



NATURALLY FLAVORED WATER

**50 ADVANCED RECIPES
TO DRINK INSTEAD OF SODA**

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50 Advanced Recipes to
Drink Instead of Soda

InstaHydrate
Hydration Reinvented

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Zesty Lime and Grapefruit Water

This zesty water spiced with grapefruit, orange, and lime is a real summer treat. The Vitamin C in the citrus fruits will provide a boost of Vitamin C, while keeping you well-hydrated. Play with the citrus until you find the best combination that suits your taste-buds.

Method:

- Halve the lime, lemon, orange, and grapefruit and slice them into thin slices.
 - Place all of your sliced fruit into the InstaCuppa Water infusing bottle and fill it up with cold water.
 - Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

- 1 lime
½ red grapefruit
½ naval orange
½ lemon
water to fill your
InstaCuppa
bottle



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Melon, Grape, and Honey Infusion

The sweet honeydew melon is packed with B vitamins and very refreshing, especially in the hot summer months. The green grapes are brimming with cancer-fighting properties and the honey and mint round up this recipe with anti-microbial and anti-fungal benefits – no need to mention that they taste absolutely amazing.

Method:

- Remove the core from the melon wedge and chop it into bite-sized cubes.
- Halve the green grapes and place them into your InstaCuppa water infusing bottle along with the cubed melon.
- Add the honey and mint and fill your bottle with cold water.
- Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

- 1 honeydew melon wedge
- ½ cup green grapes
- 1 teaspoon honey
- 10 mint leafs
- water to fill your InstaCuppa bottle



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Tropical Coconut and Pineapple Water

This water infusion does not only taste like paradise; it is also very healthy and nourishing for your body. The coconut is packed with electrolytes which hydrate and replenish your body, whereas the pineapple is packed with Vitamin C and magnesium.

Method:

- Slice the pineapple and discard the core. Cut the pineapple into large chunks.
- Cut the top part of the coconut, pour out the coconut water in a separate container, and store in the fridge for smoothies. Scoop out the coconut flesh.
- Transfer all of the ingredients into your InstaCuppa water infusing bottle.
- Fill up the bottle with cold water and let it infuse for a few hours in the fridge. Enjoy!

Ingredients:

- ½ small pineapple
- ½ young coconut
- 1 vanilla bean pod
- water to fill your InstaCuppa bottle



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Bloody Mary Infusion

If you love drinking various cocktails, but prefer to stay healthy and sober – turn them into infused waters! This drink is inspired by the classic Bloody Mary cocktail, but without the unnecessary calories and alcohol, and with a ton of cancer-fighting antioxidants.

Method:

- Wash and slice the tomato and the celery stalk.
- Place the sliced veggies into your InstaCuppa water infusing bottle along with the cilantro sprigs.
- Fill the bottle with cold water and add a few drops of hot sauce, depending on how spicy you like your drink.
- Let the water infuse for a few hours in the fridge and enjoy.

Ingredients:

- 1 tomato
- 1 celery stalk
- 2-3 drops of hot sauce
- a few cilantro sprigs
- water to fill your InstaCuppa bottle

Ginger and Licorice Root Infusion

Whenever you feel like you're coming down with a cold – make this infusion recipe. Both the ginger and licorice root have a ton of anti-viral and anti-inflammatory properties, and the lemon will boost your Vitamin C reserves. You'll be back on your feet and cold-free in no time.

Method:

- Peel and grate the ginger and the licorice root.
- Wash and slice the lemon and transfer into your InstaCuppa water infusing bottle along with the ginger and the licorice root.
- Add the cinnamon stick and fill your bottle with warm water.
- Let the water infuse for a few hours at room temperature and enjoy!

Ingredients:

- 1 1-inch long ginger piece
- 1 3-inch long licorice root piece
- 1 lemon
- 1 cinnamon stick
- water to fill your InstaCuppa bottle



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Nectarine Berry Water

The juicy nectarines are packed with vitamins A and C which protect you from the negative impact of free radicals. Combined with mineral-rich berries, this sweet drink is a true liquid treat.

Method:

- Wash and slice your nectarine into thin wedges.
- Place the nectarines into your InstaCuppa water infusing bottle along with the washed blueberries and blackberries.
- Fill the bottle with cold water and add 4-5 liquid stevia drops.
- Let the water infuse for a few hours in the fridge and enjoy.

Ingredients:

- 1 nectarine
- ½ cup blueberries
- ½ blackberries
- 4-5 vanilla stevia drops
- water to fill your InstaCuppa bottle

Calming Chamomile Infusion

Chamomile has a very soothing effect on your body, and can help calm your digestive system. Make this chamomile infusion whenever you feel something iffy happening with your tummy and you will shortly feel some relief.

Method:

- Wash and cut the orange into this slices.
- Place the sliced orange, chamomile tea, and mint leafs into your InstaCuppa water infusing bottle and fill the bottle with warm water.
- Let the water infuse for a few hours at room temperature and enjoy!

Ingredients:

- 2 teaspoons dry chamomile tea
- 1 orange
- small handful mint leafs
- water to fill your InstaCuppa bottle



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Kiwi, Strawberry, and Parsley Water

The combination of kiwi, strawberry, and parsley will be unexpectedly delightful for your taste buds, yet you will benefit the iron and manganese found in kiwis, the antioxidants from the strawberries, and the cleansing chlorophyll from the parsley.

Method:

- Wash the kiwi and the melon and cut them into thin slices.
- Halve the strawberries and place them into your InstaCuppa water infusing bottle along with the sliced kiwi and lemon.
- Add in the parsley sprigs and fill the bottle with cold water.
- Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

- 1 kiwi
- ½ cup strawberries
- 1 small bunch parsley sprigs
- ½ lemon
- water to fill your InstaCuppa bottle



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Raspberry and Lime Mojito Infusion

Serve this amazing water infusion on a hot summer night. The limes will keep your body well-hydrated, and the raspberries will give you a powerful antioxidant punch. The best part is that both kids and grown-ups will equally enjoy this summer "cocktail."

Method:

- Wash and cut the lime into thin slices.
- Place the raspberries, sliced lime, and mint leafs into your InstaCuppa water infusing bottle and fill the bottle with cold water.
- Add 4-5 liquid stevia drops and let the water infuse for a few hours in the fridge. Enjoy!

Ingredients:

- 1 cup raspberries
- 1 lime
- a small handful mint leafs
- 4-5 liquid stevia drops
- water to fill your InstaCuppa bottle



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Apple, Pear, and Sage Infused Water

This wintery infused water is packed with potassium and folate, as well as plenty of antioxidants. The sage is an interesting character, adding an **herbal** twist to the sweet apples and pears.

Method:

- Wash, halve, and cut the apple and pear into thin slices.
- Transfer the sliced apple and pear into your InstaCuppa water infusing bottle along with the sage leafs and the cinnamon stick.
- Fill the bottle with cold water and let it infuse for a few hours in the fridge. Enjoy!

Ingredients:

- 1 apple
- 1 pear
- a small handful sage leafs
- 1 cinnamon stick
- water to fill your InstaCuppa bottle

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Virgin Sangria Water

We all love a tall glass of chilled sangria on a hot afternoon, but alcohol and high temperatures don't always mesh well together. This virgin sangria infusion will keep you hydrated and will replenish your nutrient reserves, thanks to the red grapes, apples, and oranges.

Method:

- Wash and cut all your fruits into small cubes, to resemble the traditional way of making sangria.
- Place the cut up fruits into your InstaCuppa water infusing bottle and fill the bottle with cold water.
- Let the water for a few hours in the fridge and enjoy!

Ingredients:

- 1 apple
- 1 orange
- ½ cup red grapes
- 1 lemon
- water to fill your InstaCuppa bottle

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Carrot and Orange Water

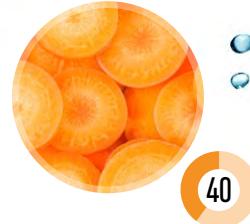
This carrot and orange infused water is just brimming with vitamins A and C which are powerful antioxidants that provide natural sun protection. It also tastes pretty refreshing on a hot summer day.

Method:

- Wash and cut the carrot into large chunks.
 - Slice the orange into thin slices and grate the ginger.
 - Place all the ingredients into your InstaCuppa water infusing bottle and fill the bottle with cold water.
 - Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

- 1 large carrot
1 1-inch long
ginger piece
1 orange
10 mint leafs
water to fill your
InstaCuppa
bottle



Mango and Sour Cherry Water

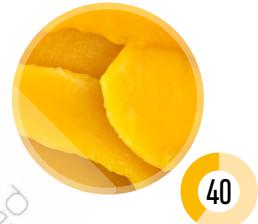
This water infusion is both sweet and tart at the same time, and comes with a wide array of vitamins and minerals to keep you hydrated and satiated.

Method:

- Wash and slice the apple and chop the mango.
- Halve the pitted sour cherries.
- Place all of your prepped fruit into your InstaCuppa water infusing bottle and fill the bottle with cold water.
- Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

- ½ mango 40
- ¼ cup sour cherries, pitted 30
- 1 sweet apple 30 water to fill your InstaCuppa bottle





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Spicy Lime Water

Experienced infused water drinkers will enjoy this recipe. It is slightly spicy, yet very refreshing thanks to the zesty lime and cooling cucumber. If you're looking to boost your metabolism and maybe drop a few pounds, this infusion recipe is the perfect choice.

Method:

- Wash and slice the cucumber and the lime.
- Chop the jalapeno into large chunks. Leave the seeds in for a really spicy water, or discard them if you prefer a milder hotness.
- Place the prepped veggies and the cilantro sprigs into your InstaCuppa water infusing bottle and fill the bottle with cold water.
- Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

- 1 small cucumber
- $\frac{1}{2}$ jalapeno
- 1 lime
- a few cilantro sprigs
- water to fill your InstaCuppa bottle

Peach Cobbler Water

Sweet peaches and creamy coconut pair beautifully together and will flavor your plain water with a familiar dessert taste. This sweet water infusion also comes with a ton of magnesium and potassium from the peaches, and a healthy dose of electrolytes from the coconut.

Method:

- Wash and slice the peach into thin slices.
- Cut the top part of the coconut and drain the coconut water in a separate bowl. Reserve the water for any recipes calling for coconut water.
- Scoop out the coconut flesh and add half of the flesh to your InstaCuppa water infusing bottle.
- Add the peaches and the vanilla stevia and fill the bottle with cold water.
- Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

- 1 ripe peach
- ½ young coconut
- 4-5 vanilla liquid stevia drops
- water to fill your InstaCuppa bottle



Melon, Lime, and Basil Water

The humble lemon is packed with manganese and iron and the lime brings a hefty dose of Vitamin C. The combination of sweet melon, acidic lime, and fragrant basil is very soothing and refreshing for your taste buds.

Method:

- Slice the melon flesh off the wedge and discard the core. Chop the melon into large chunks.
- Wash and slice the lime into thin slices and transfer to your InstaCuppa water infusing bottle along with the melon chunks and basil leafs.
- Fill your bottle with cold water and let it infuse for a few hours in the fridge. Enjoy!

Ingredients:

- 1 honeydew melon wedge
- 1 lime
- 10 basil leafs
- water to fill your InstaCuppa bottle



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Pear and Ginger Winter Water

While the summer heat calls for fresh, zesty flavors, when winter comes you naturally crave warming spices like cinnamon or cloves. This pear and ginger infusion not only comes with a ton of anti-inflammatory and anti-viral properties, but will also hit that warming craving perfectly.

Method:

- Wash and cut the pear into large chunks.
 - Grate the ginger and rub the cloves between your hands to release their flavor.
 - Place all of your ingredients into your InstaCuppa water infusing bottle and fill the bottle with warm water.
 - Let the water infuse for a few hours at room temperature and enjoy!



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Watermelon, Blood Orange, and Rosemary Water

This unexpected water infusion is packed with free radical-fighting antioxidants. The sweet watermelon is very refreshing and hydrating, especially during the hot weather months.

Method:

- Slice the watermelon off the wedge and discard the core.
- Wash and slice the blood orange and rub the rosemary sprigs between your palms to release their flavor.
- Transfer all of the ingredients into your InstaCuppa Water infusing bottle and fill the bottle with cold water.
- Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

- 1 watermelon wedge 40
- 1 blood orange 40
- a few rosemary sprigs 20
- water to fill your InstaCuppa bottle



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Spinach and Strawberry Water

This fragrant water is packed with iron and phytonutrients from the spinach and basil, but also comes with a healthy dose of vitamins A, C, and B6 from the sweet strawberries. You can't really taste the spinach, but you will benefit from all the nutrients.

Method:

- Wash and slice the lemon and halve the strawberries.
- Place all the ingredients into your InstaCuppa water infusing bottle and fill the bottle with cold water.
- Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

- ½ cup baby spinach
- 10 medium strawberries
- 1 small lemon
- 10 basil leafs
- water to fill your InstaCuppa bottle



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Passion Fruit Fresca

Passion fruit is the perfect sweet and tart fruit to use in infused waters. It is packed with iron and Vitamin C, which make for a perfect combination, since your body can absorb the iron properly without the addition of Vitamin C. The orange and honey will sweeten up the water, and the parsley will add some freshness.

Method:

- Wash and slice the orange into thin slices.
 - Halve the passion fruit and scoop out the insides into your InstaCuppa water infusing bottle.
 - Add the rest of the ingredients and fill the bottle with cold water.
 - Let the water infuse for a few hours in the fridge and enjoy

Ingredients:

1 passion fruit
½ Naval orange
a few parsley
sprigs
1 teaspoon
honey water to fill
your InstaCuppa
bottle



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B Vitamin Water

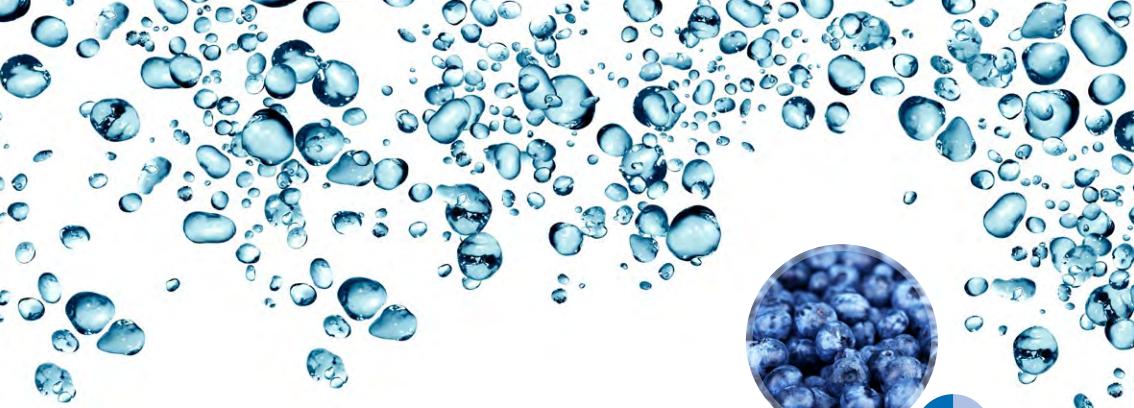
This water recipe comes with all of the essential B vitamins that will give you a natural energy boost. The lemon is high in vitamin B2, the peach is packed with vitamin B3, the raspberries are full of B5, and the pineapple is high in B6.

Method:

- Wash and slice the lemon and the peach into thin slices.
- Chop the pineapple into large chunks and place it into your InstaCuppa water infusing bottle along with the rest of the ingredients.
- Fill the bottle with cold water and let it infuse for a few hours in the fridge. Enjoy!

Ingredients:

- 1 lemon
- 1 peach
- ½ cup pineapple
- a small handful of raspberries
- water to fill your InstaCuppa bottle



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Blueberry Chia Water

Chia seeds can absorb up to 10 times their weight in water, so this water definitely yields the ultimate refresher.

Method:

- Wash and slice the lemon.
- Place the chia seeds, blueberries, and sliced lemon into your InstaCuppa water infusing bottle.
- Add the honey and fill the bottle with cold water.
- Let the water infuse for a few hours in the fridge and shake well before drinking. Enjoy!

Ingredients:

- ¼ cup blueberries
- 1 tablespoon chia seeds
- ½ lemon
- 1 teaspoon honey water to fill your InstaCuppa bottle

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Plum and Pomegranate Medley

The tart pomegranate is packed with Vitamin C, potassium, and manganese, whereas the sweet red plums are just brimming with Vitamin A and magnesium.

Method:

- Wash and halve the plums and discard the pits.
- Add the prepped plums and pomegranate seeds into your InstaCuppa water infusing bottle and add the liquid stevia drops.

Fill the bottle with cold water and let it infuse for a few hours in the fridge. Enjoy!

Ingredients:

- 2 ripe plums
- ¼ cup pomegranate seeds
- 4-5 liquid stevia drops
- water to fill your InstaCuppa bottle



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Blackberry, Lemon, and Dill Water

The humble dill is very rich in flavonoids that fight off cancer-causing cells, and when combined with the antioxidant-rich blackberries and lemon, this water infusion turns into a true health powerhouse.

Method:

- Wash and slice the lemon into thin slices.
- Add the lemon, blackberries, and dill sprigs into your InstaCuppa water infusing bottle and fill the bottle with cold water.
- Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

- ½ cup blackberries
- 1 lemon
- a few dill sprigs
- water to fill your InstaCuppa bottle



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Pumpkin and Cardamom Water

This wintery water is bursting with beta-carotene and lycopene which are crucial for beautiful skin and good eye health. The cardamom plays a key role in your cardiovascular health and can help suppress your appetite, so you don't pack on those nagging winter pounds.

Method:

- Chop the pumpkin into large chunks.
- Wash and slice the apple into thin slices.
- Place the cardamom pods on a wooden board and crush them with a knife to help release their flavor.
- Add all of the ingredients into your InstaCuppa water infusing bottle and fill the bottle with warm water.
- Let the water infuse for a few hours at room temperature and enjoy!

Ingredients:

- ½ cup pumpkin
- 1 small apple
- 1 cinnamon stick
- 3-4 whole cardamom pods
- water to fill your InstaCuppa bottle

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Melon Fusion Water

This recipe yields the perfect summer party drink – a combination of sweet melons to elevate any get-together you're having, while also keeping your guest hydrated and nourished.

Method:

- Cut the flesh off all your melon varieties and discard the core.
- Chop the fruit into large chunks and transfer into your InstaCuppa water infusing bottle along with the mint leafs.
- Fill the bottle with cold water and let it infuse for a few hours in the fridge. Enjoy!

Ingredients:

- ½ watermelon wedge
- 1 honeydew melon wedge
- 1 cantaloupe wedge
- 10 mint leafs
- water to fill your InstaCuppa bottle

Cranberry and Orange Water

The tart cranberries work beautifully with the sweet orange in this antioxidant-rich water. The cranberries are packed with copper and manganese, and the orange is rich in Vitamin C.

Method:

- Wash and cut the orange into thin slices.
- Add the orange, cranberries, and whole star anise into your InstaCuppa water infusing bottle and fill the bottle with cold water.
- Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

- 1 Naval orange
- ½ cup cranberries
- 1 whole star anise
- water to fill your InstaCuppa bottle



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Blueberry, Cucumber, and Cilantro Water

This water recipe is perfect if you're trying to lose some weight and want a refreshing drink that's a bit more interesting than plain old water. The cucumber and the cilantro will boost your metabolism, and the blueberries will give you an antioxidant boost, making sure your body functions properly.

Method:

- Wash and slice the lemon and the cucumber.
- Place all of the ingredients into your InstaCuppa water infusing bottle and fill the bottle with cold water.
- Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

- ½ cup blueberries
- 1 small cucumber
- 1 lemon
- a few cilantro sprigs
- water to fill your InstaCuppa bottle



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Carrot, Persimmon, and Tarragon Water

The orange color in the carrots and persimmons comes from the beta-carotene and lycopene – compounds that promote excellent eye health and radiant skin, whereas the tarragon is packed with antioxidants. The creamy persimmons will give this water an incredible sweetness – almost like sipping on a dessert.

Method:

- Wash and cut the carrot into large chunks.
- Segment the persimmon and transfer into your InstaCuppa water infusing bottle along with chopped carrots and tarragon sprigs.
- Fill the bottle with cold water and let it infuse for a few hours in the fridge. Enjoy!

Ingredients:

- 1 carrot
- 1 persimmon
- a few tarragon sprigs
- water to fill your InstaCuppa bottle



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Lavender Lemonade

The fragrant lavender is very gut-friendly and has a ton of soothing properties. When combined with the digestion-promoting lemon, it will have a very calming effect on your upset tummy, especially after a heavy meal.

Method:

- Wash and slice the lemon into thin slices.
- Add all of the ingredients into your InstaCuppa bottle and fill the bottle with cold water.
- Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

- 1 lemon
- 2 teaspoons culinary lavender flowers
- 5-6 basil leafs
- 4-5 liquid stevia drops
- water to fill your InstaCuppa bottle



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Cherry and Hibiscus Tea Water

Dark and sweet cherries pair up beautifully with the rich hibiscus flavor. The cherries are packed with anti-inflammatory properties and anti-cancer compounds, whereas the hibiscus tea is very beneficial for high blood pressure.

Method:

- Wash, pit, and halve the cherries.
- Wash and slice the lemon into thin slices.
- Place the sliced lemon, halved cherries, and hibiscus tea into your InstaCuppa water infusing bottle.

Add the honey and fill your bottle with warm water.

Let the water infuse for a few hours at room temperature and enjoy!

Ingredients:

- ½ cup cherries
- 2 teaspoons hibiscus tea
- ½ lemon
- 1 teaspoon honey water to fill your InstaCuppa bottle

Goji Berry and Pineapple Water

Goji berries are the ultimate superfood, promoting good bone health and athletic performance; quality of sleep; and overall mental calmness. The tart pineapple is chock-full of vitamin C, rounding up this water with some antioxidant power.

Method:

- Slice the pineapple flesh off the core and discard the center round part that has a bitter taste.
- Chop the pineapple into large chunks and place it into your InstaCuppa water infusing bottle along with the goji berries and parsley sprigs.
- Fill the bottle with cold water and let it infuse for a few hours in the fridge. Enjoy!

Ingredients:

- 1/4 cup dried goji berries
- 1/2 small pineapple
- a few parsley sprigs
- water to fill your InstaCuppa bottle



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Raspberry and Thyme Fusion

Raspberries and spinach are very high in the vitamin B7, also known as biotin, which is known for its beauty benefits; promoting radiant skin, smooth and shiny hair, and strong nails. The humble thyme not only adds a lovely zing to this recipe, but also comes with a healthy dose of iron.

Method:

- Wash and cut the lime into thin slices.
- Add the lime, raspberries, spinach, and thyme to your InstaCuppa water infusing bottle and fill the bottle with cold water.
- Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

- ½ cup raspberries
- ¼ cup baby spinach
- 1 lime
- a few thyme sprigs
- water to fill your InstaCuppa bottle

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Apricot and Purple Basil Water

Apricots are chock-full of cancer-fighting antioxidants, and the purple basil can help increase your blood circulation, as well as decrease insomnia.

Method:

- Wash and halve the apricots and discard the pit.
- Wash and slice the orange into thin slices.
- Add all of the ingredients into your InstaCuppa water infusing bottle and fill the bottle with cold water.
- Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

- 4 large apricots
- ½ Naval orange
- 10 purple basil leafs
- water to fill your InstaCuppa bottle



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Cinnamon Rhubarb Explosion

The sweet rhubarb is chock-full of Vitamin K which plays a key role in blood clotting, thus promoting good cardiovascular health. The humble cinnamon is ideal for regulating blood sugar levels, so sip on this water along a sugary breakfast or a sweet treat.

Method:

- Chop the rhubarb stalk into large chunks.
- Wash and slice the apple into thin slices.
- Transfer all ingredients into your InstaCuppa water infusing bottle and fill the bottle with cold water.

Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

- 2 rhubarb stalks
- 1 small apple
- 1 cinnamon stick
- water to fill your InstaCuppa bottle



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Dragon Fruit and Grape Water

The neon-colored dragon fruit is a true nutritional powerhouse, packing in vitamins C, B2, and B3, as well as minerals iron, phosphorus, and calcium. Red grapes are naturally high in quercitin – flavonoid that has a ton of anti-inflammatory benefits.

Method:

- Wash and halve the red grapes.
- Peel the dragon fruit and chop it into large chunks.
- Wash and slice the cucumber into thin slices and transfer to your InstaCuppa water infusing bottle along with the rest of the fruit and the min leafs.
- Fill the bottle with cold water and let it infuse for a few hours in the fridge. Enjoy!

Ingredients:

- ½ pink dragon fruit
- ½ cup red grapes
- 1 small cucumber
- 8 mint leafs
- water to fill your InstaCuppa bottle



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Papaya and Tangerine Explosion

The sweet tangerine pairs up beautifully with the slight bitterness of the papaya. The bright papaya can boost your immune system and your metabolism, thus aiding your weight-loss, whereas the tangerines come with amazing antioxidant properties, thanks to their high vitamin A and C content.

Method:

- Halve the papaya and discard the seeds. Chop the papaya into large chunks.
 - Wash and slice the tangerine and orange into thin slices.
 - Place the prepped fruit and the rosemary sprigs into your InstaCuppa water infusing bottle and fill the bottle with cold water.
 - Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

- ½ small papaya
1 tangerine
½ orange
a few rosemary sprigs
water to fill your InstaCuppa bottle**



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Kiwi and Prickly Pear Infused Water

The prickly pear, also known as cactus pear, helps with cholesterol, high blood pressure, and obesity, but is also known for its anti-inflammatory and antiviral properties. When combined with the iron-rich kiwi, and the antioxidant-packed currants, it makes for a recipe that's just screaming with nutrition.

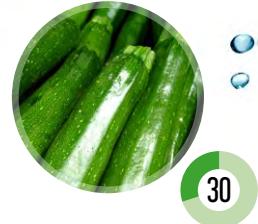
Method:

- Peel the prickly pear and the kiwi and slice them into large chunks.
- Add the fruit and the teaspoon of honey to your InstaCuppa water infusing bottle and fill the bottle with cold water.
- Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

- 1 prickly pear
- 1 kiwi
- ¼ cup black currants
- 1 teaspoon honey water to fill your InstaCuppa bottle

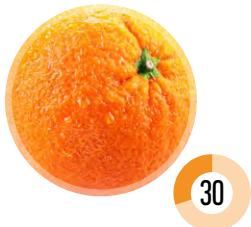
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Zucchini and Lemon Infused Water

While fruit infused waters undoubtedly taste the best, when you add vegetables to your water you get a much higher nutrient boost. Add a piece of fruit to your vegetable infused water and you'll get the best from both worlds: a ton of nutrients and some much-needed sweetness.

Method:

- Wash and slice the zucchini, lemon, and orange.
- Add the produce into your InstaCuppa water infusing bottle along with the basil leafs.
- Fill the bottle with cold water and let it infuse for a few hours in the fridge. Enjoy!

Ingredients:

- ½ zucchini
- 1 lemon
- 1 naval orange
- 10 basil leafs
- water to fill your InstaCuppa bottle

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Nettle Tea and Lemon Water

Nettle tea is amazing for the winter season when your immune system is running low and you feel like you're coming down with a cold. Nettle tea cures the common cold and when combined with Vitamin C rich lemon, anti-microbial honey, and anti-inflammatory cinnamon, this drink turns into a cold-fighting weapon.

Method:

- Wash and slice the apple and the lemon.
- Add the fruit into your InstaCuppa water infusing bottle along with the nettle tea leafs and the cinnamon stick.
- Fill the bottle with warm water and let the water infuse for a few hours at room temperature. Enjoy!

Ingredients:

- 1 lemon
- ½ apple
- 2 teaspoons nettle tea leafs
- 1 cinnamon stick
- water to fill your InstaCuppa bottle



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Vanilla Latte Water

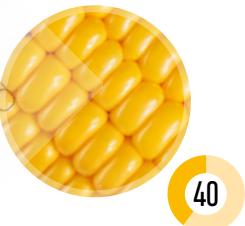
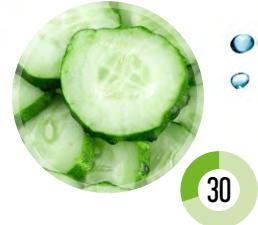
Moderate amounts of caffeine can actually do good things for your body, starting from waking you up in the morning, to balancing blood sugar levels. This vanilla latte water is a healthy way to drink coffee, all the while giving your taste buds one exiting tingle.

Method:

- Place the coffee beans in a small ziplock bag and crush them slightly with a wooden spoon. This will release their flavors.
- Add the coffee beans along with the rest of the ingredients into your InstaCuppa water infusing bottle and fill the bottle with warm water.
- Let the water infuse for a few hours at room temperature and enjoy!

Ingredients:

- 2 tablespoons coffee beans
- 1 vanilla pod
- ½ cup coconut meat
- 1 cinnamon stick
- water to fill your InstaCuppa bottle



Corn and Dill Water

Just like a delicious homemade cornbread, this infused water is sweet and savory at the same time, but also slightly spicy from the hot sauce. The bright corn is packed with B6 and magnesium, whereas the dill is rich in iron.

Method:

- Wash and slice the cucumber into thin slices.
- Place the corn along with the rest of the ingredients into your InstaCuppa water infusing bottle and fill the bottle with cold water. If you're using frozen corn make sure to defrost it ahead of time.
- Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

- 1 small cucumber
- ½ cup fresh or frozen corn
- 1-2 drops of hot sauce
- a few dill sprigs
- water to fill your InstaCuppa bottle



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Strawberry Fennel Fusion

The tart strawberries and the sweet orange are a match made in heaven for the crisp fennel. This hearty vegetable is chock-full of vitamins C and A, as well as minerals calcium and magnesium.

Method:

- Wash and slice the orange and strawberries.
- Chop the fennel into large chunks and transfer into your InstaCuppa water infusing bottle along with the rest of the ingredients.
- Fill the bottle with cold water and let it infuse for a few hours in the fridge. Enjoy!

Ingredients:

- ½ Naval orange
- 8 strawberries
- ½ small fennel bulb
- a few parsley sprigs
- water to fill your InstaCuppa bottle



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Broccoli and Pineapple Water

The mighty broccoli is a true nutritional powerhouse. This cruciferous vegetable is packed with iron and magnesium, and when combined with the Vitamin C-rich pineapple, turns this water into a clean and healthy drink that you can feel good about sipping.

Method:

- Wash the broccoli and slice all the little florets from the stem.
- Slice the pineapple flesh from the core and chop it into large chunks.
- Add the broccoli florets and chopped pineapple into your InstaCuppa Water infusing bottle along with the mint and liquid stevia.
- Fill the bottle with cold water and let it infuse for a few hours in the fridge. Enjoy!

Ingredients:

- ½ small broccoli head
- ¼ pineapple
- 8 mint leafs
- 3-4 liquid stevia drops
- water to fill your InstaCuppa bottle



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Cucumber Herb Spa Water

This water tastes just like it came out of a spa saloon: refreshing, calming, and nourishing. This recipe is geared at drinkers that don't really have a sweet tooth, since there aren't any sweet elements in the water. The mineral-dense cucumber combined with the cleansing herbs acts as the ultimate detoxifier.

Method:

- Wash and slice the cucumber into thin slices.
- Add all of the ingredients into your InstaCuppa water infusing bottle and fill the bottle with cold water.
- Let the water infuse for a few hours in the fridge and enjoy!

Ingredients:

- 1 medium cucumber 70
- 8 cilantro leafs 10
- 8 mint leafs 10
- 8 basil leafs 10
- water to fill your InstaCuppa bottle



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Berry and Sage Water

The antioxidant rich berries pair up beautifully with the iron, thiamin, and copper packed sage in this aromatic and slightly woody tasting water.

Method:

- Wash the berries and add them into your InstaCuppa water infusing bottle.
- Slightly muddle the berries with the sage to help release their flavor.
- Fill the bottle with cold water and let it infuse for a few hours in the fridge. Enjoy!

Ingredients:

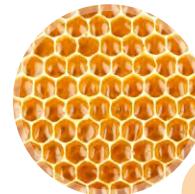
- 1/4 cup blueberries
- 1/4 cup blackberries
- 1/4 cup raspberries
- 8 sage leafs
- water to fill your InstaCuppa bottle



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Lemon Poppy Seed Infusion

Lemon and poppy seed is such a classic combination found everywhere: from muffins, to cookies and bread rolls. Even the tiniest amount of poppy seeds provides high doses of niacin and iron, whereas the acidic lemon just brimming with Vitamin C.

Method:

- Wash and slice the lemon into thin slices.
- Add the lemon slices along with the rest of the ingredients into your InstaCuppa water infusing bottle.
- Fill the bottle with cold water and let it infuse for a few hours in the fridge. Enjoy!

Ingredients:

- 1 lemon
- 1 teaspoon poppy seeds
- 1 teaspoon honey
- 6 mint leafs
- water to fill your InstaCuppa bottle



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Black Forrest Cake Water

Dates, sour cherries, and coconut work as the main elements in this water infusion that's inspired by the classic decadent cake. The sweet dates taste almost like chocolate, but also come packed with potassium and magnesium

Method:

- Pit and halve the dates and the sour cherries.
- Add the fruit and the coconut meat into your InstaCuppa water infusing bottle and fill the bottle with cold water.
- Add the liquid stevia and let the water infuse for a few hours in the fridge. Enjoy!

Ingredients:

- 1/4 cup coconut meat
- 4 medium dates
- 10 sour cherries
- 3-4 liquid stevia drops
- water to fill your InstaCuppa bottle

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Plum and Persimmon Delight

The persimmons are chock-full of vitamins A and C – powerful antioxidants that protect you from the damaging effects of free radicals, whereas the purple plums are packed with iron, magnesium, and potassium. The bay leaf has a very soothing effect on your tummy and aids digestion.

Method:

- Wash and segment the persimmon.
- Wash, pit, and halve the plums and transfer to your InstaCuppa water infusing bottle along with the rest of the ingredients.
- Fill the bottle with cold water and let it infuse for a few hours in the fridge. Enjoy!

Ingredients:

- 1 small persimmon
- 2 purple plums
- a few parsley sprigs
- 1 bay leaf
- water to fill your InstaCuppa bottle



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Cranberry and Beet Water

The humble beetroot is the star of this water, bringing a chock-full of vitamins and nutrients, including iron and calcium, while the beet greens are very rich in vitamins A, C, and D. The tart cranberries play well with the sweetness and slight earthiness of the beets.

Method:

- Wash and slice the beetroot into thin slices.
- Add the sliced beet, cranberries, and beet greens into your InstaCuppa water infusing bottle and muddle with the honey.
- Fill the bottle with cold water and let it infuse for a few hours in the fridge. Enjoy!

Ingredients:

- ½ small beet
- a small handful beet greens
- ¼ cup cranberries
- 1 teaspoon honey water to fill your InstaCuppa bottle

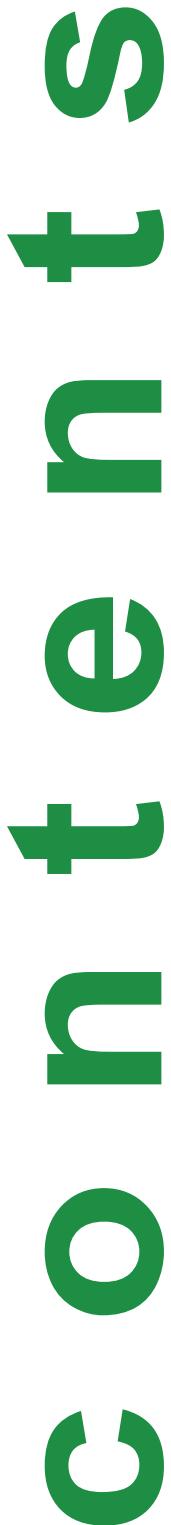
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50 Natural Water Recipes
for
WEIGHT LOSS

BY INSTACUPPA





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1. Grape Rush

This acidic fruit infused beverage benefits your skin health, improves immunity and blood iron levels.

1 cup blueberries, halved

1 cup red grapes, halved

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

2. Ice Ice Berry

Refresh yourself with this fruity cold beverage, which soothes the stomach acid, and improves skin health.

1 cup blueberries, halved

½ cup fresh mint leaves, finely chopped

20 oz sparkling water

A few mint sprigs, for garnish

Stir together blueberries, mint leaves and water in a pitcher.

Set aside for 4 hours in refrigerator. Pour berry infused water into serving glasses, garnish with mint sprigs and serve chilled!

3. Blue Citrus Sensation

Amaze your taste buds with this berry citrusy drink that will also boost your immune system and pep up your skin health like nothing else!

1 cup blueberries, halved

1 cup orange sections, seed and pith removed

20 oz sparkling water

A few orange rind curls

Chop the orange sections into small bits. Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

4. Dark Mint Dream

This is a perfect drink for a themed party that benefits your vital organs and improves your skin and hair health!

1 cup blackberries, halved

½ cup fresh mint leaves, finely chopped

20 oz sparkling water

A few mint sprigs, for garnish

Stir together blackberries, mint leaves and water in a pitcher. Set aside for 4 hours in refrigerator. Pour berry infused water into serving glasses, garnish with mint sprigs and serve chilled!

5. Razzmatazz

This recipe tastes as fancy as its name sounds. With abundance of immunity boosting berries in each glassful and micronutrients to replace the dead cells, this beverage will help rejuvenate your body!

1 cup cranberries, halved

1 cup raspberries, halved

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

6. Berry Limeaide

Feeling drowsy? This drink not only refreshes you up but also gives an antioxidant rush to your body!

¼ cup thin lime slices, halved

1 cup raspberries, halved

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

7. Melon Citrus Burst

With an amazing flavor combination, this micronutrient rich beverage is loaded with vitamin C that helps in healing of wounds and potassium that improves high blood pressure.

¼ cup thin lime slices, halved

1 cup honeydew melon, chopped

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

8. Tangy Melon Madness

This perfect welcome drink for summer not only works as an appetizer, but also aids to cool down your system in the summer heat!

¼ cup thin lime slices, halved

1 cup watermelon, chopped

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

9. Livin' Lime

Now this all lime infused water is ideal to sooth a bad mood, improve immunity and enhance skin health!

½ cup thin lime slices, halved

20 oz sparkling water

A few lime rind curls

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

10. Citrus Cooler

This drink resembles the unseasoned version of lemonade and is great to soothe acid reflux, and gastric problems.

$\frac{1}{4}$ cup thin lime slices, halved

$\frac{1}{4}$ cup thin lemon slices, halved

A few lemon rind curls

20 oz sparkling water

$\frac{1}{4}$ cup fresh mint leaves, finely chopped

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

11. Team Tropical

Teamed up with tropical flavors, this cold beverage also aids in digestion and improves immunity!

½ cup pineapple slices, finely chopped

1 cup orange sections, seed and pith removed

20 oz sparkling water

A few orange rind curls

Chop the orange sections into small bits. Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

12. Cool C

Enhanced with vitamin C, this cold beverage is great to boost your immunity, improve skin health and improve digestion!

2 tablespoons fresh mint leaves, finely chopped

$\frac{1}{4}$ cup thin lime slices, halved

$\frac{1}{4}$ cup thin lemon slices, halved

$\frac{1}{2}$ cup orange sections, seed and pith removed

20 oz sparkling water

Chop the orange sections into small bits. Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

13. Garden Melon

This beverage pretty much resembles a garden in full bloom with a variety of different colored fruits added in this drink!

All of these fruits aid in digestion and may help improve high blood pressure.

2 tablespoons fresh basil leaves, finely chopped

$\frac{1}{4}$ cup thin watermelon slices, chopped

$\frac{1}{2}$ cup grapefruit sections

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

14. Berry Wise

Aptly named, drinking this beverage surely is a wise choice if you are looking for an immunity boosting, weight loosing and satiating beverage!

1 teaspoon sage leaves, finely chopped

1 cup blueberries, halved

$\frac{1}{2}$ cup blackberries, halved

$\frac{1}{2}$ cup raspberries, halved

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

15. Supreme Sweet n' Sour

This beverage is so addictive, not only for its taste but also for the health benefit. It is a great source of antioxidants, skin and hair beneficial nutrients and digestive system friendly dietary fiber!

¼ cup thin lemon slices, halved

½ cup strawberries, halved

½ cup raspberries, halved

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

16. Total Citrus

This beverage will be a delight to your body as it aids in digestion, improves the micronutrient concentration of blood and is rich in fiber.

$\frac{1}{4}$ cup grapefruit sections

$\frac{1}{4}$ cup thin lime slices, halved

$\frac{1}{4}$ cup thin lemon slices, halved

$\frac{1}{4}$ cup orange sections

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

17. Cherry Lemonade

As the name suggests, this cherry and lemon beverage has prominent health benefits against preventing hypertension.

¼ cup thin lemon slices, halved

½ cup cherries, deseeded and halved

A few lemon rind curls

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

18. Pucker Up

This humble looking beverage may help in reducing swelling, aid in digestion and reduces fluid retention!

$\frac{3}{4}$ cup thin lemon slices, halved

A few lemon rind curls

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

19. Freshin' Up

This refreshing cold beverage detoxifies your body and improves indigestion.

$\frac{1}{4}$ cup thin lemon slices, halved

2 tablespoons fresh mint leaves, finely chopped

$\frac{1}{4}$ cup orange sections

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

20. Citrus Relaxer

This cold and minty beverage has soothing effect on your digestive system and detoxifies your body!

¼ cup thin lemon slices, halved

¼ cup fresh mint leaves, finely chopped

½ cup cucumber, peeled and finely chopped

A few lemon rind curls

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

21. Citrus Ginger

This is a great cold beverage to soothe the stomach acids and improve immunity.

1 tablespoon fresh ginger, finely grated

$\frac{3}{4}$ cup thin lemon slices, halved

A few lemon rind curls

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

22. Blue Rejuvenation

As the name suggests this fruity beverage rejuvenates and calms your mind, body and soul!

1 cup blueberries, halved

$\frac{1}{4}$ cup thin watermelon slices, chopped

1 tablespoon fresh celery, finely chopped

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

23. Cool as a Cucumber

This is a refreshing cold beverage, which aids in fighting stress, and relieves anxiety.

1 cup cucumber, peeled and finely chopped

A few cucumber peel curls

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

24. Hot 'n' Cool

This spiced cold beverage is beneficial in promoting healthy blood flow and may help in reducing body fat.

1 cup cucumber, peeled and finely chopped

A few cucumber peel curls

2tablespoons jalapeno, deseeded and finely sliced

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

25. Fresh Cucumber Melon

Even the name of this beverage excites our brain cells.

Doesn't it? If so, treat your body with this summer chiller that may also help improvedigestion and hydrate your body.

$\frac{1}{2}$ cup cucumber peeled and finely chopped.

A few cucumber peel curls

$\frac{1}{4}$ cup thin watermelon slices, chopped

$\frac{1}{4}$ cup fresh mint leaves, finely chopped

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

26. Tangerine Rejuvenation

This refreshingly cold beverage may help improve the health of your eyes and heart!

½ cup cucumber, peeled and finely chopped

A few cucumber peel curls

¼ cup tangerine sections, deseeded and pith removed

¼ cup fresh mint leaves, finely chopped

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

27. Orange You Cool

Hydrate yourself to this tangy goodness, which may also help aid in reducing the risk of colorectal cancer and stroke.

½ cup cucumber, peeled and finely chopped

A few cucumber peel curls

¼ cup orange sections

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

28. Minty Fresh

This refreshing beverage tastes as breezy as its name and aids in improving digestion.

½ cup cucumber, peeled and finely chopped

A few cucumber peel curls

¼ cup fresh mint leaves, finely chopped

¼ cup thin lime slices, halved

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

29. Berry Cool

Enjoy a glassful of the goodness of berry and cucumber that helps in improving nail health, skin health and healthy hair.

½ cup cucumber, peeled and finely chopped

A few cucumber peel curls

½ cup raspberries, halved

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

30. Strawberry Kiwi Replenisher

Detoxify your body with this beverage that also may help to manage blood pressure and improves your breath.

$\frac{1}{2}$ cup cucumber, peeled and finely chopped

A few cucumber peel curls

$\frac{1}{2}$ cup strawberries, halved

$\frac{1}{2}$ cup kiwi, peeled and chopped

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

31. Hot n' Fresh

Feel fresh with a spiced cold beverage that also enhances weight loss and relieves stress.

$\frac{1}{4}$ cup cucumber, peeled and finely chopped

A few cucumber peel curls

$\frac{1}{4}$ cup jalapeno, deseeded and finely sliced

$\frac{1}{4}$ cup fresh mint leaves, finely chopped

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

32. Fuzzy Melon

This delicious tasting fruit infused beverage may help protect your heart and eyes against degenerative diseases.

½ cup thin watermelon slices, chopped

½ cup kiwi, peeled and chopped

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

33. Fruit Booster

Replenish your micronutrient stores through this fruity beverage that may also keep your skin looking supple.

½ cup strawberries, halved

¼ cup thin lemon slices, halved

½ cup kiwi, peeled and chopped

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

34. Kiwi Strawberry Kicker

Enjoy the health benefits of fresh fruits, which fight bad cholesterol, regulate blood pressure and reduce inflammation of joints.

½ cup strawberries, halved

½ cup kiwi, peeled and chopped

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

35. Sweet Strawberry Limeade

This naturally sweet and wonderful tasting beverage aids to regulate blood pressure and detoxifies the body, leaving you refreshed and happy!

1 cup strawberries, halved

$\frac{1}{4}$ cup thin lemon slices, halved

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

36. Sweet Citrus Garden

Enjoy the antibacterial and anti-inflammatory health benefits of this amazing tasting fruit infused cold beverage.

$\frac{3}{4}$ cup strawberries, halved

$\frac{1}{4}$ cup thin lemon slices, halved

$\frac{1}{4}$ cup fresh basil leaves, finely chopped

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

37. Sweet Garden

Liberal use of the royal herb in this beverage makes this beverage rich in antioxidants and anti-aging compounds!

1 cup strawberries, halved

$\frac{1}{4}$ cup fresh basil leaves, finely chopped

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

38. Strawberiest

Boost your health with a regular intake of this beverage that may aid in weight management, regulates blood pressure and improves our immunity.

1½ cup strawberries, halved

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

39. Sweet n' Spicy

Relish this sweet and spicy cold beverage for healthy eyes and skin!

1½ cup strawberries, halved

¼ cup jalapeno, deseeded and finely sliced

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

40. Berry Refreshing

Enjoy the anti-allergic and digestive health benefits of this beverage each time you have a glassful!

1½ cup strawberries, halved

¼ cup fresh mint leaves, finely chopped

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

41. Citrus Herb

This herbed cold beverage may help reduce the risk of diabetes and hypertension.

$\frac{1}{4}$ cup grapefruit sections, deseeded and pith removed

$\frac{1}{4}$ cup fresh rosemary, finely chopped

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

42. Garden Melon

This heart healthy beverage may also reduce the risk for developing asthma!

1 cup thin watermelon slices, chopped

½ cup fresh rosemary, finely chopped

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

43. Watermelon Cooler

Look like a million dollars with this skin healthy beverage
that also aids in keeps your hair moisturized and healthy!

1 cup thin watermelon slices, chopped

½ cup fresh mint leaves, finely chopped

A few mint sprigs

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

44. Zesty Melon

This cold fruity beverage helps in improving muscular soreness and aids in preventing constipation.

1 cup thin watermelon slices, chopped

$\frac{1}{2}$ cup fresh cilantro leaves, finely chopped

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

45. Super Cider

Improve your heart health, lower blood glucose levels and improve digestion with a regular intake of this cold beverage.

1 cup apples, cored and finely chopped
2 (2" long) cinnamon sticks
20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

46. Island Ginger

Experience better digestive health, lower blood pressure and improved immunity with a regular intake of this cold beverage.

1 cup pineapple slices, finely chopped

2 (2" long) ginger slices, peeled

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

47. Refreshing Citrus Ginger

This refreshing cold beverage aids relieve stomach discomfort and nausea and vomiting.

1 cup pineapple slices, finely chopped

$\frac{1}{2}$ cup orange sections, deseeded and pith removed

2 (2" long) ginger slices, peeled

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

48. Island Refresher

Enjoy the tropical flavors in this refreshing cold beverage that aids in digestion and combats against the cancer causing free radicals.

1 cup pineapple slices, finely chopped

½ cup fresh mint leaves, finely chopped

A few mint sprigs

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

49. Vineyard Citrus

This beverage has anti-inflammatory benefits and may help control high blood pressure, both of which aids in keeping your heart healthy!

1 cup grapes, halved

1½ cup strawberries, halved

¼ cup thin lime slices, halved

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

50. Island Mint

This beverage is an excellent choice for maintaining healthy eyes!

1 cup mango slices, peeled and finely chopped

$\frac{1}{2}$ cup fresh mint leaves, finely chopped

A few mint sprigs

20 oz sparkling water

Mix all the ingredients together in a pitcher. Set aside for 4 hours in refrigerator and serve chilled!

DETOX WATERS FOR GLOWING SKIN



InstaCuppa
Hydration Reimagined



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Orange Raspberry Vanilla Anise

Reminding you of the flavor of the winter holidays, this infused water is designed to rev up a detox, while calming your mind and promoting awareness. Raspberries are a treasure of antioxidants, keeping your liver going strong, while helping your cells flush out toxins and regenerate themselves. The orange adds a sweet citrus flavor and its signature tartness, while enhancing the nutritional profile of this water with vitamins C and B, and minerals such as potassium and calcium. Vanilla is not only a deliciously flavored spice, but also an Ayurvedic favorite that calms your mind and helps provide a good mood.

INGREDIENTS

- 4 cups purified water
- 2 cinnamon sticks
- 1 vanilla bean, cut
- 1 organic orange, cut into slices



Pear Pomegranate Cloves

Pears are an excellent ingredient to add to your infused water because they contain a unique combination of nutrients offering anti-inflammatory, antioxidant, and anti-cancer benefits. Flavonoids improve insulin sensitivity and help lower the risk of type-2 diabetes. The unique warm and sweet flavor of cloves goes well with the pears, sending thoughts of dessert to your brain and rewarding yourself with a delicious treat. Cloves are packed with minerals, especially manganese, magnesium, and calcium, all playing a part in our natural detox functions. Add pomegranate seeds for an additional antioxidant kick and a lovely dash of pink.

INGREDIENTS

- 4 cups purified water
- 1/2 pomegranate, seeds only
- 1 pear, cut into slices
- 5-6 cloves, crushed



Orange Cucumber Thyme

This combination of ingredients brings together the antioxidant properties of orange, the vitamins and minerals in cucumber, and the purifying action of thyme. Cucumber has a neutral flavor, making it perfect when added to the intensely flavor of orange and thyme. It also contains a unique combination of nutrients which help with inflammation and can even ward off cancer. There's also plenty of vitamins K and C, both involved in the detox process of your cells. This is a great infused water, especially when enjoyed before a meal because it helps digestion.

INGREDIENTS

4 cups purified water

1 organic orange, cut into slices

1 small cucumber, cut into ribbons with a mandolin

2 thyme sprigs



Pink Grapefruit Cucumber Rosemary

Very few foods have the same intensive cleansing properties as grapefruit. Their tart and tangy taste needs to be paired with a complementing ingredient such as rosemary. Pink grapefruit contains lycopene in high doses. This carotenoid phytonutrient has anti-tumor benefits, fighting against free radical damage and offering intensive antioxidant protection. Rosemary's essential oils help with digestion and have anti-bacterial properties, while cucumber provides this infused water with important minerals, vitamins and extra nutrients.

INGREDIENTS

- 4 cups purified water
- 1 pink grapefruit, cut into slices
- 1 cucumber, cut into ribbons using a mandolin
- 1 rosemary sprig



Pink Grapefruit, Strawberry, Ginger, Basil

A powerful cleansing combination, this infused water contains everything you need for getting a good cleanse first thing in the morning. Along with the powerful antioxidant lycopene, pink grapefruit contains a very special phytonutrient called limonoid, which helps activate important enzymes for the liver that neutralize toxins by making them water soluble. Strawberries contain vitamin C and their sweetness makes a delicious pairing with spicy ginger and the strong scent of basil.

INGREDIENTS

4 cups purified water

1 pink grapefruit, cut into slices

5-6 strawberries, cut into quarters

2 inch knob ginger, peeled and cut into slices

2-3 basil leaves



Mango, Mint, Ginger, Cinnamon

This Moroccan-inspired infused water brings together three ingredients with exceptional healing properties, and it's designed to nourish your cells and help them detoxify naturally. With plenty of vitamin C, mango contains enzymes that initiates fat metabolism and soothes the stomach, easing digestion. Ginger is also a calming ingredient for the gastro-intestinal tract, while also providing antioxidant and anti-inflammatory protection to your cells. Cinnamon is a detoxifying spice, firing up internal organs, while also calming your mind. Combine everything with mint leaves, for refreshing and cooling beverage.

INGREDIENTS

4 cups purified water

1 ripe mango peeled and cut into chunks

2 inch ginger knob, peeled and cut into slices

1 cinnamon stick



Cucumber Strawberry Kiwi Mint

This is a tasty combination for helping your body recover from a long summer day. Its ingredients contain large amounts of antioxidants that stimulate the cellular regeneration, nourishing your body naturally instead of with synthetic vitamins. Kiwi contains exceptional nutrients that protect DNA, including carotenoids and flavonoids. It goes great with the anti-inflammatory and anti-cancer properties of strawberries, and also with the polyphenols in cucumber, which have been proven to reduce the risk of cardiovascular disease. Mint adds a refreshing and cooling fragrance.

INGREDIENTS

4 cups purified water

1 small cucumber, cut into ribbons with a mandolin

1 kiwi fruit, peeled and cut into slices

3-4 strawberries, cut into quarters

5-6 fresh mint leaves, crushed



Lemon Thyme Rosemary

This is a mostly herbal infused water that stimulates digestion, calms your mind and keeps you aware and in the moment. It's best to drink it in the morning before your meditation routine, or at sunset, after dinner. Lemon is popular detox ingredient, with impressive amounts of vitamin C. It also supports a healthy digestion and the gentle elimination of toxins. Thyme and rosemary both have signature flavors, and their essential oils act to purify the liver. They also have calming properties, helping you de-stress and achieve a powerful state of mind. If consumed after dinner, this infused water helps you have quality, restful sleep.

INGREDIENTS

- 4 cups purified water
- 1 organic lemon, cut into slices
- 2 fresh thyme sprigs
- 1 fresh rosemary sprig



Goji Ginger Rosemary

Legend has it that old monks from Tibet accidentally discovered the benefits of goji berries while drinking the water in which the berries had fallen from the trees. They felt more energized, didn't get sick, and had a stronger awareness during meditation. This infused water recreates that old Tibetan medicine, combining the exceptional antioxidant properties in goji berries with ginger and rosemary. The result is a sweet and spicy infused water, loaded with nutrients that will spur your digestion, help your liver detoxify, reduce inflammation within your cells, and promote awareness for you to be present in every moment.

INGREDIENTS

4 cups purified water

1/2 cup dried goji berries

2 inch ginger knob, peeled and cut into slices

1 fresh thyme sprig



Blueberry Strawberry Rosemary

Berries of all kinds are the perfect addition to your infused water, thanks to their antioxidants which help your liver detoxify and protect your cells against free radical damage and the early signs of aging. Blueberries and strawberries both contain vitamin C, and provide cardiovascular benefits, anti-cancer properties, and help regulate blood sugar levels. Your whole body will feel recharged and energized after sipping this infused water, as rosemary has immune system-boosting effects, while also helping to relieve stress and pain. Make this drink using coconut water for better taste to top up on potassium.

INGREDIENTS

- 2 cups purified water
- 2 cups coconut water
- 1/2 cup blueberries
- 1/2 cup strawberries, cut into slices
- 1 fresh rosemary sprig



Bloody Mary Infused Water

If you love cocktails, this infused water has everything you're looking for in a healthy and nourishing version. Tomatoes, lime, and basil combine for a nice twist of the classic non-alcoholic Bloody Mary, which everyone will love if served at a picnic or barbecue party. Tomatoes are a great addition to your diet because they contain a wide range of antioxidants, including the cancer-fighting lycopene, as well as assorted vitamins and minerals. They offer antioxidant and anti-inflammatory protection, supporting the cardiovascular health, inhibiting tumor growth, and maintaining bone health. Combine them with the vitamin C in lime and the summery aroma of basil for a healthy infused water.

INGREDIENTS

4 cups purified water

5-6 cherry tomatoes, halved (or one ripe heirloom, cut into slices)

1 organic lime, cut into slices

5-6 basil leaves

a pinch sea salt



Grapefruit Rosemary Cucumber

Deliciously fragranced and with a sweet and sour taste, this infused water is a refreshing way to start your hot summer days. Grapefruit is an exceptional detoxifier, offering antioxidant and anti-inflammatory protection to your cells, given its large dose of vitamin C and cancer-fighting lycopene. The nutrients in cucumber reduce the oxidative stress caused by free radicals within the cells, reducing the risk of early aging and chronic disease. These two detox phenoms work magic with the Mediterranean essence of rosemary, calming your mind and toning your liver.

INGREDIENTS

4 cups purified water

1 organic grapefruit, cut into slices

1 small cucumber, cut into thin ribbons using a mandolin

1 fresh rosemary sprig



Plum Beet Rosemary

Sweet, tangy, and freshly scented, this infused water combines the exceptional detox powers of beet with the antioxidants in plums. These sweet and juicy fruits contain plenty of vitamin C, and they increase your body's capacity of absorbing the iron. The vitamin C protects your cells from free radical damage and reduces the oxidation of cholesterol, preventing the installation of chronic disease and cardiovascular issues. Beetroot is involved in all phases of detoxification, because of its unique nutrients called betalains, with antioxidant, anti-inflammatory and anti-cancer properties. Fresh rosemary adds a nice finish to this infused water and helps maintain a calm and aware state.

INGREDIENTS

- 4 cups purified water
- 1 small beet root, peeled and sliced
- 2 ripe plums, cut into slices
- 1 fresh rosemary sprig



Plum Pear Oregano

A very interesting combination, both in terms of taste and nutrition, this is a fall-themed infused water with a sweet, strong, and refreshing flavor. Plums and pears feature heavily in the autumn harvest, with rich sweetness and exceptional nourishing properties. They both contain soluble fiber to help your body cleanse gently, containing amazing nutrients such as vitamin C, vitamin K and minerals. The wide range of antioxidants in pears, especially flavonoids and carotenoids, offers your cells protection against oxidative stress and reduces the risk of chronic disease. The fiber in plums helps you maintain a normal weight and normalizes blood sugar levels. Oregano, called by the Greeks the joy of the mountains adds a strong, refreshing flavor and has antimicrobial properties.

INGREDIENTS

- 4 cups purified water
- 1 pear, cut into slices
- 2 ripe plums, cut into slices
- 5-6 fresh oregano leaves



Pomegranate Orange Cinnamon Anise

This is the perfect choice for welcoming your guests with a healthy drink at your Christmas parties. The classic winter spices cinnamon and anise both have warming properties, stimulating digestion and promoting awareness to enjoy the wonderful moments with your family. They pair perfectly with orange, a vitamin C and soluble fiber source, and pomegranate, a champion of detox. This combo preserves the holidays' flavors, while adding them together in a healthy, detoxifying water (serve at room temperature).

INGREDIENTS

4 cups purified water

1/2 pomegranate, seeds only, crushed

1 organic orange, cut into slices

3-4 anise stars, crushed

1 cinnamon stick

