

Water Recipes

Sticking to plain water all the time can become a little boring. Why not spice up your life by adding some sugar free flavour to your water? This will save you money on buying bottled flavoured water (which can contain hidden added sugars), your wallet & your waist line will thank you for it!

1. Add herbs to your water.

Pick your favourite her and add it to your drinking water. Basil and Mint are most refreshing!

2. Infuse your water with tea.

Make your homemade tea an Iced Tea. Dunk a tea bag into your water or boil some water and pour it over some dried tea of your choice, fill the remainder of your container or cup with cold water and add some ice.

- Lemon grass, ginger or chamomile are great for in the afternoon!

3. Go, Go, Green!

Choose your favourite greens like cucumber and celery, slice them up and pop them into a water jug. Or add them to the food processor and strain the juice and infuse your water.

4. Coconut haven

Buy some coconut water and freeze them into ice cubes then let them melt in your glass of water.

5. Passion Kiss

Freeze down some passion fruit pulp into ice cubes and add them to your water jug or glass of water.

6. Spicy and slimming

Add a pinch of cayenne pepper and a squeeze of lemon juice to kick start your metabolism and keep you awake!

7. Citrus fresh

Just squeeze a lemon or an orange in your water jug

8. Tropical crush

Slice up some lemon, orange, strawberries, add some blueberries, raspberries and mint leaves into your jug of water.

9. Immune boost

Grate or slice some ginger and add to your water jug with lemon, ground cinnamon and two teaspoons of honey

10. Cinnamon water (lose weight without the heat)

Drop a cinnamon stick into a jug of water and chill overnight. But, if you want your water to have some colour, simmer 1 cinnamon stick to 1 cup of water over the stove then let it cool. Mix in cold water and ice and watch it fizz.

Alternatives to water:

- Coconut Water
- Mineral Water or Soda Water
- Watermelon