Flavoured Water

Ingredients
4 jugs of cold water
Ice
Fruit or herbs (see below for variations)

Method
Variations to choose from
1. Quarter an orange, lemon, lemonade or lime and squeeze in all of the juice, then toss in the squeezed quarters for color and extra flavour.
2. Mash up a handful of strawberries or raspberries with a fork then add to the jug and stir through.
3. Scrunch a handful of fresh mint in your hands or in a mortar and pestle to get the flavour going then add that to the jug with a squeeze of lemon or lime juice.
4. Add a few slices of cucumber too. It might sound strange, but it is seriously refreshing.
5. Come up with your own flavour combinations.........