



Flavoured Water ~ Fruit-infused H2O

Sometimes plain old water just doesn't cut it. Flavoured waters are easy to make, nutritious, refreshing, and a healthy alternative to juice or pop. Simply use fresh fruit, herbs, and spices to turn your once plain water into a refreshing, flavored drink. In a rush? No need to be fancy, drop some orange slices into your water bottle as you head out the door! Have fun creating your own flavoured water recipes or try out some of the one's listed below:

Minty Cucumber Lime

1/2 a cucumber, sliced
1/2 a lime, sliced
1/4 cup fresh mint leaves

Watermelon Mint

1 cup cubed watermelon
1/4 cup fresh mint leaves

You'll Need:

1-pitcher/jug
Water
Wooden Spoon

Directions:

1. Place the fruit, herbs, and/or spices in the bottom of the pitcher/jug, and mash slightly with a wooden spoon to release some of the flavor-filled juices.
2. Fill the jar with water and give it a taste. (You can also fill the jar with soda water for some added fizzy).
3. Enjoy as-is or refrigerate overnight for maximum flavor.

Strawberry-Lemon with Basil

1/2 cup sliced strawberries
1/2 a lemon, sliced
1/4 cup fresh basil leaves

Pineapple-Orange with Ginger

1/2 cup cubed pineapple
1/2 an orange, sliced
1 tablespoon freshly-grated ginger