



GREAT ALTERNATIVES



RECIPE IDEAS

TRY WATER WITH:

- Pineapple and rosemary
- Star anise
- Frozen berries: strawberries, raspberries, blackberries, blueberries (cut in half for more flavour)
- Cucumber and mint leaves
- Strawberries and basil (for the adventurous), add a hint of pink pepper too!)
- Watermelon, cantaloupe and canary
- Honey and mint melon
- Coriander
- Bananas
- Ginger
- Papayas
- Nectarine
- Pear
- Mango
- Green tea (you can brew directly in cold water)

FOR MORE HEAT, OPT FOR :

- Tea
- Herbal tea
- Coffee with milk... low or no sugar