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.

**RECIPES**

**Flavoured Water Recipes**

<table>
<thead>
<tr>
<th>Recipe Name</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Orange Mint</strong></td>
<td>3 large oranges, sliced 10 mint leaves 2 liters of water</td>
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<td></td>
<td>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.</td>
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<tr>
<td><strong>Honeydew Lime</strong></td>
<td>2 to 3 slices of ripe honeydew melon 1 lime, sliced 4 sprigs of mint 2 liters of water</td>
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<td>Add melon slices, lime slices, and mint sprigs to a large pitcher. Fill with water and refrigerate two to four hours. Serve in glasses over ice.</td>
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<tr>
<td><strong>Frozen Fruit</strong></td>
<td>2 cups (500 mL) frozen apple chunks, grapes, or berries 2 liters of water</td>
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<td></td>
<td>Add frozen fruit to a pitcher. Pour water over fruit and let it sit at least one hour in the refrigerator. Stir to distribute fruit flavour and serve in glasses over ice. (Note: you can chop up the same kind of fresh fruit and follow the same directions. You'll need to use more ice when serving fresh fruit flavoured water).</td>
</tr>
<tr>
<td><strong>Citrus Cilantro</strong></td>
<td>1 large lemon, sliced 1 large lime, sliced 1 large orange, sliced 1/4 cup (60 mL) cilantro leaves 2 liters of water</td>
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<tr>
<td></td>
<td>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.</td>
</tr>
</tbody>
</table>
**Watermelon Basil**

- 2 cups (500 mL) of seedless watermelon, cubed
- 10 to 12 basil leaves
- 2 liters of water

Pour water over watermelon and basil in a pitcher. Refrigerate at least two hours and then serve in glasses over ice. Garnish with a sprig of basil.

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**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.

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**Cucumber Melon**

- 1 large cucumber, sliced
- 1/4 honeydew melon, cubed
- 1/4 cantaloupe, cubed
- 2 liters of water

Place cucumber, melon, and cantaloupe in a pitcher and add water. Allow flavours to blend at least two hours in the refrigerator and then serve in glasses over ice.

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**Rosemary Berry**

- 1 cup (250 mL) fresh blueberries, lightly crushed
- 2 four inch sprigs of fresh rosemary (lightly crushed to release more flavour)
- 2 liters of water

Add blueberries and rosemary sprigs to a large pitcher. Fill with water and refrigerate two to four hours. Serve in glasses over ice.

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**Citrus Cucumber**

- 1 large lemon, sliced
- 1 large lime, sliced
- 1 large orange, sliced
- 1 large cucumber, sliced
- 2 liters of water

Place all vegetables and fruits in a pitcher and add water. Allow flavours to blend at least two hours before serving in glasses over ice.

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Adapted with Permission from the Windsor-Essex County Health Unit.