

fruit & herb INFUSED ICE

Fruits & Veggies (juiced, pureed or chopped)

Citrus | grapefruit, Meyer lemon, limes, oranges, tangerines

Berries | strawberries, raspberries, blueberries, blackberries

Tropical | mango, pineapple, banana, kiwi, starfruit, papaya

Melons | honeydew, cantaloupe, watermelon

Other | apples, grapes, plums, peaches, cherries, pomegranate, pears

Vegetables | cucumber, carrot juice, beet juice

Herbs | mint, spearmint, sage, rosemary, basil, cilantro

Spices | ginger, cinnamon sticks

Other | coconut water, sweet tea concentrate, coffee/espresso

favorite flavor combinations

Lemon + Lime

Apple + Pear

Watermelon + Basil

Lavender + Mint

Strawberry + Basil

Blueberry + Raspberry

Cucumber + Mint

Mango + Pineapple

Mint + Lime

Grape + Cherry

Blackberry + Mint

Orange + Pineapple

Grapefruit + Rosemary

Blueberry + Lemon

1: Wash fruit and herbs and chop / juice or puree to your desired size/consistency.

2: Place a few pieces of fruit and/or herbs into each compartment of an ice cube tray.

3: Fill the ice cube tray up with filtered water or use the puree instead.

Tap water is fine, but Ice will be cloudy

4: Freeze until solid, and store in an airtight zip-lock bag or airtight container.

