



# 5 WAYS TO ADD FLAVOUR TO YOUR WATER

**You can add fruits and herbs to your hot or cold water for flavour.**

**Here are some ideas to try:**

- 1. blackberries + mint**
- 2. raspberries + cucumber**
- 3. strawberries + fresh basil**
- 4. chopped apples + a cinnamon stick**
- 5. pear slices + a drop of vanilla extract**



**To release the most flavour:**

- crush the berries, chop or tear herbs, and cut fruit into cubes**

**If you like some fizz in your drink, try carbonated water.**

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