

# Instant Pot Infused Water (4 ways)



Quench your thirst with these 4 refreshing Instant Pot Infused Water recipes.

<b>Course</b>	Drinks
<b>Cuisine</b>	American, Western
<b>Keyword</b>	infused water,, Instant pot infused water recipe,, instant pot recipes
<b>Prep Time</b>	5 minutes
<b>Cook Time</b>	5 minutes
<b>Total Time</b>	10 minutes
<b>Servings</b>	4
<b>Calories</b>	3
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## Ingredients

### Cinnamon and Apple Infused Water

- 3 large ripe apples cored and chopped
- 1 sticks of cinnamon
- Juice of half a lemon
- 1.25 l (5 cups) Water

### Clementine and Peach Infused Water

- 4 Clementines peeled and cut in half
- 3 ripe peaches destoned
- Juice of half a lemon
- 1.25 l (5 cups) Water

### Blueberry and Strawberry Infused Water

- 100 g (2/3 cup) sliced strawberries
- 100 g (2/3 cups) blueberries
- Juice of half a lemon
- 1.25 l (5 cups) Water

### Cardamom and Pear Infused Water

- 3 large ripe pears chopped
- Juice of half a lemon
- 6 cardamom pods split
- 2 slices of ginger
- 1.25 l (5 cups) Water

## Instructions

1. Add all the ingredients into your Instant Pot insert, cover, seal, select the manual or pressure cook button (dependent upon IP model), select high pressure and set the timer to 5 mins.

2. Cook till done then release the steam via quick pressure release, open the Instant Pot, let cool for 5 mins before straining into a jug.
3. Let the infused cool completely before serving or just chill till required.

## Notes

# Infused Water Tips

You can use fresh or frozen fruit for making infused water.

After you have drunk about half your infused water, simply top it up again with more water. You get a milder but still fruity flavour.

For a stronger flavour, you can mash the fruits in the Instant Pot before straining or muddle the fruit in the pitcher.

Alternatively, for a stronger flavour, add more fruit.

## Weight Watchers Points In Infused Water

There are **ZERO Freestyle and PointsPlus points** in this infused water!! If you are looking for a points-free way to encourage you to drink more water, this is it.

## Nutrition

Calories: 3kcal | Carbohydrates: 1g | Potassium: 18mg | Vitamin C: 7.2mg | Calcium: 3mg | Iron: 0.1mg

# Instant Pot Infused Water

Prep Time: 5 minutes Cook Time: 5 minutes Total Time: 20 minutes Yield: 4 cups



## INGREDIENTS

SCALE

### Mango Ginger

- 1 cup chopped mango
- 2 1 inch knobs of ginger, peeled

### Peach Raspberry Lemonade

- 1 cup chopped peaches
- 1/2 cup raspberries
- zest and juice of 1 lemon

### Blueberry Lime

- 1 cup blueberries
- zest and juice of 1 lime

### Apple Cinnamon

- 1 apple, chopped
- 5 cinnamon sticks

## INSTRUCTIONS

1. Place fruit (or vegetables, spices, and herbs of your choice) in a mesh [steamer basket](#). Set inside the pressure cooker pot.
2. Add water to barely cover the produce, about 4-5 cups. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 5 minutes.
3. When cooking is complete, use a quick release.
4. Remove the [steamer basket](#) and discard cooked produce. Let the flavored water cool slightly, pour into a mason jar, top with a pourable lid and place in the refrigerator to chill.

## NOTES

- Straight from the jar, the water is quite potent. I like to add 2-3 tablespoons per 8 ounces of water for just a hint of flavor; sweeten if desired
- Freeze the infused water in an ice cube tray and pop cubes into your bottled water.
- The colored frozen cubes look amazing in a big punch bowl for a party!
- If you don't have a mesh [steamer basket](#), this could be made directly in the pot and then poured through a strainer to filter out the produce after it's cooked.

Nutritional values based on Mango and Ginger Infused Water



Yield: 6 cups

# Instant Pot Strawberry Rosemary Infused Water

It can be hard to stay hydrated, but having a delicious cold concoction in the fridge makes it so much easier! You can use fresh or frozen fruit and change up the herbs depending on what you have on hand. Next I'm trying lavender.

**Prep Time**  
5 minutes

**Cook Time**  
5 minutes

**Additional Time**  
20 minutes

**Total Time**  
30 minutes

## Ingredients

- 6 cup water
- 1 cup chopped strawberries
- 1 3-inch sprig fresh rosemary

### Get Ingredients

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## Instructions

1. Add everything to your Instant Pot and cook on manual/pressure cook for 5 minutes.
2. Let the pressure release naturally which can take from 15 to 20 minutes. This just allows the water to take on a stronger flavor.
3. If you are in a hurry wait until it's been on warm for 10 minutes, then carefully pulse the release value until the pressure is down. Since the pot is full of liquid there may be some hot water released as you do this, so be careful!
4. Strain, then store in the fridge for up to 4 days.

