



# QUENCH YOUR THIRST



**Drink water**—it is precious beyond measure! Water is honoured as a medicine that nourishes and cleanses our bodies and spirits. Water is convenient, tastes great, and cleans your mouth. If you occasionally want to add some extra flavour to your water, try some of these ideas.

## Flavoured Water

Water with fruit is acidic and can be harmful to the teeth. Try to drink acidic beverages with meals and choose plain water between meals.

### Delicious options and combinations:

- Sliced cucumber, melon, ginger, lemon/lime
- Frozen or fresh berries
- Fresh mint, basil, lemon balm or rosemary
- Strawberry + Kiwi
- Blueberries + Orange
- Watermelon + Strawberry
- Mango + Mint
- Cucumber + Mint
- Ginger + Mint
- Lemon + lime



## Sun Teas or Steeped Cold Teas

### Nature's Gatorade:

- Fir, spruce or hemlock infused sun teas
- Harvest 1 cup of tips, rinse and add to 4 cups of water
- Let steep in the sun 4-6 hours or place tips into 4 cups boiling water and steep for 20 minutes.
- Strain out fir tips and serve over ice

### Flavoured Teas:

- Steep 4 tea bags in 1L of hot water
- Pick any one of the following:
  - Black, green tea and chai
  - Mint, ginger, cinnamon
  - Wild berry, blueberry, cranberry, hibiscus and blackberry
  - Apple, peach, mango and orange
  - Sliced lemon and ginger
- Steep until colour is dark or until cooled
- Remove bags, stir well and drink
- You can also serve over ice



## Iced Herbal Tea

Steep 4 tbsp of dried tea (or 4 tea bags) in 1L of hot water until cooled. Strain over ice and serve.

### Loose Leaf Teas or Dried Plants

#### Nettle and Mint

- 3 tbsp of nettle
- 1 tbsp of mint

#### Nettle Rose tea

- 2 tbsp. of nettle
- 1 tbsp. of wild rose petals
- 1 tbsp. of rose hips

### Vitamin and Mineral Rich

- 1 tbsp of nettle,
- 1 tbsp of mint
- 1 tbsp rosehips
- 1 tbsp horsetail

### Immune Booster

- 3 tbsp. of Elderberry
- 1 tbsp of Ginger





# SMOOTHIES

Rather than a thirst quenching drink, smoothies can be viewed more as a meal or large snack. The fluids we drink are to hydrate us and the meals we eat are to nourish our bodies.

## Easy to Make Smoothie Ideas

Choose from the categories below—add to a blender and mix:

FLUID <i>(unsweetened—choose one)</i>	FRUITS/VEGGIES <i>(fresh, frozen or canned)</i>	PROTEIN <i>(choose one or optional)</i>	FLAVOURING <i>(1/2 tsp to 1 tsp.—optional)</i>
<b>1 cup</b>	<b>1-2 cups</b>	<b>Varies</b>	<b>Sprinkle to taste</b>
<ul style="list-style-type: none"> <li>• Water</li> <li>• Skim, 1% or 2% milk</li> <li>• Almond Milk</li> <li>• Rice Milk</li> <li>• Coconut milk</li> <li>• Soy Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Berries (any variety!)</li> <li>• Banana</li> <li>• Plums</li> <li>• Oranges</li> <li>• Peaches</li> <li>• Kiwi</li> <li>• Mango</li> <li>• Pineapple</li> </ul> <p>Veggies</p> <ul style="list-style-type: none"> <li>• Spinach</li> <li>• Kale</li> <li>• Chard</li> <li>• Grated Beets</li> <li>• Grated Carrots</li> <li>• Cucumbers</li> </ul>	<p><b>2-3 tbsp</b></p> <ul style="list-style-type: none"> <li>• Peanut or other nut butter</li> <li>• Skim milk powder</li> <li>• Hemp hearts</li> <li>• Chia seeds</li> </ul> <p><b>¼ to ½ cup</b></p> <ul style="list-style-type: none"> <li>• Tofu</li> <li>• Yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Cinnamon</li> <li>• Nutmeg</li> <li>• Vanilla</li> <li>• Ginger</li> <li>• Cocoa powder</li> <li>• Turmeric</li> </ul>



### Some Combination Ideas

- 1 banana, ½ cup of berries, 3 tbsp of hemp hearts and 1 cup of water or milk. You can also add ½ tsp of cinnamon/vanilla, or a ½ cup of yogurt if desired.
- 1 apple, 1 cup of spinach, 1 tbsp of chopped fresh ginger (or 1/2 tsp dried ginger), 1/2 cup tofu and ½ cup of water.
- 1 cup of berries, 1 cup of milk, 1 tsp of cocoa powder and 2 tbsp of peanut butter.
- 1/2 cup mango, 1 banana, 1/4 cup almonds (or other nuts/seeds), 1/4 tsp turmeric, and 1 cup milk or water.

### Smoothie Smarts:

- Choose unsweetened fluids and if choosing almond, rice, coconut or soy milk check the label to see that it is fortified with calcium and vitamin D.
- If you don't finish your smoothie, freeze to enjoy as a popsicle.
- Store in a handy 2 cup (16 oz) mason jar for easy transport.

