



Cucumber 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 which 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 and 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

- 1/3 of a cucumber
- 1 lime

What You'll Need

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

Method

1. Thinly slice your cucumber, followed by halving these thin slices. Drop all of them into your jug/pitcher
2. Very gently, press down and twist the cucumber using your wooden spoon/muddler/rolling pin. The aim is to bruise them to release plenty of flavour but not to pulverise them into pieces
3. Cut your lime into quarters, squeeze the juice from your lime into your jug/pitcher
4. Drop your squeezed lime pieces into your jug/pitcher
5. Fill the jug/pitcher with ice cubes
6. Fill with tap water to the brim
7. Give a good stir with a large table spoon
8. Secure lid/cover with cling film and place in the fridge
9. Allow it to chill nicely and infuse the flavours for an hour or two
10. 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
11. Sit back and enjoy!



