

Flavoured water: A simple and effective solution to your thirst!

Is drinking water boring? Not anymore! It is easy to add flavor to your water in a simple and natural way. Infuser pitchers are available in stores, but you can also make them yourself in an air-tight pitcher or a glass container (*Mason Jar* type).

The only rule is to experiment and have fun! Choose ingredients you love at first and then try new combos! To help you start, here are various ingredients you can use:

Fruit:

- * Citrus (Grapefruit, lemon, lime, orange, blood orange, mandarin, etc.)
- * Berries (Strawberry, raspberry, blueberry, blackberry, cherry)
- * Tropical (Pear, mango, pineapple, banana, kiwi, pomegranate, starfruit)
- * Melons (Honeydew melon, water melon, cantaloupe)
- * Others (Apple, grape, peach, plum, nectarine, rhubarb)



Vegetables: Cucumber, carrot, celery, peppers

Fresh herbs: Mint, sage, rosemary, basil, cilantro, thyme, stevia, lavender, lemon balm

Spices: Ginger, cinnamon stick, black pepper, star anise

Water: still water, sparkling water



Combo ideas:

- Orange + lemon + lime
- Lemon + raspberry + mint
- Lemon + cucumber + mint
- Blackberry + cherry + lime
- Honeydew melon + lemon balm + mint
- Strawberry (quartered) + raspberry + mint
- Water melon + mint + basil
- Grapefruit + sage/rosemary/mint/basil
- Lemon + mint / cilantro / basil
- Carrot + apple + lemon + ginger
- Lemon + orange + ginger
- Blood orange + ginger + basil
- Cucumber + grapefruit + sage/rosemary
- Cucumber + water melon + mint
- Lemon + ginger
- Carrot + pomegranate + sage
- Water melon + cantaloupe + water melon + sage/mint
- Water melon + mint/rosemary/basil
- Cantaloupe + blood orange + lemon
- Pear + rosemary/sage
- Banana + nectarine + basil
- Strawberry + grapefruit + sage
- Blackberry + raspberry + strawberry + mint



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Sources: www.extenso.org and www.pigut.com

