

Refreshing Drink Recipes



Leon County Master Gardener Lunch and Learn May 20, 2020

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A Better Alternative: Making Your Own Flavored Water

- ★ Add fruit, vegetables, herbs, spices, etc. to boost flavor and nutrition (infusion)
- ★ Top with a splash of 100% juice
- ★ Add ice cubes made with fruits, vegetables and/or herbs
- ★ Try carbonated waters like sparkling water, club soda, seltzer, etc.



Tips for Infusing Water

- ★ Can be done in glasses, jars, and pitchers and refillable water bottles with or without infusion rods
- ★ Select the fruits, vegetables, herbs, spices, etc. you want to flavor your water
- ★ Can use fresh or frozen fruits and vegetables
- ★ Cut the rind off of citrus fruits – rinds are bitter, which could affect the flavor
- ★ When using herbs, muddle or rub leaves to release flavor



Using an Infuser

- ★ Cut ingredients into small chunks and add to the infuser rod
- ★ Fill the pitcher or bottle with water and then gently lower the rod into the water to minimize release of particles
- ★ Most recipes suggest infusing for a few hours – flavor intensifies the longer it sits
- ★ Remember these do not have preservatives, so store in the refrigerator and use within a few days

A Note About Sun Tea...

One food safety rule to follow is to not allow your brewing tea for iced tea to sit out all day in the sun or on the countertop at room temperature. Both of these methods allow for bacteria to grow in the beverage. To ensure food safety:

- ★ pour boiling water over tea bag(s) or a tea infuser with loose tea and steep for 3-5 minutes
- ★ put tea bags into a pitcher of water, cover and refrigerate either first thing in the morning or overnight - tea will be ready to drink later that day or by morning

Green Tea Citrus Infused Water

Makes 93 oz (0.75 gal or 2.75 liter) pitcher

infusion pitcher
1 tablespoon maple syrup or honey
water
1 grapefruit
1 lemon
2 bags of green tea (with paper tags removed)



Add maple syrup or honey to the bottom of your pitcher. Add ½ cup of water and swirl until mixed. Remove the paper tags on your green tea bags in order to avoid a papery taste, then add the tea bags to the mix. Cut the ends off of the grapefruit and lemon, then cut off the rinds of each side. You will inevitably cut off some of the juicy interior, but simply take those side pieces and squeeze the juice into the pitcher. Cut the remaining cubes of grapefruit and lemon into 1½" chunks, and layer them in the pitcher's fruit infusion rod. Be sure to pack the fruit tightly. Add the water to your pitcher, and then gently lower the rod into the pitcher. Leave the water to infuse at room temperature for 2-3 hours, then remove the tea bags. If you plan to infuse this water in the refrigerator for 8 hours while you go to work, simply use 1 tea bag instead of 2 to lessen the tea flavor.

Modified from recipe found on <http://www.infusedwaters.com>.

Grape Strawberry Lime Infused Water

Makes 93 oz (0.75 gal or 2.75 liter) pitcher

infusion pitcher
20 small grapes
1 lime
2 strawberries
water



Cut the grapes in half. Cut the ends off of the lime, then cut the peel off. Cut the lime into slices, then cut those slices in half. For the strawberries, cut the tops off and slice the fruit in 1/4" slices. Layer the fruit in the infusion rod of a water infusion pitcher. Fill the pitcher with water and gently lower the rod into the pitcher. Infuse for up to 8 hours at room temperature and up to 24 hours in the fridge.

Modified from recipe found on <http://www.infusedwaters.com>.

Orange Blueberry Basil Water

Makes 80 oz (0.66 gal or 2.63 liter) pitcher

2 slices of orange, quartered
10-15 blueberries
6 basil leaves



Layer the fruit and herbs in the infusion rod of a water infusion pitcher. When you put in the blueberries, give them a small squeeze in your hand so that you break their skin a little. This will allow their juices to seep out. Also, when adding the basil, tear the leaves in half to allow the essential oils to be released. Fill the pitcher with water and gently lower the rod into the pitcher. Infuse for up to 8 hours at room temperature and up to 24 hours in the fridge.

Modified from recipe found on <http://www.infusedwaters.com>.

Watermelon-Mint Refresher

Servings: 4

6 cups semi-frozen cubes of watermelon
4 large ice cubes
2 teaspoon honey
juice of half a lemon
hand-full of fresh mint leaves
soda water
more mint for garnish



Put the watermelon cubes, ice cubes, honey and lemon into a blender and pulse until it forms a thin smoothie-style consistency. In a half gallon pitcher, muddle or lightly 'bruise' the mint with your fingertips to bring out the natural oils. Top with the watermelon puree and soda water and mix well. Garnish with sprigs of mint.

Modified from recipe found on <http://www.eatdrinkbreathe.com>

Grapefruit Rosemary Infused Water

Makes 32 oz (quart) Ball jar or 32 oz water infuser bottle

1 grapefruit
1 sprig of fresh rosemary



Cut the rind away from the grapefruit and cut the fruit into slices. Fill the Ball jar or infuser bottle with water, then lower the fruit into the water. Use half of the grapefruit and half of the rosemary per container. Infuse for 2 hours at room temperature and up to 24 hours in your refrigerator.

Modified from recipe found on <http://www.infusedwaters.com>.

Cucumber Jalapeño Mint Water

Makes 32 oz (quart) Ball jar and a 32 oz infuser water bottle

3" of cucumber (English or regular), sliced
½ jalapeño pepper, de-seeded
1 sprig of mint leaves



Fill the Ball jar or bottle with cold water. Add the ingredients to the water or, if using a water infusion bottle, add the ingredients to the infusion rod and gently lower the rod into the water. Infuse for 4-24 hours in the refrigerator.

Modified from recipe found on <http://www.infusedwaters.com>.

Strawberry Jalapeño Infused Water

Makes 32 oz (quart) Ball jar and a 32 oz water infuser bottle

3 strawberries, sliced
1/4-½ of a jalapeño pepper, de-seeded



Fill the Ball jar or bottle with cold water. Add the ingredients to the water or, if using a water infusion bottle, add the ingredients to the infusion rod and gently lower the rod into the bottle of water. Infuse in your refrigerator for 3-12 hours.

Modified from recipe found on <http://www.infusedwaters.com>

Apple Cinnamon Infused Water

Makes 32 oz (quart) Ball jar and a 32 oz water infuser bottle

- 1/4 Gala (or red) apple, sliced thinly
- 1 cinnamon stick



Fill the Ball jar or bottle with cold water. Add the ingredients to the water or, if using a water infusion bottle, add the ingredients to the infusion rod and gently lower the rod into the bottle of water. Infuse for 4-24 hours in the refrigerator. Before you are ready to drink or serve the water, let it sit out at room temp for a half an hour. For this particular infusion, you'll get loads more flavor from room temperature water than cold water. Modified from recipe found on <http://www.infusedwaters.com>

Lemon Verbena-Mint Soda Water

Servings: 4

- 1/4 cup honey
- 1/4 cup mineral water
- 10-12 large lemon verbena leaves + extra for garnish
- 5 large mint leaves + extra for garnish
- Sparkling or soda water
- Lemon slices



To make the simple syrup, combine the honey and mineral water in a small saucepan. Bring to a boil, add the lemon verbena and mint leaves. Remove from the heat and steep for 15 to 20 minutes. Strain the leaves.

Fill each glass with ice. Divide the syrup among the glasses, top with soda water and stir. Taste and add more syrup or soda if desired. Garnish with a slice of lemon and fresh herbs.

<http://www.wildgreensandsardines.com>

Honey-Sweetened Peach Lemonade

Makes 2.5 L (84 oz or 0.65 gal)

- 1 1/2 cups liquid honey
- 4 cups water
- 6 cups chopped peaches (about 8 medium)
- zest of 4 lemons
- 1 cup lemon juice (about 4 large lemons)
- 4 cups ice
- thinly sliced lemons and peaches for garnish



Combine honey and water together in a large pot and bring to a simmer. Stir until honey is dissolved. Add chopped peaches and lemon zest. Simmer on med-low for 5 minutes, then turn off heat. Allow infusion to cool completely, then strain through a fine mesh sieve into a large pitcher or jar. Stir lemon juice into the peach simple syrup - this is your lemonade concentrate. Chill until ready to serve. To serve, mix peach lemonade concentrate with water to taste. Pour into a serving pitcher or jar and top up with ice. Add a garnish of thinly sliced lemons and peaches. Serve at once.

<http://www.simplebites.net>

Cinnamon Pear Ginger Water

Servings: 2

1 sliced pear
6 cinnamon sticks
fresh grated ginger



Fill the Ball jar or bottle with cold water. Add the ingredients to the water. Infuse in your refrigerator for 3-12 hours.

Modified from recipe found on <http://blog.smartyhadaparty.com/infused-water-recipes>.



Tomato-Basil Water

Makes 2 quarts

Place 1 diced ripe beefsteak tomato (about 10 ounces) and 3 sprigs basil (lightly crushed) in a pitcher. For still infused water, add 2 quarts of water. For sparkling water, add 1 quart of seltzer during prep and a second quart just before serving. Refrigerate 2 to 4 hours to allow the ingredients to

infuse. Stir well and strain, discarding the solids. For serving, add diced tomato and basil sprigs for garnish and plenty of ice. The infused water will keep refrigerated for up to 2 days.

Recipe found on <http://www.foodnetwork.com>.

Strawberry Balsamic Fruit Smoothies

Servings: 2

2 large bananas, overripe and frozen
3/4 cup strawberries
1/2 cup vanilla gelato (can be replaced by 1/4 cup almond milk)
2 tablespoons Strawberry Balsamic Vinegar



Blend all ingredients in a high powdered blender until smooth. Pour into 2 glasses and top with extra balsamic and strawberries if desired.

Modified from recipe found on <http://thenutritiouskitchen.com>

Make it Your Way Smoothie

Servings: 2

Choose 1/2 cup of a fruit such as banana, peach, strawberries, blueberries, etc.



Choose 1 cup of base such as low-fat plain or vanilla yogurt, low-fat frozen yogurt, frozen juice concentrate, frozen fruit, ice cubes, etc.

Choose 1/2 cup of liquid such as low-fat or fat-free milk, 100% fruit juice, calcium-fortified soy milk, etc.

Directions: Put all of the ingredients in a blender and mix until smooth. Serve immediately.

68 Ways to Naturally Flavor Your Water

1. Blackberry, lavender and lemon
2. Blackberry, lemon and mint
3. Blackberry and lime
4. Blackberry, peaches and ginger
5. Blackberry, lemon and oranges
6. Cherry and lemon
7. Cherry and lime
8. Cherry and cantaloupe
9. Cherry and orange
10. Cherry, raspberries and mint
11. Blueberry, lemon and lemon thyme
12. Blueberry, lavender and lemon
13. Blueberry and lemon
14. Blueberry, watermelon and lemon
15. Blueberry, peach and lime
16. Blueberry and rhubarb
17. Blueberry, blackberry and strawberry
18. Blueberry and basil
19. Lemon and basil
20. Lemon and thyme
21. Lemon and rosemary
22. Lemon, rhubarb and mint
23. Lemon and kiwi
24. Lemon, pink grapefruit and orange
25. Oranges, peaches and plums
26. Orange, blueberry and basil
27. Orange and lemongrass
28. Orange and rosemary
29. Orange, lemon and rosemary
30. Orange, pomegranate seeds and mint
31. Lemon and lavender
32. Lime and mint
33. Pineapple and mango
34. Strawberry, blackberry and orange
35. Strawberry, grapefruit and plums
36. Strawberry and lime
37. Strawberry and lemon
38. Strawberry and mint
39. Strawberry, orange and mint
40. Cucumber and basil
41. Strawberry, cucumber and orange
42. Cucumber and lemon
43. Watermelon and rosemary
44. Orange, raspberry and lime
45. Rhubarb, mint and orange
46. Lemongrass, cilantro and mint
47. Cucumber and pineapple
48. Cucumber and thyme
49. Cucumber, lemon, and lime
50. Cucumber, orange, and lime
51. Sliced cucumbers
52. Whole strawberries
53. Segmented oranges
54. Lemons wedges
55. Limes rounds
56. Blueberries
57. Blackberries
58. Watermelon cubes
59. Halved grapes
60. Bunches of mint
61. Handfuls of basil
62. Cantaloupe chunks
63. Honeydew melon pieces
64. Pineapple and mint
65. Blackberry and sage
66. Peaches
67. Pineapple
68. Honeydew melon and cucumber

<http://mixingbowlkids.typepad.com>

Feel free to come up with your own great flavor additions!!

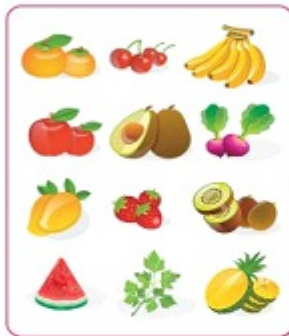
HOW TO MAKE A PERFECT SMOOTHIE



A smoothie is a smooth combination of fruits and yogurt, you can have tons of creative ideas when it comes to making a smoothie. They're an excellent source of vitamins, antioxidants and by changing the type of milk/yogurt they become a great source of probiotics too.

1 CHOOSE THE FRUITS YOU LIKE

You should use at least 2 types of fruit, the more you use the better the result.



2 ADD SOME LIQUID

1 or 2 cups of liquid, the more fruits you use the less liquid you need



3 MAKE IT CREAMY

In order to make it extra nutritive and to give it the right consistency



4 GIVE IT SOME EXTRA FLAVOR

Sweeteners, herbs, spices and sweet fruits are great for adding different flavors



5 SUPER BOOST IT

Add some superfoods to make it extra healthy and beneficial



TIPS

MAKE IT GREEN
Add veggies such as kale, arugula and spinach

SPICE NOT SUGAR
Cinnamon and others add a layer of sweetness without the extra calories

ENJOY!

PERFECT RECIPES

SUPERFOODS SMOOTHIE

Spinach, kale, banana, berries, ginger root, green tea & pomegranate



WEIGHT LOSS GREEN SMOOTHIE

Peach, mango, banana, orange juice, water, spinach, raw maca powder, chia seeds & flax seeds



PINEAPPLE GREEN SMOOTHIE

Cilantro, pineapple, chia seeds, water, orange juice, spinach, turmeric powder, ginger root & Stevia



TRIPLE BERRY SUPER SMOOTHIE

Banana, strawberries, raspberries, blueberries, acai berry powder, apple juice, water, chia seeds & spinach.



Orange Blueberry Basil Water

Cinnamon Pear Ginger Water

Cucumber Jalapeño Mint Water