

Pineapple Ginger Cucumber Lemon Infused Water - Spa-Worthy Hydration at Home

Pineapple ? Ginger ? Cucumber ? Lemon ? Infused Water



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INGREDIENTS

- ¾ cup fresh pineapple chunks
- 1-2 inches fresh ginger root, sliced thin
- ¾ cucumber, thinly sliced
- 1 lemon, thinly sliced
- 6-8 cups cold water
- Ice, optional
- Fresh mint (optional, for garnish and extra flavor)

DIRECTIONS

1. Prep the Ingredients: Wash all produce well. Slice ginger, cucumber, and lemon into thin rounds. Cube the pineapple into small chunks.
2. Infuse the Water: In a large pitcher or mason jar, add all the ingredients. Pour in 6-8 cups cold water, then stir gently to combine. Let the mixture chill in the refrigerator for at least 1-2 hours (or overnight for stronger flavor).
3. Serve: Stir again before serving. Pour over ice and garnish with fresh mint or extra lemon slices if desired.

SWAPS & NOTES

Leave the skin on for a more mellow flavor or peel for a bolder kick.

Pineapple: Fresh is ideal for vibrant flavor.

Frozen works too-just thaw before adding.

Cucumber: English cucumbers are less bitter and seedless.

TIPS FOR SUCCESS

Infuse overnight for a bolder, more integrated flavor.

Use filtered or spring water for the cleanest taste.

Don't let it sit too long -consume within 2 days for best flavor and texture.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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