

FLAVORED WATERS

LEMON BASIL

Water is the ultimate drink among beverages.

- It's the best way to hydrate yourself.
- It's the most refreshing thing to drink in hot weather.
- It quenches your thirst without any added sugar or salt.
- It's available almost everywhere.

Lemon basil tastes like, well, lemon! You can recognize this plant by its pointy leaves and its intense citrus fragrance. In the kitchen, lemon basil is very versatile and can be used to flavor beverages, savory dishes and desserts alike!



Recipe

- Rinse the herbs with water.
- Chop or tear into small pieces.
- Place into a pitcher / water dispenser and fill with cold water.
- Refrigerate for 2 hours.
- Pour into glasses. Add ice cubes if desired.

**For every 2 cups of flavored water, add ½ cup of chopped cucumber for a refreshing twist.*



FLAVORED WATERS

MINT

Water is the ultimate drink among beverages.

- It's the best way to hydrate yourself.
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- It quenches your thirst without any added sugar or salt.
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Mint is easy to grow, either in the garden or in a plant pot. Our palate is already familiar with this herb since it is often found in chewing gum or cough drops. Its leaves can be used in a Moroccan tea, in a tabbouleh, in lamb dishes, smoothies, sherbets and even in brownies!



PLAN

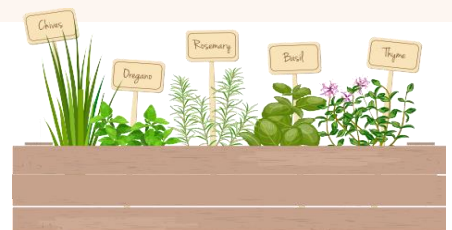
Recipe

RECETTE



- Rinse the herbs with water.
- Chop or tear into small pieces.
- Place into a pitcher / water dispenser and fill with cold water.
- Refrigerate for 2 hours.
- Pour into glasses. Add ice cubes if desired.

**For every 2 cups of flavored water, add 1/ cup of raspberries for a refreshing twist.*



FLAVORED WATERS

THAI BASIL

Water is the ultimate drink among beverages.

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VEDETTE

Thai basil has long pointy green leaves and a dark red stem. It is very popular in Thai cuisine for its distinct flavor: spicy, pepperish and slightly anisated. It therefore has a stronger taste than regular basil.



Recipe

- Rinse the herbs with water.
- Chop or tear into small pieces.
- Place into a pitcher / water dispenser and fill with cold water.
- Refrigerate for 2 hours.
- Pour into glasses. Add ice cubes if desired.

**For every 2 cups of flavored water, add ½ cup of strawberries for a refreshing twist.*



FLAVORED WATERS

CINNAMON BASIL

Water is the ultimate drink among beverages.

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- It quenches your thirst without any added sugar or salt.
- It's available almost everywhere.

Cinnamon basil has a sweet taste and a scent reminiscent of cinnamon, hence its name. Its flowers, fuchsia pink in color, can grow to 75 cm tall. In addition to flavored water, the plant can be used in desserts & fruit salads.



Recipe

- Rinse the herbs with water.
- Chop or tear into small pieces.
- Place into a pitcher / water dispenser and fill with cold water.
- Refrigerate for 2 hours.
- Pour into glasses. Add ice cubes if desired.

**For every 2 cups of flavored water, add ½ cup of chopped apples for a refreshing twist.*



FLAVORED WATERS

LEMON BALM

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VEDETTE

With its green heart-shaped leaves and lemony scent, this herb can be used in a variety of recipes including hot drinks, syrups, sauces, and desserts. It is not only refreshing but also soothing.



Recipe



- Rinse the herbs with water.
- Chop or tear into small pieces.
- Place into a pitcher / water dispenser and fill with cold water.
- Refrigerate for 2 hours.
- Pour into glasses. Add ice cubes if desired.

**For every 2 cups of flavored water, add ½ cup of watermelon pieces for a refreshing twist.*



FLAVORED WATERS

CHOCOLATE MINT

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- It's available almost everywhere.

This mint proclaims its chocolate connection with its brown stem and its wonderful chocolatey scent. It is therefore often used in desserts, hot beverages, and ice cream.



Recipe

- Rinse the herbs with water.
- Chop or tear into small pieces.
- Place into a pitcher / water dispenser and fill with cold water.
- Refrigerate for 2 hours.
- Pour into glasses. Add ice cubes if desired.

**For every 2 cups of flavored water, add ½ cup of chopped pears for a refreshing twist.*

