



Fabulous

WATER RECIPE BOOK

Dive in...

IT'S EASY TO TAKE WATER FOR GRANTED –
AFTER ALL, IT'S ALWAYS ON TAP.

But with exotic coffees, juices and smoothies all vying for our attention, it's easy to forget what the clear stuff can do for our health – and appearance.

Water is essential for many of our bodies' important functions, and it helps give skin its healthy glow. In fact, the Department of Health recommends drinking around 1.2 litres of fluid every day – around eight small glasses. Fail to drink enough water, and you'll soon see the result: a dehydrated complexion that hints at problems beneath.

So, if you're going to make drinking more water a lifestyle choice, then you'll want to choose the best. Forget expensive bottled water or filter jugs – having pure filtered water on tap, 24 hours a day, is the most convenient way for you and your family to stay hydrated!

And if you love drinking pure water, no problem. But what if you prefer a little extra taste with yours?

That's where our delicious water recipes come in.

We asked top chefs and foodwriters to create some memorable recipes with water as their centerpiece.

Enjoy them with us.

CHEERS!

Our writers...



JAN BENNETT

Food-obsessed Jan Bennett is a real fan of experimenting and “make it up as you go along” recipes. She blogs at **A Glug of Oil** - and reveals a couple of her favourite drinks here.



LUCY PARISSI

Lucy Parissi blogs at **Supergolden Bakes**, and her recipes run from “extremely indulgent to nutritious and healthy”. Passionate about cocktails - not to mention beautiful breads and pastries - she shares some of her best.



MIKE HAWKES

Mike Hawkes knows what he likes. Beards and baking are high on the list - that’s why he blogs at the **The Bearded Bakery**. Luckily he does a mean line in fruity drinks, too.



VICKY JONES

Vicky is the blogger behind **AvocadoPesto**, cooking up mighty healthy recipes for vegan, dairy-free and gluten-free diets. Her credo? Eating healthy at home doesn’t need to be difficult.



LAURA AGAR WILSON

Health coach Laura Agar Wilson blogs at **Wholeheartedly Healthy**. She’s all about wholesome delicious food that nourishes your body - with the occasional treat to nourish your soul.



STEVE SCHIMOLER

Renowned US chef Steve Schimoler has created several acclaimed restaurants and innovative food businesses - including **Crop Bistro & Bar in Cleveland**. His real passion is for provenance in the ingredients he uses, and Steve chooses only the best pure Reverse Osmosis filtered water in all the dishes he makes in his restaurant.



JAN BENNETT - A GLUG OF OIL

Carrot & Orange Water (with juicy bits)

This one's a gloriously orange mash-up of citrus and carrot. You'll be getting bags of vitamin C, plus all that vitamin A content from the carrots - helping boost your immune system, keep skin healthy, and of course, help you see in the dark.

INGREDIENTS

For each highball glass you'll need:

- 2 large oranges peeled
- Zest of 1/2 an orange
- 1 medium sized carrot - peeled and chopped
- 300ml of water
- Squeeze of runny honey - to taste

HOW TO DO IT

Put all the ingredients, including the water, into a blender, then whizz until everything is blended nicely.

Have a taste and add more honey if needed.

Whizz for a few seconds more and serve.

NOT CONVINCED BY THE 'BITS'?

YOU CAN ALWAYS RUN IT THROUGH A STRAINER.

JAN BENNETT - A GLUG OF OIL

Refreshing Raspberry & Vanilla Water

Add some extra nutrients to your water with a handful of raspberries, an excellent source of vitamin C, E and K.

INGREDIENTS

- 1 handful fresh or frozen raspberries
- 1/4 tsp vanilla extract
- 250ml water

WHIP UP THIS FRUIT-INFUSED WATER NOW

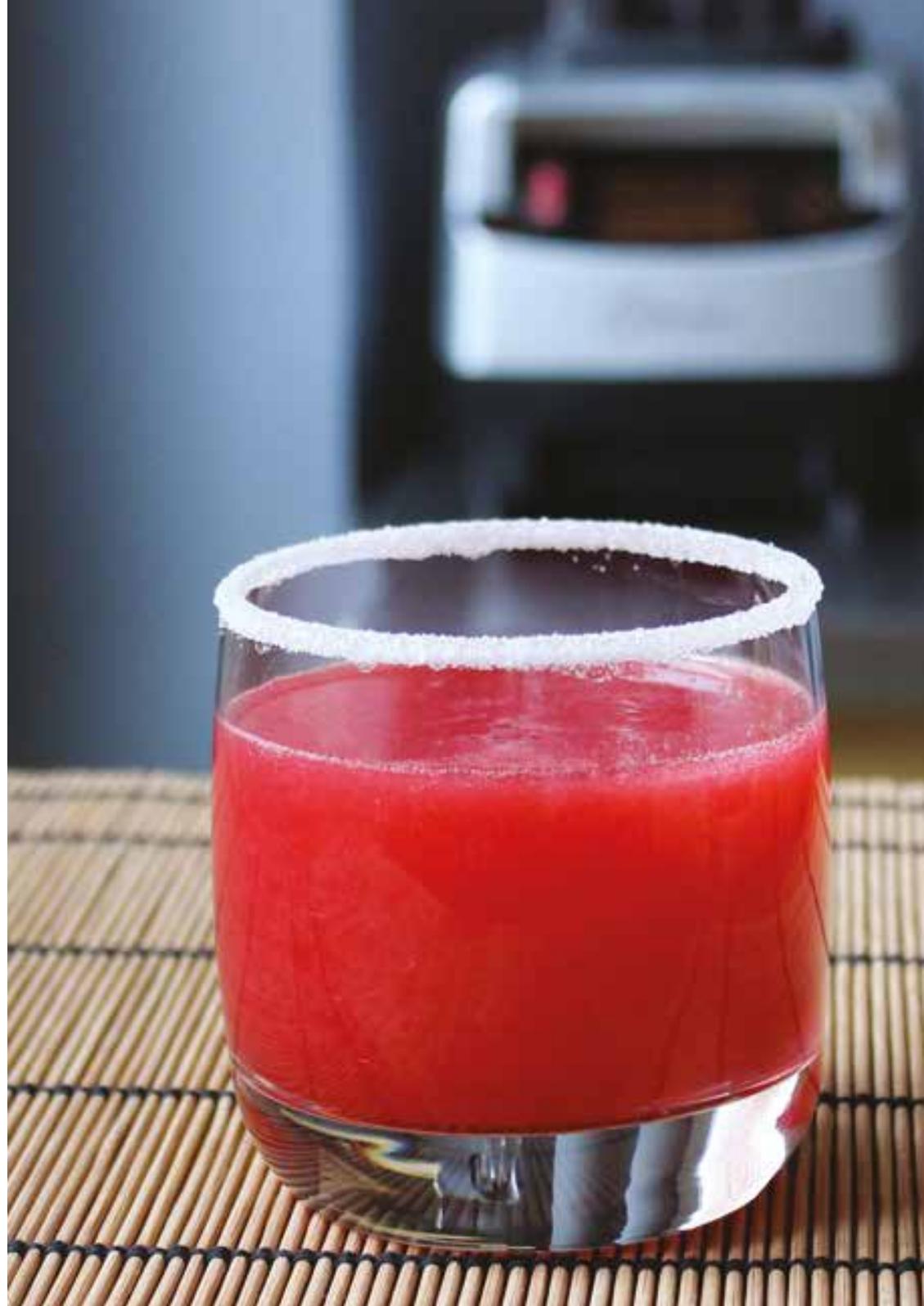
Whizz the raspberries in a blender – it just takes a couple of seconds.

Add the vanilla extract and water, then whizz again for a few more moments.

If you don't mind the raspberry seeds, then you're ready to serve – or pop in the fridge to chill for later!

NOT CONVINCED BY THE 'BITS'?

YOU CAN ALWAYS RUN IT THROUGH A STRAINER.



LUCY PARISSI - SUPERGOLDEN BAKES

Ginger & Lemongrass Tea

Ginger is great for the digestion and really can warm you from the inside out. Enjoy it with some antioxidant-packed honey in this fantastic tea recipe that's high in the health stakes.

INGREDIENTS

Pull together these ingredients for a soothing pot of tea:

- 4-6 thin slices raw ginger
- 250-375 ml water
- 1-2tbsp honey or agave nectar
- 2 lemon slices
- 1 stick lemongrass, outer leaves removed

GET READY TO BREW

Peel the ginger and slice thinly.

Add to a small pot with the water and boil for ten minutes.

Fancy a more intense flavour? Just use more ginger and boil for longer.

Serve with the sliced lemon and sweeten with a little honey or agave nectar.

Add the lemongrass stalk as a stirrer, and you're done.

IF YOU WANT A MORE SUBTLE FLAVOUR, JUST PUT THE GINGER AND LEMONGRASS IN A TEAPOT & FILL WITH BOILING WATER.

LET IT STEEP FOR 5-10 MINUTES, THEN SERVE.



LUCY PARISSI - SUPERGOLDEN BAKES

Citrus Infused Water

Not just refreshing – this drink looks great too! The blood orange gives it an extra hit of vitamin C, potassium and carotenoids too, great for boosting your immune system and improving the overall look of your skin. We'll drink to that!

INGREDIENTS

Here's all you need for an invigorating jug:

- 1 blood orange
- 1 mint sprig
- 750ml water

JUST FOLLOW THESE SIMPLE STEPS

Cut the blood orange into two and juice half.

Slice the rest very thinly using a sharp knife.

Fill a jug 3/4 of the way with water and add the sliced fruit and mint.

Add the blood orange juice and chill in the fridge for an hour.

SERVE OVER ICE FOR MAXIMUM REFRESHMENT.





MIKE HAWKES - THE BEARDED BAKERY

Lemon & Ginger Water

There's nothing quite like the combination of lemon and ginger. These tasty little nutritional powerhouses have long been staples in cold and flu remedies. Lemon is antiseptic and a great source of vitamin C. Ginger is anti-viral, anti-inflammatory and warms you from the inside out. But don't think you always have to have them hot. Here's a cool little citrus and ginger drink that comes with a kick.

INGREDIENTS

Grab these ingredients:

- 1 glass tumbler
- Thumbnail size chunk of ginger, sliced
- Juice of half a lemon
- Ice, cubed
- Lemon wedges, to garnish

NOW PUT YOUR DRINK TOGETHER

Fill the glass to the brim with ice cubes.

Add in the ginger and squeeze the lemon juice.

Top with water and stir well.

NOW IT'S TIME TO ADD THOSE LEMON SLICES FOR THE FINISHING TOUCH. ET VOILA!

VICKY JONES - AVOCADOPESTO

Grapefruit & Mint Water

“Grapefruits are known for being packed full of various vitamins including C, A, and E, along with being rich in nutrients and antioxidants,” Vicky says. “Their tart and tangy flavour may at times be too much, but a hint of sugar and the aromatic softness of freshly crushed mint sweetens the deal.”

INGREDIENTS

Time to head to the fruit bowl – make enough for two with these ingredients:

- 1 grapefruit, juiced
- Handful of fresh mint leaves, removed from stem
- 1/2 tsp sugar
- Handful of ice
- 355ml water (still or sparkling)

FOLLOW THESE STEPS FOR SOME HOMEMADE FIZZ

Juice the grapefruit. (Don’t have a juicer? Cut a slit at the top of the grapefruit and hand squeeze into a glass.)

Split the mint leaves between two glasses.

Add 1/4 tsp sugar to each glass. Using a mortar or spoon, pound the mint until it is lightly cut up and smashed.

Now add half of the grapefruit juice to each glass, along with any remaining pulp and a handful of ice.

Top each glass off with water, and you’re done.

Vicky recommends trying the recipe with soda water which also helps blend the flavours. She says: “This drink is perfect after a long workout. You’ll instantly feel the energy rushing back to you.”





LAURA AGAR WILSON - WHOLEHEARTEDLY HEALTHY

Lime, Ginger & Honey Cordial

Laura says: "This naturally sweetened cordial can be made and stored in the fridge to create a refreshing drink for six people. The natural ingredients make this an immune and metabolism boosting beverage."

INGREDIENTS

- 3 limes
- 2 thumb-size pieces of fresh ginger
- 65ml runny honey

MAKE THIS NATURAL CORDIAL NOW

Juice the limes, setting aside the juice.

Peel and finely grate the ginger, then mix with the honey in a small bowl.

Add 100ml of freshly boiled water and stir until the honey has dissolved.

Allow to cool, then mix in the lime juice.

STORE THE CORDIAL IN THE FRIDGE JUST ADD 2-3 TABLESPOONS TO A GLASS THEN TOP UP WITH FRESH WATER WHEN YOU WANT TO SERVE A GLASS.

STEVE SCHIMOLER - CROP BISTRO & BAR

Hibiscus Gin Ginger Tea

These fantastically tall drinks are hydrating and include fresh minced ginger which has natural anti-inflammatory properties, so it's great for digestion. And you could also use this recipe as the basis of a fantastic gin cocktail, like Steve suggests below.

INGREDIENTS

Here's what you'll need to make about eight 227ml drinks:

- 1,137ml water
- 8 bags hibiscus tea (found in most large supermarkets)
- 1 heaped tbsp of fresh minced ginger
- 227ml water and 200g sugar to make simple syrup
- 227ml fresh lime juice

MAKE THIS FLAVOURED WATER NOW

Bring the water to a full boil in a saucepan, then add the tea bags and minced ginger.

Boil for 1 minute, then reduce the heat and simmer for 10 minutes.

Strain through a fine mesh into a clean container and refrigerate for at least 3 hours.

BREW UP THE SIMPLE SYRUP

Bring the water and sugar to the boil in a saucepan, then put it into a clean container and refrigerate.



STEVE SCHIMOLER - CROP BISTRO & BAR

Orange & Basil Ice Cubes

Add a smart touch to how you chill your drinks with this recipe for refreshing ice. Drop one of these beautiful-looking cubes into a tall glass of water to really add the wow factor – and an instant flavour injection. Steve says that ice made from filtered water is the perfect partner to a great cocktail. "Even delicate flavours are perfectly defined, meaning we can add a whole new dimension to our cocktails."

INGREDIENTS

Here's what you'll need to make 32 x 28ml cubes:

- 1,705ml water
- 2 oranges
- 8-10 fresh basil leaves

MAKE THESE REFRESHING ICE CUBES NOW

Peel the oranges (try using a vegetable peeler), squeeze the juice, then put to one side.

Bring the water to the boil in a saucepan and add the orange peel and juice.

Reduce the heat and add the basil leaves.

Simmer for 10 minutes, then strain through fine mesh.

Pour into a clean container and cool to room temperature.



From these delicious recipes, you'll see that water doesn't have to be just water. Be inventive, with these mouth-watering creations using only the purest, filtered Kinetico water.

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or visit **www.kinetico.co.uk**

