

Blueberry Water Recipe

Blueberry water is a refreshing and flavorful way to stay hydrated, and adding blueberries brings a delightful burst of fruity taste.

This simple recipe will guide you through creating your own delicious fruit water!



PREP TIME

10 mins

COOK TIME

0 mins

0 mins

TOTAL TIME

10 mins



COURSE

Drinks

CUISINE

American



SERVINGS

8 cups

EQUIPMENT

- 1 Water pitcher

INGREDIENTS

- 1 cup fresh blueberries
- 1 medium lemon
- 8-10 cups water
- 1-2 leaves fresh mint leaves garnish (optional)

INSTRUCTIONS

1. Wash the blueberries thoroughly under cold water.
2. Gently crush or muddle a handful of blueberries to release their juices. This will help infuse the water more effectively.
3. Wash the lemon and slice it into thin rounds. If desired, you can remove the seeds from the slices.
4. Pour 8-10 cups of water into a large pitcher.
5. Add the crushed blueberries and lemon slices to the water.
6. Allow the mixture to infuse in the refrigerator for at least 1-2 hours. For stronger flavor, you can refrigerate overnight.
7. Once the water is infused to your desired taste, remove the pitcher from the refrigerator.
8. Fill glasses with ice cubes and pour the blueberry-infused water over the ice.

BLUEBERRY WATERMELON SALAD

Blueberry Watermelon Salad with feta and mint is the perfect summer salad. With only 6 ingredients, it's refreshing, flavorful and easy to throw together in just 10 minutes! It's a must for summertime!



Author: Ashley

Total Time: 10 minutes

Category: Side Dish

Cuisine: American

Prep Time: 10 minutes

Yield: 8 servings

Method: Fridge

Diet: Gluten Free

INGREDIENTS

- 6 cups **1" cubed watermelon**
- 1 pint **fresh blueberries**
- 3 TBS **freshly chopped mint**
- 2 TBS **extra virgin olive oil**
- **juice of 1 lime**
- 4oz **feta**, chopped or crumbled

INSTRUCTIONS

1. **Combine fruit:** In large bowl gently combine cubed watermelon(see *notes on best way to cut a watermelon*) with blueberries and freshly chopped mint.
2. **Make dressing:** In small bowl mix together oil and lime juice. Drizzle over watermelon and blueberries.
3. **Add cheese:** Add feta and gently toss to combine. Cover and transfer to the fridge prior to serving.

NUTRITION

Serving Size: 1/8th **Calories:** 104 **Sugar:** 11 **Sodium:** 85 **Fat:** 5
Saturated Fat: 1 **Unsaturated Fat:** 4 **Trans Fat:** 0

Blueberry Chia Muffins

INGREDIENTS

1 $\frac{3}{4}$ cup spelt flour (whole wheat, gluten-free or whatever you have on hand will work just fine)

1 tablespoon baking powder

$\frac{1}{2}$ teaspoon sea salt

$\frac{3}{4}$ teaspoon cinnamon

$\frac{1}{2}$ teaspoon cardamom

3 tablespoons chia seeds (1 teaspoon set aside for topping)

6 tablespoons coconut oil

$\frac{3}{4}$ cup almond milk (oat milk, coconut milk, etc.)

7 tablespoons maple syrup

1 teaspoon vanilla extract

1 cup frozen blueberries

DIRECTIONS

1. Whisk dry ingredients.
2. Melt coconut oil on stovetop, mix in other wet ingredients over gentle heat until smooth.
3. Mix wet ingredients into dry ingredients.
4. Carefully stir in blueberries.
5. Scoop into muffin tin.
6. Sprinkle remaining chia seeds on top of muffins.
7. Bake in oven at 350 degrees F for 25-30 minutes.

Mini Blueberry Cheesecakes



INGREDIENTS

2 cups raw cashews, soaked in water overnight
1½ cups fresh blueberries (or frozen blueberries, thawed), plus more for optional topping
½ cup maple syrup
1/3 cup melted coconut oil
Juice of 1 lemon (or 2 tablespoons lemon juice)
½ teaspoon salt

Simple Salad With Blueberries, Blue Cheese And Walnuts Recipe



15 mins Total 10 mins Prep 5 mins Cook

Ingredients Serves 2

4 cup Mixed Greens

- 1 cup Blueberries
- 1/2 cup Crumbled Blue Cheese
- 1/2 cup Chopped Walnuts
- 2 tablespoon Olive Oil
- 1 tablespoon Balsamic Vinegar
- 1 teaspoon Honey
- Salt And Pepper To Taste

Cooking Directions

- STEP 1. In a large bowl, combine mixed greens, blueberries, crumbled blue cheese, and chopped walnuts.
- STEP 2. In a separate small bowl, whisk together olive oil, balsamic vinegar, honey, salt, and pepper to make the vinaigrette.
- STEP 3. Drizzle the vinaigrette over the salad and toss gently to coat all the ingredients.
- STEP 4. Serve immediately as a side dish or add grilled chicken or shrimp for a complete meal.

Cooking Tips

- To enhance the flavor, toast the walnuts before adding them to the salad.
- If you prefer a sweeter dressing, you can add more honey to the vinaigrette.