



GEORGINA



RECREATION AT HOME

Flavoured Water Recipes

Sip Smart™ Ontario Flavoured Water Recipes - Brightbites.ca

Orange Mint Water

- 3 large oranges sliced
- 10 mint leaves
- 2 litres of water

Place orange slices and mint in a pitcher and add water. Allow flavours to blend at least two hours in the refrigerator. Pour into glasses over ice and serve, garnished with an orange slice and a sprig of mint.

Honeydew Lime Water

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

Add melon slices, lime slices, and mint sprigs to a large pitcher. Fill with water and refrigerate two to four hours. Serve in glasses over ice.

Citrus Cilantro Water

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

In a pitcher, pour water over citrus fruits and cilantro. Refrigerate at least two hours. Serve in glasses over ice, and garnish with an orange slice and sprig of cilantro.

Watermelon Basil Water

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

Pour water over watermelon and basil in a pitcher. Refrigerate at least two hours and then serve in glasses over ice. Garnish with a sprig of basil.

Cucumber Melon Water

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

Place cucumber, melon, and cantaloupe in a pitcher and add water. Allow flavours to blend at least two hours in the refrigerator and then serve in glasses over ice.



Rosemary Berry Water

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

Add blueberries and rosemary sprigs to a large pitcher. Fill with water and refrigerate two to four hours. Serve in glasses over ice.

Strawberry Water

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

In a large pitcher, add 4 sliced strawberries and 8 cucumber slices. Fill with water and refrigerate two to four hours. Serve in glasses over ice.

Citrus Cucumber Water

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

Place all vegetables and fruits in a pitcher and add water. Allow flavours to blend at least two hours before serving in glasses over ice.

Frozen Fruit Water

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

Add frozen fruit to a pitcher. Pour water over fruit and let it sit at least one hour in the refrigerator. Stir to distribute fruit flavour and serve in glasses over ice. (Note: you can chop up the same kind of fresh fruit and follow the same directions. You'll need to use more ice when serving fresh fruit flavoured water).

Vegetables and fruit you might want to try alone or in combinations:

- Berries, either single berry or mixed berries
- Cantaloupe
- Cucumber
- Lemon
- Lime
- Mango
- Orange
- Pineapple
- Watermelon

Food Safety Reminder: Be sure to wash all vegetables, fruits, and herbs before cutting, eating, or using them as a garnish.

Resources: <https://brightbites.ca/badge/sipsmart/>