

## COOL, WARM OR ROOM TEMPERATURE - WHAT'S YOUR CHOICE, GOLDILOCKS?

Detox Water, Spa drinks, Fruit infusions, call them what you may. Drink them at any temperature of your choice. Yes, choice. You are spoiled for choice, this summer. Follow the recipes, be inspired, turn it upside down or mix them up... fun is the name of the game. Health is, or should be fun!

Gather the glassware. Where's that antique jug that's been tucked away? The pretty glass bottles and lovingly collected mason jars? Dainty glasses of every kind; rugged glass 'tumblers' that offer comfort? Don't forget the crystal for special occasions – everyday is special! Get 'em out and give them a good wash and get them sparkling clean. More the drama, more the fun.



*Now, for the recipes. These are what we call catalysts. Once you get going, we know you'll come up with more. And when you do, please do share them with us here.*

### DIY

Fill your jug or mason jar with clean water. Yes, chilled or otherwise, this infusion will cool and refresh you like a magic potion.

1. Standard step 1 as above
2. Add chosen fruit and spices to create exotic variants.
3. Let the fruits and spices rest and infuse  
Enjoy at preferred temperature in pretty glasses

Consume in a day - don't let fruit breakdown by forgetting the jug in the fridge!



### 1. Spicy Apple Cooler

You will need:

- Jug or mason jar with a litre of water
- 1 Apple of your choice – green, red or both
- Cinnamon
- Star anise
- Lime or lemon
- Core an apple that's been washed well and dried
- There's no need to pare or peel it
- Cut neat chunks or dainty slices
- Drop the fruit into the jug or jar of water
- Add a few drops of lime. Not too much, the hero spices here are cinnamon and anise
- Drop in a stick or two of good cinnamon
- Add a Star anise
- Let the fruits and spices rest and infuse
- Consume in a day - don't let fruit breakdown by forgetting the jug in the fridge!



## 2. Tangy mint water

You will need:

- Jug or jar with a litre of water
- Lime or lemon
- Tangerines or luscious oranges
- Fresh mint leaves

Fill your jug or mason jar with clean water.

- Slice the lemons / lime and drop into the water.
- Grate the find of a lime – just a large pinch and drop it in
- Remove any seeds that you spot
- Gently bruise one or two mint leaves and add
- Drop a few more mint sprigs intact
- Let the fruits and spices rest and infuse
- The adventurous can add mint juice to tint the water a mild green
- Consume in a day - don't let fruit breakdown by forgetting the jug in the fridge!

## 3. Cucumber & Dill cooler

You will need:

- Jug or jar with a litre of water
- Cucumber checked for bitterness
- Dill or Saunf
- Lemon rind – a large pinch

Fill your jug or mason jar with clean water.

- Slice the cucumber and drop into the water.
- Grate the find of a lime – just a large pinch and drop it in
- Wash and dry the dill sprigs in a clean kitchen towel. The handling will release its aroma
- Add to the detox water
- Let the infusion rest; best chilled or at room temperature
- Consume in a day - don't let cucumber and dill breakdown by forgetting the jug in the fridge!

