

Natural Water Flavourings

Flavouring water is easy! In a pitcher, gently mix and press ingredients together with the back of a spoon, top with water and refrigerate.

Whole Spices

Give water a warm flavour with whole spices including: ginger, cardamom, allspice, & peppercorn.



Fruits

Sweeten your water with a variety of fresh or frozen fruit, such as: berries, cherries, grapes, pineapple, peaches, watermelon, lemons & limes.



Fresh Herbs

Spruce up water using savoury fresh herbs, such as mint, dill, basil, rosemary, thyme, & sage.



Vegetables

Add flavour to your water with vegetables, including: cucumbers, ginger, peppers, & celery.



Choose Your Fluids Wisely

