

- Preparation Time: 10 Minutes
 - Infusion Time (Passive): 2 to 4 Hours (Minimum), Overnight (Recommended)
 - Total Time: 2 Hours 10 Minutes – 12 Hours
 - Yield: 1 Large Pitcher (approx. 2 Liters / 64 oz)
 - Category: Beverage / Detox
 - Cuisine: Health & Wellness
 - Dietary: Vegan, Gluten-Free, Keto-Friendly, Paleo
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Ingredients

To make the perfect pitcher of detox water, you need fresh, quality ingredients. Here is what you will need:

- 1 Medium Cucumber: Choose a firm, dark green cucumber. If using organic, you can leave the skin on for extra fiber and chlorophyll. If not organic, peel it to remove wax.
- 1 Large Lemon: You will need about 5-8 thin slices. Meyer lemons work great, but standard Eurekas or Lisbons are perfectly fine.
- 10-12 Fresh Mint Leaves: Spearmint is the classic choice for a sweet, cooling flavor, but peppermint works if you want a sharper, more intense minty kick.
- 8 Cups (2 Liters) of Water: Use filtered water for the best taste. Tap water can sometimes contain chemicals like chlorine that interfere with the flavor of the fruit.
- Ice (Optional): If serving immediately, add ice cubes to the glass.

Optional Add-Ins (To Switch It Up)

- Ginger: 3-4 thin slices for a spicy, anti-inflammatory kick.

- Lime: Substitute half the lemon for lime for a “Mojito” vibe.
 - Berries: A handful of raspberries or strawberries for natural sweetness and color.
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Equipment Needed

- 1 Large Glass Pitcher or Mason Jar (2 Liter capacity)
 - Sharp Knife
 - Cutting Board
 - Wooden Spoon or Muddler (optional)
 - Fine Mesh Strainer (optional, for serving)
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Instructions

Step 1: Prep the Ingredients (5 Minutes)

Start by washing all your produce thoroughly. Even though you aren’t eating the peel, you

don't want dirt or pesticides in your water.

- **The Cucumber:** Slice the cucumber into thin rounds (about 1/4 inch thick). You can leave the skin on for a more vibrant green color and added nutrients.
- **The Lemon:** Slice the lemon into thin wheels. Remove any seeds you see; if the seeds stay in the water for too long, they can turn the water bitter.
- **The Mint:** Gently clap the mint leaves between your hands. This releases the essential oils without tearing the leaves into tiny pieces that will float in your water.

Step 2: Combine and Muddle (2 Minutes)

Place the cucumber slices, lemon slices, and clapped mint leaves into the bottom of your pitcher.

Pro Tip: If you have a wooden spoon, gently press down on the ingredients at the bottom of the pitcher. This is called “muddling.” Do not mash them aggressively—you just want to bruise them slightly to release the juices and oils.

Step 3: Add Water and Ice (1 Minute)

Fill the pitcher with filtered water. If you are drinking it immediately, add ice cubes. If you are making it for later, just use cold water.

Step 4: The Infusion Process (The Waiting Game)

This is where the magic happens.

- **Minimum Time:** Let the pitcher sit in the refrigerator for 2 hours. This allows the flavors to meld into the water.
- **Optimal Time:** For the best flavor profile, let it infuse for 4 hours.
- **Overnight:** If you prepare this before bed, it will be perfectly ready when you wake up. However, if you let it sit longer than 12 hours, the cucumber might become mushy and the lemon rind can make the water bitter. If you plan to leave it overnight, squeeze the lemon slices slightly before adding them to the water, or remove them in the morning.

Step 5: Serve and Enjoy

Stir the water gently before serving. Pour over fresh ice and enjoy.

Time and Intensity Guide

To help you get the perfect flavor, here is a breakdown of the time and intensity:

Time Infused		Flavor Intensity	Best For
0 – 30 Mins	Very Mild		Just a hint of lemon; mostly water taste.
2 Hours	Mild/Medium		A refreshing, subtle taste. Good for those who don’t like strong flavors.
4 Hours	Medium/Strong		The “Sweet Spot.” Balanced cucumber, citrus, and mint.
6 – 8 Hours	Strong		Very flavorful. The lemon becomes dominant.
12+ Hours	Very Strong		Caution: May become bitter from the lemon pith and rind. Strain before drinking.

Nutritional Information

Disclaimer: Nutritional estimates are for the water infusion only. The actual nutrients absorbed from the fruit into the water are minimal, but the hydration benefits are maximum. This water contains negligible calories.

Serving Size: 1 Glass (8 oz / 240 ml)

Servings Per Pitcher: 8

- Calories: 0-5
- Total Fat: 0g
- Sodium: 0mg
- Total Carbohydrates: 1g
- Dietary Fiber: 0g
- Sugars: 0g (Note: Trace amounts may infuse, but not enough to spike blood sugar)
- Protein: 0g
- Vitamin C: 2% DV (from lemon trace)

- Vitamin K: 1% DV

- Manganese: 1% DV