

Hydrating Drinks

The best way to inspire people to drink, is to involve them in the process of making drinks.

For instance, home-made lemonade and orangeade are both excellent thirst quenchers, delicious and without preservatives or additives.

Sweeten to taste with sugar or artificial sweeteners for diabetics.

Here are a few recipes:

Orangeade



Oranges

Brown sugar

Mint sauce

Ice

1. Cut oranges in halves and give to participants to juice (use a citrus squeezer or juicer).
2. For every two cups of orange juice you will need one cup of water.
3. Wash half an orange and cut the rind off as thinly as possible.
4. Place all the above in a blender with a few ice cubes.
5. Blend for a few minutes and strain.
6. Add sugar to taste and a few drops of mint sauce.

Brazilian Lemonade

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4 limes

6 cups of water

Half a tin of sweetened condensed milk

One cup of ice

1. Wash limes well and cut off top and bottom (hard parts)
2. Chop cut limes into 8 pieces (skins on!)
3. Place limes, 3 cups of water and condensed milk in a blender.
4. Blend for 30 seconds.
5. Sieve and add the rest of the water.
6. Adjust to taste add sugar if necessary.
7. Serve over ice.

Sparkling Pineapple & Mint Drink



1 fresh pineapple, peeled and chopped

One small handful of fresh mint

A few teaspoons of sugar

1 liter bottle of sparkling water or plain water

Crushed ice, to serve

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1. Place pineapple, mint and sugar in a blender. Process until smooth.
2. Pour into tall glasses, top with crushed ice.
3. Add sparkling water (or plain water) to the top.
4. Garnish with mint or pineapple slices.

Old Fashioned-Lemonade



6 lemons

1 cup sugar

Water

Ice

1. Juice lemons (For 2 litres you need 6 lemons or 1 cup of juice).
2. Add 1 cup sugar and stir
3. Add water to your taste; some like it tart and others prefer it sweet.
4. Serve on ice.



NOTE: Make Pink Lemonade by adding cranberry juice.

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