

## Summertime Flavoured Water

Are you keeping hydrated? Warmer weather increases the amount of fluid we need because we lose more through our sweat. You will also need to drink more if you are active. Here are three recipes for homemade flavoured water.

Try making your own delicious and nutritious recipe!

### 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.



### 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.



### 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.



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.*

Adapted by Sarah Sandham RD, PEFHT. June 2019 from:  
“Sip Smart Ontario” Ontario Society of Nutrition Professional in Public Health