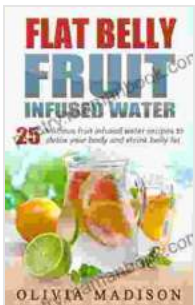


25 Delicious Fruit Infused Water Recipes To Detox Your Body And Shrink Belly

Fruit infused water is a delicious and refreshing way to detox your body and shrink belly. These 25 recipes are packed with flavor and nutrients, and they're easy to make.



Flat Belly Fruit Infused Water: 25 delicious fruit infused water recipes to detox your body and shrink belly fat (Flat belly series Book 1) by Olivia Madison

★★★★☆ 4.2 out of 5

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Detoxing your body can help to improve your overall health and well-being. It can help to flush out toxins, improve digestion, and boost your energy levels. Drinking fruit infused water is a great way to detox your body because it's hydrating and packed with nutrients.

The fruit in fruit infused water provides antioxidants, vitamins, and minerals that can help to improve your health. Antioxidants help to protect your cells

from damage, vitamins are essential for good health, and minerals help to regulate your body's functions.

Drinking fruit infused water can also help to shrink belly. The fruit in fruit infused water contains fiber, which can help to keep you feeling full and satisfied. This can help to reduce your cravings for unhealthy foods and help you to lose weight.

If you're looking for a delicious and refreshing way to detox your body and shrink belly, try one of these 25 fruit infused water recipes.

1. Strawberry Lemon Water

This recipe is a classic for a reason. The sweet strawberries and tart lemon pair perfectly to create a refreshing and flavorful water. Plus, the strawberries are packed with antioxidants, and the lemon is a good source of vitamin C.

****Ingredients:****

* 1 cup strawberries, sliced * 1/2 lemon, sliced * 8 cups water

****Instructions:****

1. Combine the strawberries, lemon, and water in a pitcher. 2. Refrigerate for at least 4 hours, or overnight.

2. Orange Mango Water

This tropical-inspired recipe is perfect for a summer day. The sweet oranges and mangoes pair perfectly to create a refreshing and flavorful

water. Plus, the oranges are a good source of vitamin C, and the mangoes are a good source of fiber.

****Ingredients:****

* 1 cup orange slices * 1 cup mango slices * 8 cups water

****Instructions:****

1. Combine the oranges, mangoes, and water in a pitcher. 2. Refrigerate for at least 4 hours, or overnight.

3. Blueberry Mint Water

This refreshing recipe is perfect for a hot day. The sweet blueberries and mint pair perfectly to create a refreshing and flavorful water. Plus, the blueberries are packed with antioxidants, and the mint is a good source of vitamin C.

****Ingredients:****

* 1 cup blueberries * 1/2 cup mint leaves * 8 cups water

****Instructions:****

1. Combine the blueberries, mint, and water in a pitcher. 2. Refrigerate for at least 4 hours, or overnight.

4. Pineapple Cucumber Water

This refreshing recipe is perfect for a summer day. The sweet pineapple and cucumber pair perfectly to create a refreshing and flavorful water. Plus,

the pineapple is a good source of vitamin C, and the cucumber is a good source of fiber.

****Ingredients:****

* 1 cup pineapple slices * 1 cup cucumber slices * 8 cups water

****Instructions:****

1. Combine the pineapple, cucumber, and water in a pitcher. 2. Refrigerate for at least 4 hours, or overnight.

5. Watermelon Lime Water

This refreshing recipe is perfect for a summer day. The sweet watermelon and tart lime pair perfectly to create a refreshing and flavorful water. Plus, the watermelon is a good source of vitamin C, and the lime is a good source of vitamin C.

****Ingredients:****

* 1 cup watermelon slices * 1/2 lime, sliced * 8 cups water

****Instructions:****

1. Combine the watermelon, lime, and water in a pitcher. 2. Refrigerate for at least 4 hours, or overnight.

6. Apple Cinnamon Water

This warm and cozy recipe is perfect for a cold day. The sweet apples and cinnamon pair perfectly to create a flavorful and warming water. Plus, the

apples are a good source of fiber, and the cinnamon is a good source of antioxidants.

****Ingredients:****

* 1 cup apple slices * 1 cinnamon stick * 8 cups water

****Instructions:****

1. Combine the apples, cinnamon stick, and water in a saucepan. 2. Bring to a boil, then reduce heat and simmer for 10 minutes. 3. Remove from heat and let cool. 4. Refrigerate for at least 4 hours, or overnight.

7. Ginger Lemon Water

This spicy and refreshing recipe is perfect for a cold day. The spicy ginger and tart lemon pair perfectly to create a flavorful and warming water. Plus, the ginger is a good source of antioxidants, and the lemon is a good source of vitamin C.

****Ingredients:****

* 1 inch ginger, peeled and sliced * 1/2 lemon, sliced * 8 cups water

****Instructions:****

1. Combine the ginger, lemon, and water in a saucepan. 2. Bring to a boil, then reduce heat and simmer for 10 minutes. 3. Remove from heat and let cool. 4. Refrigerate for at least 4 hours, or overnight.

8. Raspberry Peach Water

This sweet and flavorful recipe is perfect for a summer day. The sweet raspberries and peaches pair perfectly to create a refreshing and flavorful water. Plus, the raspberries are packed with antioxidants, and the peaches are a good source of fiber.

****Ingredients:****

* 1 cup raspberries * 1 cup peaches, sliced * 8 cups water

****Instructions:****

1. Combine the raspberries, peaches, and water in a pitcher. 2. Refrigerate for at least 4 hours, or overnight.

9. Blackberry Lime Water

This tart and refreshing recipe is perfect for a summer day. The tart blackberries and lime pair perfectly to create a refreshing and flavorful water. Plus, the blackberries are packed with antioxidants, and the lime is a good source of vitamin C.

****Ingredients:****

* 1 cup blackberries * 1/2 lime, sliced * 8 cups water

****Instructions:****

1. Combine the blackberries, lime, and water in a pitcher. 2. Refrigerate for at least 4 hours, or overnight.

10. Honeydew Melon Water

This sweet and refreshing recipe is perfect for a summer day. The sweet honeydew melon is a good source of vitamins A and C, and it pairs perfectly with water to create a refreshing and flavorful drink.

****Ingredients:****

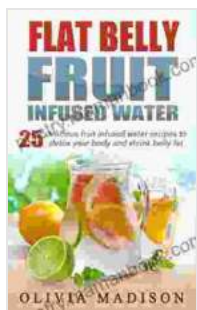
* 1 cup honeydew melon, cubed * 8 cups water

****Instructions:****

1. Combine the honeydew melon and water in a pitcher. 2. Refrigerate for at least 4 hours, or overnight.

11. Cantaloupe Water

This sweet and refreshing recipe is perfect for a summer day

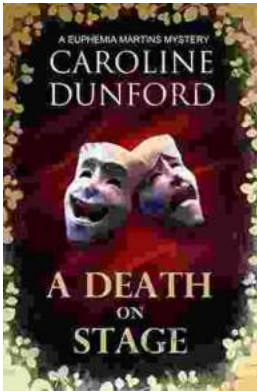


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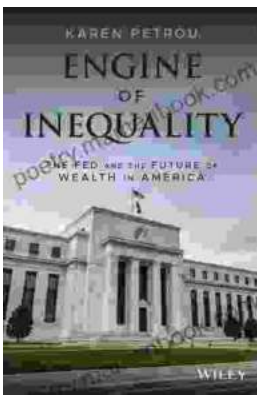
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