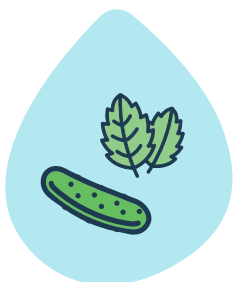
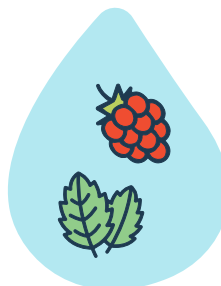


# 10 NATURALLY ENTICING WATERS!

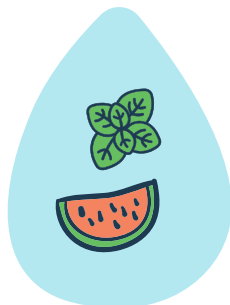
Flavouring water naturally gives you a wide variety of healthy and tasty drink options. Check out these great blends or create your own!



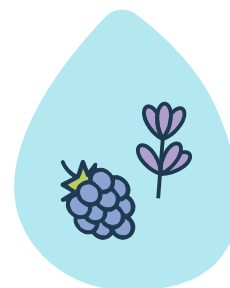
**CLASSIC**  
Cucumber and mint



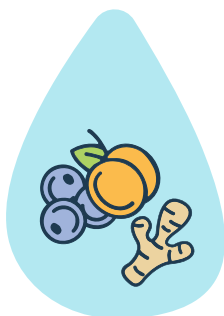
**REFRESHING**  
Raspberry and mint



**POPULAR**  
Watermelon and basil



**THIRST-QUENCHING**  
Blackberry and lavender



**INVIGORATING**  
Blueberry, peach  
and ginger



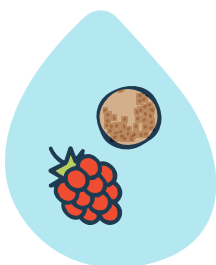
**SUNNY**  
Mango and strawberry



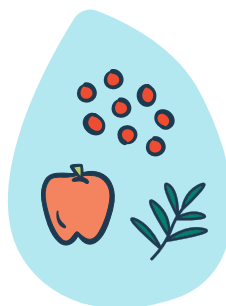
**FRUITY**  
Pineapple,  
strawberry, kiwi  
and basil



**SPICY**  
Asian pear,  
cinnamon stick, ginger  
and vanilla bean



**EXOTIC**  
Lychee and raspberry



**AROMATIC**  
Apple, cranberry and rosemary

## PREPARATION:

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- 1 Chop or slice the fruit and vegetables and place in a pitcher. Depending on the desired intensity, allow approximately 125 g of fruit and vegetables per 500 mL to 1 L serving of water.
- 2 Add remaining ingredients to taste.
- 3 Using a wooden spoon, crush the ingredients in the bottom of your pitcher.
- 4 Add ice.
- 5 Fill the pitcher with flat or sparkling water.

### TIPS:

- For more flavourful water, simply prepare it a few hours ahead of time to allow the ingredients to steep.
- The finer the size of the ingredients, the faster they release their flavour.

Don't add too much citrus to the water, as it can be detrimental to tooth health, especially in young people whose enamel is more fragile.

