



Infused Water Recipes

Peaches-Lemon- Raspberry-Rosemary



2 sliced small peaches
(or 1 large depending on the size)

1/2 lemon sliced

1/2 cup of muddled raspberries

2 sprigs of rosemary

Ginger-Strawberry- Grapefruit-Thyme

2 sprigs of thyme

1/2 cup of sliced, raw ginger

1/3 cup of sliced fresh strawberries

1/2 of one grapefruit cut in two halves



Orange-Blueberry-Basil



3 orange slices

15 blueberries

3 basil leaves

Cucumber-Thyme-Tangerine

5 cucumber slices

2 thyme sprigs

4 tangerine slices



Lime-Mint-Raspberry-Cantaloupe



3 squeezed lime wedges
1/3 cup of chopped mint
1/2 cup of muddled raspberries
1/2 cup of cubed cantaloupe

Blueberry-Ginger- Orange-Mint



1/2 cup of muddled blueberries

1/2 cup of sliced raw ginger

1/3 cup of chopped mint

1/2 orange sliced

Watermelon-Cucumber-Mint



7 watermelon cubes

5 cucumber slices

2 mint sprigs

Pineapple-Blackberries- Cucumber



5 cucumber slices

1 cup of chopped pineapple

1/2 cup of muddled blackberries

Coconut-Mango-Pineapple



22 oz. coconut water

1 cup mango chunks

4 pineapple slices

Green Tea-Mint Pomegranate

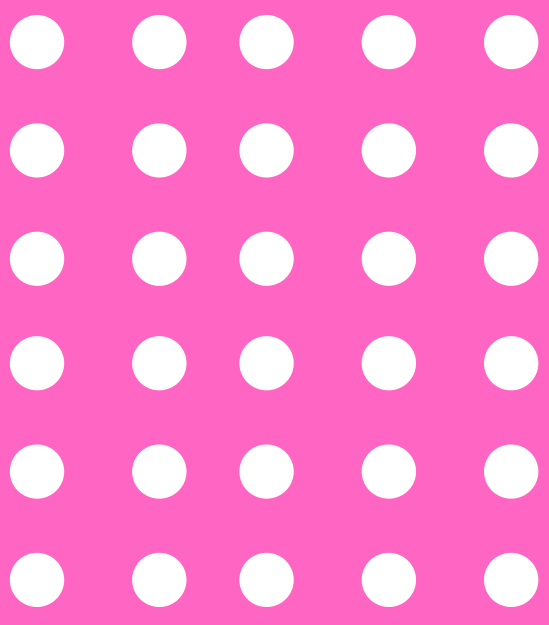


1 bag green tea

2 sprigs mint

20 pomegranate seeds, crushed

A still life composition featuring a glass bottle of water, a bouquet of white peonies, and two bags of Celtic Sea Salt. The foreground bag is blue and labeled "1976 CELTIC SEA SALT LIGHT GREY CELTIC". The background bag is white and labeled "Redmond REAL SALT". The scene is set on a light-colored surface.



Sole Water Instructions

- Fill glass jar about 1/4 of the way with salt.
I like to use a combo of salts -Himalayan Salt, Real Salt or Gray Celtic Salt
- Add Filtered water to fill the other 3/4 of the jar. Top with plastic lid and shake.
- Leave on the counter overnight to let the salt dissolve. If there is still some salt on the bottom of the jar, the water has absorbed it's maximum amount and it's ready for use. If not, add more salt and let sit again.

To Use: Consume on an empty stomach each morning by mixing 1 tsp of Sole to a glass of filtered water. DO NOT use metal to measure or serve. Stores at room temp and will last indefinitely since salt is naturally anti-bacterial and anti-fungal.

