



Flavoured Water

Flavoured water is a great way to stay hydrated and can be a natural way to flavour your drink and make it look interesting.

Ingredients (6):

- Jug of water
- Flavour options: e.g. mint, lemon slices, lime slices, cucumber slices, strawberries, kiwi slices, watermelon cubes, raspberries, pineapple chunks
- Ice cubes

Method

1. Add chosen flavouring to the water.
2. Stir well.
3. Add the ice cubes.
4. Serve and enjoy!

Nutritional Benefits

Drinking water can help keep us hydrated so that our bodies can function properly. We lose water continuously through breathing, talking, sweating and going to the toilet and we must replace this water during the day.

