

STAY HYDRATED

RECIPES

Make drinks more exciting, try some of these great mocktails!

Sparkling Sangria

Add sliced apples, strawberries, oranges, blueberries and frozen grapes to sparkling grape juice. Stir well and enjoy!



Cucumber-Mint Spritzer

Slice cucumbers into thin ribbons (using a vegetable peeler), place them in a large jug, add a handful of fresh mint leaves, stir them gently and then squeeze in the juice of 1 ½ lemons (or limes) into the jug (saving the remaining fruit for decoration), stir in some carbonated water. Serve with some ice, and decorate with a mint leaf and a slice of lemon (or lime). Sit back and enjoy!



Infused Water

Crush ginger and herbs to extract flavour, or cut fruits into small chunks, and add to an infuser! There's no limit to what flavours you can try.

