Nutritious & Delicious

flavoured water

RECIPES

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.

Orange Mint

3 large oranges, sliced

10 mint leaves

2 liters 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

2 to 3 slices of ripe honeydew melon

1 lime, sliced

4 sprigs of mint

2 liters 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.

Frozen Fruit

2 cups (500 mL) frozen apple chunks, grapes, or berries

2 liters 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).

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

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

2 cups (500 mL) of seedless watermelon, cubed

10 to 12 basil leaves

2 liters 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.

Strawberry

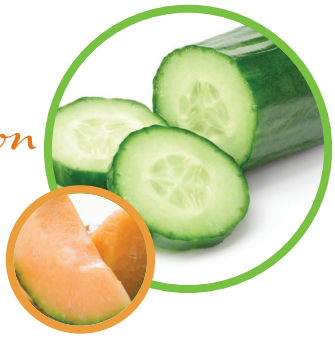
4 sliced strawberries

8 cucumber slices

2 liters 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.

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 pitcher and add water. Allow flavours to blend at least two hours in the refrigerator and then 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 pitcher and add water. Allow flavours to blend at least two hours before serving 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

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

Adapted with Permission from the Windsor-Essex County Health Unit.

Ontario Society of Nutrition Professionals in Public Health
La société ontarienne des professionnel(le)s de la nutrition en santé publique

British Columbia Pediatric Society