

# QUENCH YOUR THIRST

*Try these delicious drink ideas to nourish your body!*



## Fruit Explosion Water

Add natural flavour to water or sparkling water for a refreshing drink.

### Common Ingredients:

- Sliced fruit (i.e. lemon, lime, orange, cucumber, melon etc.)
- Frozen or fresh berries
- Lemon or lime concentrate
- Fresh mint, basil or rosemary

### Delicious Combinations:

- Strawberry + Kiwi
- Blueberries + Orange
- Watermelon + Strawberry
- Mango + Orange
- Cucumber + Mint
- Lemon + Mint
- Grapefruit + Orange + Lemon



## Luscious Lemonades

### Old Fashioned Lemonade:

- Add ¼ cup of honey or sugar to 1 cup of hot water—stir until sugar is dissolved
- Add 1 cup (6 lemons) of freshly squeezed lemon juice (or 6 tbsp. of lemon concentrate)
- Cool and add 4-6 cups of cold water or some sparkling water for fizz
- Add 2 cups of ice
- Try it with mint, lemons, limes or berries

### Fir Tip Lemonade:

- Fir, spruce or hemlock tea infusions are delicious sun tea
- Harvest 1-2 cup of tips, rinse and add to 6 cups water
- Let steep in the sun for 4 hours and strain out fir tips
- Squeeze in 1/4 cup lemon juice
- Enjoy over ice
- Add 1/2 cup of this mixture to bubbly water for some fizz



## Soulful Iced Tea

### Traditional and Flavoured:

- Steep 4 tea bags in 1L of hot water
- Let steep until colour is dark (or tea has cooled)
- Remove bags, stir well and add 1L of cold water, 2 cups ice and lemon or orange slices
- Optional: 1-2 tbsp. of sugar or honey

### Loose Leaf or dried plants:

- Steep 4 tbsp of dried tea in 1L of hot water until cooled
- Strain, add 2 cups ice and 4L of water, garnish with mint plant!

**Delicious options are:** Nettle and mint—Steep 3 tbsp of nettle with 1 tbsp of mint. Also try mixed berry, lemon, apple, blueberry, mint and more!



# SMOOTHIES

Rather than a thirst quenching drink, smoothies can be viewed more as a meal or large snack. The fluids we drink are to hydrate us and the meals we eat are to nourish our bodies.

## Easy to Make Smoothie Ideas

Choose from the categories below—add to a blender and mix:



FLUID <i>(unsweetened—choose one)</i>	FRUITS/VEGGIES <i>(fresh, frozen or canned)</i>	PROTEIN <i>(choose one or optional)</i>	FLAVOURING <i>(1 tsp.—optional)</i>
1 cup	1-2 cup	¼ to ½ cup	Sprinkle to taste
<ul style="list-style-type: none"> <li>• Water</li> <li>• Skim, 1% or 2% milk</li> <li>• Almond Milk</li> <li>• Rice Milk</li> <li>• Coconut milk</li> <li>• Soy Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Berries (any variety!)</li> <li>• Banana</li> <li>• Plums</li> <li>• Oranges</li> <li>• Peaches</li> <li>• Kiwi</li> <li>• Mango</li> <li>• Pineapple</li> <li>Veggies               <ul style="list-style-type: none"> <li>• Spinach</li> <li>• Kale</li> <li>• Chard</li> <li>• Grated Beets</li> <li>• Carrots</li> <li>• Cucumbers</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Peanut or other nut butter</li> <li>• Skim milk powder</li> <li>• Tofu</li> <li>• Yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Cinnamon</li> <li>• Nutmeg</li> <li>• Vanilla</li> <li>• Ginger</li> <li>• Cocoa powder</li> </ul>



### Some Combination Ideas

- 1 banana, ½ cup of berries and 1 cup of water or milk. You can also add ½ tsp of cinnamon/vanilla, or a ½ cup of yogurt if desired.
- 1 apple, 1 cup of spinach, 1 tbsp of ginger and ½ cup of water.
- 1 cup of berries, 1 cup of milk, 1 of tsp cocoa powder and ¼ cup of peanut butter.
- 1 cup of frozen berries, 1 cup of spinach, 1 cup of water.

### Smoothie Smarts:

- Choose unsweetened fluids most of the time, and if choosing almond, rice, coconut or soy milk check the label to see that it is fortified with calcium and vitamin D.
- If you don't finish your smoothie, freeze to enjoy as a popsicle.
- Store in a handy 2 cup (16 oz) mason jar for easy transport.

