

Summer Safety: Week 5 – Vitamin Water

Homemade, natural, “vitamin water” is lightly flavoured with real fruit and herbs and is a great summertime thirst quencher and a great way to get in your daily requirement of water! Try out these recipes and stay hydrated in the summer sun!

The “Classic” (Lemon/Cucumber)

*10 cups water
1 seedless cucumber
1 lemon, thinly sliced
1/4 cup finely chopped fresh basil
1/3 cup finely chopped fresh mint*



The “Exotic” (Pineapple/Mint)

*10 cups water
1 cup fresh pineapple, cubed
12 fresh mint leaves, finely chopped*



The “AntiOx” (Blackberry/Sage)

*10 cups water
1 cup blackberries, slightly crushed
3-4 fresh sage leaves, whole*



Instructions for making these couldn't be any easier! Simply add all ingredients into a pitcher or container and put them in the fridge overnight. Now you have delicious, healthy vitamin water any time you like! You can even substitute sparkling water to give your drink some more personality!



DID YOU KNOW that **ALL** of the above recipes contain the following vitamins and minerals:

**Vitamin A, Vitamin B1,
Vitamin B2, Vitamin B6,
Vitamin C, Vitamin E, Vitamin
K, calcium, folate &
potassium**

*A great way to load up on
vitamins and minerals!*