

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"> • Water • Skim, 1% or 2% milk • Almond Milk • Rice Milk • Coconut milk • Soy Milk 	<ul style="list-style-type: none"> • Berries (any variety!) • Banana • Plums • Oranges • Peaches • Kiwi • Mango • Pineapple Veggies <ul style="list-style-type: none"> • Spinach • Kale • Chard • Grated Beets • Carrots • Cucumbers 	<ul style="list-style-type: none"> • Peanut or other nut butter • Skim milk powder • Tofu • Yogurt 	<ul style="list-style-type: none"> • Cinnamon • Nutmeg • Vanilla • Ginger • Cocoa powder



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.

