

MAKING DELIGHTFUL DRINKS WITHOUT ADDED SUGAR

Sometimes drinking just water day after day can get monotonous. But the alternatives available aren't usually in one's best interest. Most of them include lots of sugar (whether it is already present from fruits, or added as white sugar or corn syrup), preservatives, and even simple (the kind of avoid) carbohydrates! Keeping a large jar or pitcher in the fridge with just a few simple added ingredients, you too can easily increase your water intake without sacrificing taste!



Green Tea and Fruit Combinations: Utilizing a tasty green tea and fresh fruit is a great way to increase fluid intake! Be careful though, green tea does contain a small amount of caffeine.

Herbs Enter the Water: If you've got extra mint or basil on hand, go ahead and toss it in a pitcher of water! These herbs will last for days in water and multiple refills. Be sure to tear leaves up a little before adding them in to ensure maximum flavor!

Water doesn't Have to be Cold: Keep warm in the chilly winters by adding ingredients to warm water. Studies have shown that drinking warm water can increase blood circulation and improve the digestion system. My favorite combination is minced fresh ginger, lemon, and cayenne pepper (a small amount!). This drink is great for detoxing or when I'm starting to feel sick. It gives a huge kick to my immune system and starts my morning off right!

Basic Fruit Infusions (Great for parties!)

*Sparkling Berries!

In the bottom of a pitcher or separate bowl, mash up one or multiple types of berries. Add ice and pour either water or sparkling water over (or a combination!) then top with a few more berries to add some tasty tidbits!

*Cucumber Quencher!

Add water to pitcher or jar. Then add thin slices of cucumber (and some lemon slices if you like!) and infuse for at least an hour before serving in the fridge. Best if consumed cold, so be sure to add ice after removing it!



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