



## Raspberry and Lime Water

It is very easy to get bored with water, so why not make it a little more interesting by adding a few healthy, simple and natural ingredients. It'll take you a matter of minutes to create these waters and can be made in large batches and kept in the fridge.

Be adventurous with your flavours and gain a wide pallet for combinations ensuring that there is always a flavour you can combine throughout the year to avoiding having to use bitter and expensive fruit that is no longer in season.

(hint: ensure your fruit is nice and ripe, to avoid flavourless and overly bitter drinks)

### Ingredients

- 2 limes
- 2 generous handfuls of raspberries

### What You'll Need

- A jug or pitcher
- A wooden spoon, muddler, or rolling pin
- Fresh tap water
- Ice

### Method

1. Quarter 2 limes. Using your hands, squeeze the lime juice into you jug/pitcher and throw in the squeezed lime quarters.
2. Add all of the raspberries to your jug/pitcher. Press down and twist the fruit with the muddler/woodenspoon/rolling pin (press down firmly enough to release a lot of the juices but do not pulverise into pieces)
3. Fill the jug/pitcher with ice cubes
4. Fill with tap water to the brim
5. Give a good stir with a large table spoon
6. Secure lid/cover with cling film and place in the fridge
7. Allow it to chill nicely and infuse the flavours for an hour or two
8. Your ice will filter out fruit bits when pouring your glass, although if your ice has melted, simply pour your naturally flavoured water through a sieve into your glass
9. Sit back and enjoy!



