



Lavender and lime flavoured water

Serves 2 L

Preparation time: 10 minutes

Cooking time: 0 minutes

INGREDIENTS

- 1.5 L water
- 10 petals of lavender flowers
- 1 large or 2 small limes, sliced in thin slices and quartered
- 2 cups ice

METHOD

1. Place water in the fridge and allow to chill. To speed up the process, place water in the freezer.
2. Place the lime slices in a jug. Stir the lime a bit so that the juices and flavours can be released.
3. Add the lavender petals and ice then fill up with the chilled water.
4. Return to the fridge or serve immediately.



Rooibos and orange iced tea

Serves 2.5 L

Preparation time: 20 minutes

Cooking time: 5 minutes

INGREDIENTS

- 2 tablespoon granulated sugar
- 250 ml orange juice, freshly squeezed
- 2 strips of zest from squeezed oranges
- 500 ml water
- 6 rooibos teabags
- 750 ml sparkling water, chilled
- ½ orange, thinly sliced
- 5 mint or lemon verbena sprigs
- 2 cups ice

METHOD

- Bring the orange juice to the boil in a small pot, add the sugar, and reduce to about 180 ml. Then, remove from the heat and allow to cool.
- Bring the 500 ml water to the boil and add the teabags and two strips of orange zest. Let it steep for 20 minutes, then remove the teabags and zest and cool.
- Combine the cooled orange juice and tea, add the ice and sliced oranges and top up with the sparkling water.
- Garnish with the mint sprigs and serve in jugs or individually garnished glasses as an arrival drink.

Individuals with allergies or diet restrictions should be aware of the possible allergens in the recommended ingredients and recipes and make use of these at their own risk. It is your responsibility to make sure any ingredient in a recipe will not adversely affect you. Please consult your physician with any questions before using an ingredient or recipe you are not familiar with. If you have any questions or need more information, visit www.discovery.co.za.

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