

Refreshing Fruit-Infused Water Recipes

— For Pregnancy —



General steps for preparation

1. Take 8 cups of water for one cup of chopped fruits.
2. Take water in a jar or pitcher.
3. Add fruits and squash them with a spoon.
4. Place in the refrigerator for about two hours and let the fruit juices infuse.
5. Enjoy the cool and refreshing drink.
6. You may occasionally use sparkling water instead of plain water for the extra fizz.

Delicious combinations



Lemon and
cucumber



Blueberries and
strawberries



Watermelon
and lemon



Sweet lime
and mint