



Recipes

Flavoured water is a cheap, healthy alternative to sugar-sweetened beverages. Here are some tips to prepare it safely.

NOTE: Keep flavoured water refrigerated or cold with ice. If unrefrigerated, discard the water and contents after two hours.

CAUTION: To prevent choking, remove fruit mixture from infused water before serving.

FOOD SAFETY TIPS:

1. Choose fresh, vegetables, fruit, and herbs.
2. Wash and scrub surfaces well.
3. Wash hands, cutting board, knife, and pitcher.
4. Slice the vegetables, fruits, and herbs.
5. Place in a pitcher and add water.
6. Refrigerate infused water with fruit mixture for up to three days.
7. **Discard all contents after three days. Wash the pitcher in hot soapy water and let air dry.**

Frozen Fruit

- 2 cups (500 mL) frozen apple chunks, grapes, or berries
- 2 liters of water

Place frozen fruit in a large pitcher, add water and refrigerate. Allow flavours to blend for at least two to four hours or overnight. Serve in glasses over ice.



Honeydew Lime

- 2 to 3 slices of ripe honeydew melon
- 1 lime, sliced
- 4 sprigs of mint
- 2 liters of water

Place melon slices, lime slices, and mint sprigs in a large pitcher, add water and refrigerate. Allow flavours to blend for at least two to four hours or overnight. Serve in glasses over ice.



Orange Mint

- 3 large oranges, sliced
- 10 mint leaves
- 2 liters of water

Place orange slices and mint in a large pitcher, add water and refrigerate. Allow flavours to blend for at least two to four hours or overnight. Serve in glasses over ice. Garnish with a sprig of mint.



Citrus Cilantro

- 1 large lemon, sliced
- 1 large lime, sliced
- 1 large orange, sliced
- 1/4 cup (60 mL) cilantro leaves
- 2 liters of water



Place citrus fruits and cilantro in a large pitcher, add water and refrigerate. Allow flavours to blend for at least two to four hours or overnight. Serve in glasses over ice. Garnish with an orange slice and sprig of cilantro.

Watermelon Basil

- 2 cups (500 mL) of seedless watermelon, cubed
- 10 to 12 basil leaves
- 2 liters of water



Place watermelon and basil in a large pitcher, add water and refrigerate. Allow flavours to blend for at least two to four hours or overnight. Serve in glasses over ice. Garnish with a sprig of basil.

Cucumber Melon

- 1 large cucumber, sliced
- 1/4 honeydew melon, cubed
- 1/4 cantaloupe, cubed
- 2 liters of water



Place cucumber, melon, and cantaloupe in a large pitcher, add water and refrigerate. Allow flavours to blend for at least two to four hours or overnight. Serve in glasses over ice.

Rosemary Berry

- 1 cup (250 mL) fresh blueberries, lightly crushed
- 2 four inch sprigs of fresh rosemary (lightly crushed to release more flavour)
- 2 liters of water



Place blueberries and rosemary sprigs in a large pitcher, add water and refrigerate. Allow flavours to blend for at least two to four hours or overnight. Serve in glasses over ice.

Strawberry

- 4 sliced strawberries
- 8 cucumber slices
- 2 liters of water



Place 4 sliced strawberries and 8 cucumber slices in a large pitcher, add water and refrigerate. Allow flavours to blend for at least two to four hours or overnight. Serve in glasses over ice.

Citrus Cucumber

- 1 large lemon, sliced
- 1 large lime, sliced
- 1 large orange, sliced
- 1 large cucumber, sliced
- 2 liters of water



Place all vegetables, and fruits in a large pitcher, add water and refrigerate. Allow flavours to blend for at least two to four hours or overnight. Serve in glasses over ice.