STRAWBERRY, BLACKBERRY & MINT INFUSED WATER

INGREDIENTS

- 16 oz jar
- 1½ cup water
- ½ cup fruit
- ¼ cup ice
- 2 mint leaves

INSTRUCTIONS

1. Place fruit at the bottom of the jar. Pour water in and stir fruit around.
2. Press on the fruit lightly with a spoon to release the flavors. Add mint leaves if desired.
3. Refrigerate for at least one hour or overnight.
4. Add ice just before serving. Enjoy!

SHAWN DASSIE
TACTICAL HUMAN PERFORMANCE

CUCUMBER, MINT & LEMON INFUSED WATER

INGREDIENTS

- 1 cup cucumbers, sliced
- 1 lemon, sliced
- ¼ cup mint leaves
- Ice cubes
- Water

INSTRUCTIONS

1. In a half-gallon jar, or a 2 quart pitcher, layer the cucumbers, lemon slices, and mint leaves with the ice cubes.
2. Fill jar or pitcher with water. Let chill for 10 minutes. Enjoy!

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TACTICAL HUMAN PERFORMANCE

BLACKBERRY, BLUEBERRY & CHERRY INFUSED WATER

INGREDIENTS

- 16 oz jar
- 1½ cup water
- ½ cup berries
- ¼ cup ice
- 2 mint leaves

INSTRUCTIONS

1. Place berries at the bottom of the jar. Pour water in and stir fruit around.
2. Press on the berries lightly with a spoon to release the flavors. Add mint leaves if desired.
3. Refrigerate for at least one hour or overnight.
4. Add ice just before serving. Enjoy!

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TACTICAL HUMAN PERFORMANCE

CRANBERRY, LEMON & ORANGE INFUSED WATER

INGREDIENTS

- 1 blood orange
- 1 lemon
- Handful of fresh cranberries
- 2 liters water

INSTRUCTIONS

1. Cut orange and lemon into slices.
2. Put orange, lemon, and cranberries into a pitcher and add about two liters of water.
3. Let fruit "steep" for about 15-20 minutes.
4. Serve in glasses with fruit, if desired. Enjoy!

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