Visiting Nurse Association
of Northern New Jersey

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Refreshing & Hydrating Rosemary-Citrus Water

Recipe from avalina.com.

Ingredients

1 orange, blood orange, or grapefruit
Fresh rosemary sprigs
Cold water

Other infused water ideas

Classic Cucumber & Mint (use cold water)
Lemon & mint create a refreshing drink perfect for any time of year. The citrusy lemon pairs beautifully with the cool mint, making it an invigorating choice. This combination aids digestion and boosts immunity.

Apple Cinnamon (use cold or warm water)
Apple slices and cinnamon sticks offer a sweet & spicy flavor combination. This infusion helps regulate blood sugar levels and provides a comforting taste reminiscent of apple pie.

Pear & Cinnamon Spice (use warm water)
Combine pear slices with a cinnamon stick in a glass of warm water. Pears provide fiber and vitamins, while cinnamon helps regulate blood sugar levels.

Directions

1. Add sliced orange and several sprigs of rosemary to the bottom of a pitcher.
2. Cover with water and let sit in the fridge overnight.
3. Service in a tall glass over ice with rosemary sprig and 1 piece of citrus fruit for garnish.