



Summer 2024 Hydration

TINESSA JOHNSRUD, HHP, CHNC, CWC



Cantaloupe Agua Fresca

2 SERVINGS 5 MINUTES



INGREDIENTS

1/2 Cantaloupe (medium, peeled, deseeded, and chopped)

1 Lime (medium, juiced)

1/4 cup Water

1 tbsp Maple Syrup

DIRECTIONS

01 Combine all of the ingredients into a blender and blend until smooth. Pour into glasses and enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is equal to approximately 1 1/2 cups.

MORE FLAVOR

Add mint.

SERVING OPTION

Serve with the ice if desired.



Blueberry Ginger Lime Sparkling Water

2 SERVINGS 5 MINUTES



INGREDIENTS

- 1/2 cup Blueberries
- 1 Lime (sliced into rounds)
- 1 tbsp Ginger (peeled and sliced)
- 6 Ice Cubes
- 3 cups Sparkling Water

DIRECTIONS

- 01 Divide blueberries, lime slices, ginger and ice between between mason jars or glasses. Top with sparkling water. Enjoy!

NOTES

NO SPARKLING WATER

Use flat water instead.

EXTRA FLAVOUR

Muddle the berries and limes in the bottom of the jar for extra flavour.

SWITCH IT UP

Swap out the blueberries for blackberries, strawberries or raspberries. Swap out the lime for lemon or orange.



Strawberry Mint Slushie

2 SERVINGS 10 MINUTES



INGREDIENTS

3 cups Strawberries (stems removed)
2 tbsps Mint Leaves
2 tsps Maple Syrup
16 Ice Cubes
1/4 cup Water

DIRECTIONS

01 Add all of the ingredients to a blender and blend until well combined. Pour into glasses and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

SERVING SIZE

One serving is approximately 1 1/4 cups.

MORE FLAVOR

Add lime juice before blending.

ICE MEASUREMENT

The number of ice cubes depends on the size of the ice cubes. This recipe used two cups of medium-sized ice cubes for two servings.



Pink Iced Tea

4 SERVINGS 10 MINUTES



INGREDIENTS

3/4 cup Grapefruit Juice
8 fl ozs Cranberry Juice
1 cup Strawberries (stems removed)
2 cups Earl Grey Tea (brewed)
12 Ice Cubes

DIRECTIONS

01 Combine the grapefruit juice, cranberry juice, strawberries, and earl grey tea in a blender and blend until smooth. Strain the liquid (optional) and serve over ice. Divide between glasses and enjoy!

NOTES

SERVING SIZE

One serving equals approximately 1 1/2 cup (355mL).

MORE FLAVOR

Add your sweetener of choice.



Grapefruit & Thyme Sparkling Water

1 SERVING 10 MINUTES



INGREDIENTS

1 Grapefruit
1/16 oz Thyme Sprigs
2 cups Sparkling Water

DIRECTIONS

01 Cut your grapefruit in half. Squeeze the juice out of one half. Carve the flesh out of the other half. Add both the juice and flesh to the bottom of a glass along with the thyme sprigs. Pour sparkling water over top. Add a straw, stir and enjoy!

NOTES

NO GRAPEFRUIT

Use another citrus fruit like orange.



Lemon Earl Grey Iced Tea

1 SERVING 25 MINUTES



INGREDIENTS

- 1 cup Earl Grey Tea (brewed)
- 1 1/16 ozs Dried Lavender Flowers (optional)
- 1 tsp Raw Honey (to taste)
- 1/4 Lemon (small, juiced)
- 4 Ice Cubes

DIRECTIONS

- 01 Brew the earl grey tea with dried lavender (optional) and strain into a mug.
- 02 Stir in the honey and lemon juice. Let cool before serving with ice. Enjoy!

NOTES

LEFTOVERS

Refrigerate for up to three days.

NO HONEY

Use maple syrup, stevia, agave, or your sweetener of choice.



Ginger Orange Iced Tea

1 SERVING 5 MINUTES



INGREDIENTS

2/3 cup Earl Grey Tea (brewed, cold)
1/4 cup Orange Juice
1 tbsp Lemon Juice
1 tbsp Honey
1 1/2 tsps Ginger (fresh, minced)
5 Ice Cubes
1/8 Navel Orange (thinly sliced, for garnish)

DIRECTIONS

- 01 Add all the ingredients except for ice cubes and orange slice(s) to a cocktail shaker. Shake well for one minute or until everything is mixed together.
- 02 Place the orange slice(s) in a glass if using. Add ice and pour the mixture into the glass. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight jar or pitcher for up to two days.

SERVING SIZE

One serving is equal to approximately 1 1/3 cups.

MORE FLAVOR

Add mint.

NO HONEY

Use maple syrup instead.

NO COCKTAIL SHAKER

Mix everything well together in a glass instead. Make multiple servings at once and store in a pitcher. Pour over ice once ready to enjoy.



Strawberry Mint Iced Tea

1 SERVING 10 MINUTES



INGREDIENTS

- 1/2 cup Strawberries
- 1 tbsp Cane Sugar
- 1 tbsp Mint Leaves (plus extra for optional garnish)
- 1 tbsp Lemon Juice
- 2/3 cup Earl Grey Tea (brewed, cold)
- 5 Ice Cubes

DIRECTIONS

- 01 Muddle the strawberries, sugar, and mint in a glass. Add the lemon juice and stir well.
- 02 Top with brewed tea and ice cubes. Garnish with mint leaves if using and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight jar or pitcher for up to two days. Stir before serving.

SERVING SIZE

One serving is equal to approximately 1 1/3 cups.

MORE FLAVOR

Add vanilla.

NO CANE SUGAR

Use honey or maple syrup instead.



Cherry & Sage Iced Tea

2 SERVINGS 1 HOUR 5 MINUTES



INGREDIENTS

- 1 cup Cherries (pitted)
- 1 1/2 tps Honey
- 2 tbsps Fresh Sage (plus extra for garnish)
- 1 tbs Lemon Juice
- 1 1/2 cups Earl Grey Tea (brewed, cold)
- 10 Ice Cubes

DIRECTIONS

- 01 Muddle the cherries, honey, and sage in a pitcher. Add the lemon juice and brewed tea, cover the pitcher with lid and let sit in the fridge for at least an hour.
- 02 Strain the tea into the glasses, top with ice, and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight jar or pitcher for up to three days.

SERVING SIZE

One serving is equal to approximately 1 1/3 cups.

NO SAGE

Use mint or basil instead.

NO HONEY

Use cane sugar or maple syrup instead.



Cucumber, Celery & Orange Juice

1 SERVING 5 MINUTES



INGREDIENTS

- 1 stalk Celery (chopped)
- 1/2 cup Orange Juice (freshly squeezed)
- 1/4 Cucumber (medium, chopped)
- 5 Ice Cubes

DIRECTIONS

- 01 Add the celery stalk, orange juice, and cucumber to a blender. Blend until smooth.
- 02 Strain through a fine mesh sieve into a glass. Serve with ice and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is equal to approximately 1 1/3 cups.

MORE FLAVOR

Add maple syrup or honey.



Fruity Hibiscus Tea Lemonade

4 SERVINGS 2 HOURS 20 MINUTES



INGREDIENTS

- 4 cups Water
- 1 1/3 tbsps Hibiscus Tea (loose leaf or in tea bags)
- 1 Lemon (juiced)
- 1 tbsp Raw Honey
- 1/2 Peach (sliced)
- 1/2 Nectarine (sliced)
- 1 cup Frozen Raspberries

DIRECTIONS

- 01 Bring the water to a boil and steep the tea for seven to ten minutes. Remove the tea bags and stir in the lemon and honey. Refrigerate for at least two hours.
- 02 When ready to serve, divide into cups with ice and add sliced peach, nectarine, and raspberries to each cup. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight glass jug for up to five days.

SERVING SIZE

One serving is approximately one cup of tea.

MORE FLAVOR

Add fresh herbs like mint, thyme, or rosemary.



Orange & Carrot Juice

3 SERVINGS 10 MINUTES



INGREDIENTS

- 2 Navel Orange (medium, peeled)
- 2 Carrot (medium, peeled, chopped)
- 3 cups Water

DIRECTIONS

- 01 Add all of the ingredients to a blender and blend until smooth.
- 02 Place a nut-milk bag or a fine strainer over a large bowl and pour in the juice. Using clean hands, squeeze out all the liquid. Pour the strained juice into a glass pitcher and serve. Enjoy!

NOTES

LEFTOVERS

Refrigerate in a glass pitcher for up to three days.

SERVING SIZE

One serving is approximately 1 1/3 cup.

SAVE THE PULP

Freeze the pulp to use in smoothies or muffins.

