



These refreshing and flavoursome infusions are perfect for when plain water has become a bit too dull.

They've even been successfully tried and tested on fans of sugary bottled cordial.

Use a large glass Mason jar, or glass bottle and leave to infuse for 3-4 hours or overnight for full flavour.

- **Fresh lemon & lemon balm** zingy and calming at the same time. Lemon balm is traditionally used to soothe nerves and calm anxiety.
- **Fresh lemon and mint** perfect pick-me-up for when you're tired and flagging, or as an after dinner digestive aid.
- **Fresh squeezed pomegranate juice and mint** squeeze the fruit and scoop out the seeds to add to a salad. Mix the juice with water and mint leaves.
- **Cucumber, mint, and lime** another cooling, uplifting drink.
- **Raspberries and strawberries** chop larger fruits in half, add to water and mix vigorously for a naturally sweet drink.
- **Pineapple & orange** sweet and tropical! Even in cloudy Yorkshire!