

Trying to lose weight means cutting cut back on the amount of calories consumed through beverages as well as foods. Coffees, sodas, fruit juices and sports drinks can all be high in either calories, fat and/or sugar.

Substituting high-calorie beverages with water can aid weight loss efforts and add variety. Flavoured water can be used to help provide a variety of tastes to encourage increased water intake to aid not just our body's hydration needs but to develop and maintain healthy living habits for everyone, regardless of age.

*HAVE A GO AT SWAPPING YOUR SOFT DRINKS FOR HOMEMADE FLAVOURED WATER WITH THESE SUPER HEALTHY AND REFRESHING FLAVOURS.*

## **Fruit Flavoured Water**

### **Ingredients**

- **fresh lemon and lime**
- 1 orange
- 1 handful strawberries or raspberries
- 1 handful fresh mint
- lemon or lime juice
- cucumber

### **Method**

It only takes a second to turn a plain jug of water into something much more exciting. Throw in a few handfuls of ice then try any one of these simple things:

- Add a few slices of fresh lemon or lime.
- Quarter an orange, squeeze in all of the juice. Then toss in the squeezed quarters for colour and extra flavour.
- Mash up a handful of strawberries or raspberries with a fork then add to the jug and stir through.
- Scrunch a handful of fresh mint in your hands to get the flavour going then add that to the jug with a squeeze of lemon or lime juice.

If you're feeling a bit adventurous, add a few slices of cucumber too. It might sound strange, but it is seriously refreshing.

**Hint:** You can also try hot water poured over some recipes to increase the infusion speed and flavours.

**How long will they keep?** Put a lid on them, put them in fridge, and they will keep for up to 3 days. It only takes a few minutes to make several varieties to keep on hand.



### **Strawberry Flavoured Water**

- 4-6 strawberries, hulled and quartered
- ½ lemon, sliced
- Small handful of basil, scrunched
- Ice and cold water

### **Watermelon Flavoured Water**

- 2 slices of watermelon, cut into thirds or quarters
- Small handful of basil, scrunched
- Ice and cold water

### **Method**

1. Fill your juice pitcher to the top with ice and fruit.
2. Slightly scrunch up the basil so it releases the flavour. Cover with cold filtered water.
3. This water is best if you let the water infuse at least 1 hour. If you're impatient, poke a few holes in your fruit with a fork for instant flavour.



### **MORE IDEAS:**

**Orange Chai Spice:** sliced oranges, cardamom, cinnamon, clove, allspice

**Vanilla Basil Strawberry:** vanilla bean (remove seeds first), handful fresh basil, 1 cup sliced strawberries

**Fennel Pear:** thinly sliced fennel bulb plus a few green fronds, thin slices ripe, but firm pear

**Basil Melon:** sliced or cubed melon, handful basil leaves

**Ginger Lime:** sliced fresh ginger, sliced limes

**Blueberry Cucumber Basil:** handful fresh blueberries, sliced cucumber, handful basil

**Lemon Lavender:** slices of lemon, a few teaspoons lavender (tie in cheesecloth)

**Raspberry Rose:** handful of raspberries, organic fresh rose petals

**Mango Pineapple Mint:** slice of firm-ripe mango, slices of pineapple, handful fresh mint

**Apple Cinnamon:** slices green or red apple, a few cinnamon sticks

**Green Apple:** green apple, raspberry, rosemary