stick (optional)
½ teaspoon agave nectar, maple syrup or honey (optional)

Place apples, lemon and water in 2 quart container. For some fun variety, add 1 broken cinnamon stick. If apples are not very sweet, add a ½ teaspoon agave nectar, maple syrup or honey.

Summertime Water

2 quarts water
1 inch fresh ginger root, finely sliced
1 medium cucumber, peeled and thinly sliced
2 medium lemons, sliced
10 mint leaves, torn

Mix together and let flavors blend a few hours.

