



DETOX WATER

Ingredients

1 large jug of water
½ a Lemon
½ a Lime
1 Grapefruit
½ a Cucumber

Method:

Slice everything and simply put all of the ingredients into a jug. Leave to infuse for at least 5 minutes.

The double serving of citrus in this tangy recipe helps provide a healthy dose of Vitamin C, which is full of antioxidants and has amazing health benefits, including protection against immune system deficiencies, cardiovascular disease, pre-natal health problems, eye disease, and even skin wrinkling.

ANTIOXIDANT BOOSTER

Ingredients

1 large jug of water
2 Oranges
Handful of Blueberries

Method:

Slice the oranges and place all the ingredients in a large jug. Leave to infuse for at least 5 minutes.

Blueberries are high in antioxidants whilst oranges are high in Vitamin C.

MIXED FRUIT WATER

Ingredients

1 large jug of water
Raspberries
Strawberries
Blueberries

Method:

Wash everything and simply put all of the ingredients into a jug. Leave to infuse for at least 5 minutes.

Add ice for a summer drink.

NON-ALCOHOLIC MOJITO

Ingredients

1 large jug of carbonated water
2 limes
Handful of fresh mint, washed
Crushed ice

Method:

Slice the limes and place all the ingredients in a large jug. For an extra lime taste squeeze some lime into the jug.

Leave to infuse for at least 5 minutes.

This is a lovely drink to serve in summer.