

Prep Time: 5 minutes

Infusion/Chilling Time: 2 to 4 hours

Total Time: 2 hours 5 minutes

Yield: 4 servings (1 quart / 32 fl oz)

Subtly sweet, crisp, and loaded with natural antioxidants, Blueberry Water is one of the simplest ways to transform everyday hydration into a refreshing, spa-like experience. Infused waters offer a light, subtle berry essence without any added sugars, artificial sweeteners, or heavy syrups.

Whether you are aiming to increase your daily water intake, looking for a colorful beverage to serve at gatherings, or simply want a gentle caffeine-free pick-me-up during warm afternoons, this recipe delivers maximum flavor with minimal effort.

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Equipment Needed

- 1-quart (32 oz) glass pitcher or wide-mouth mason jar

- Muddler or wooden spoon
- Measuring cups
- Fine-mesh strainer (*optional, if you prefer completely clear liquid*)

Ingredients

- 1 cup fresh blueberries (*frozen blueberries work well too and add extra color*)
- 4 cups cold filtered water
- 4-6 fresh mint leaves (*optional, for a crisp finish*)
- 1/2 lemon, thinly sliced (*optional, for a mild citrus zing*)
- Ice cubes (*for serving*)

Step-by-Step Instructions

1. Prep the Berries

Rinse the blueberries thoroughly under cool running water. Place about half of the blueberries into the bottom of your pitcher or mason jar.

2. Gently Muddle

Using a muddler or the back of a wooden spoon, gently press the berries to break their skins slightly. *Tip:* Do not crush them into a pulp—just open them up so their sweet juices and deep natural pigments can infuse into the water.

3. Add Remaining Ingredients

Add the remaining whole blueberries to the pitcher. If using lemon slices or fresh mint, add them now. Lightly slap the mint leaves between your palms before dropping them in to release their essential oils.

4. Add Water and Chill

Pour 4 cups of cold filtered water over the fruit. Stir gently to mix. Cover the pitcher and refrigerate for at least 2 hours, or up to 4 hours for optimal flavor extraction.

5. Serve

Fill glasses with ice cubes, pour the blueberry water over the ice (including a few whole blueberries for presentation), and garnish with a fresh mint sprig or lemon slice.

Tips for the Best Infused Water

- **Infusion Duration:** For the cleanest flavor, consume within 12 to 24 hours. If left longer than 24 hours with lemon peel or mint, the water can develop a slightly bitter undertone.

- Refill Potential: Once you drink down the initial batch, you can top off the pitcher with cold water 1-2 more times using the same fruit on the same day.
- Fresh vs. Frozen: Frozen blueberries break down faster than fresh ones, yielding a deeper purple tint in less time. Fresh blueberries provide a lighter, crisper finish.

Nutrition Information

Values are estimates based on infused liquid with a small portion of fruit consumed.

- Servings: 4 (approx. 8 fl oz / 240 mL per serving)

Nutrient	Amount Per Serving
Calories	15 kcal
Total Fat	0 g
Sodium	5 mg
Total Carbohydrates	4 g
Dietary Fiber	1 g
Total Sugars	2.5 g (<i>natural</i>)
Protein	0 g
Vitamin C	4% DV
Antioxidants (Anthocyanins)	Trace to moderate