

A vibrant border of tropical fruits and foliage surrounds the central text. At the top left, there's a yellow lemon, a red strawberry, and a slice of orange. On the left side, a slice of watermelon and various green leaves are visible. On the right side, there are more green leaves and a slice of orange. At the bottom, there are more green leaves, a slice of orange, and a glass of orange juice. The background is a solid light blue color.

Make your **top**  
*water*  
even more  
**IRRESISTIBLE**

*lemonades & Co.*



EPAL

Grupo Águas de Portugal





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## **This new edition of recipes with Tap Water is an ode to citrus fruits, which are known all over the world.**

Originating in Asia, they are a delight in traditional and innovative dishes, emanating a rich aroma and providing an unmistakable flavour. As well as offering a strong flavour to the palate, when combined they enhance the taste of other fruits.

That's why this time we've combined the best tap water with its different varieties - lemon, lime, orange and grapefruit - and we invite everyone to try the refreshing options we've brought, enriched with aromatic herbs, spices, infusions and fresh fruit.

What better option for a hot summer than a fresh lemonade? As well as hydrating, it contains vitamins and minerals, quenching thirst and appetite.

In this book, we also bring a little more sweetness, because lemonade requires it. However, you can do without if you wish.

And it can be more sustainable if you use that "ugly" or overripe piece of fruit. You'll get sweeter lemonades and contribute to the fight against food waste. In fact, we even dare you to try a recipe made with apple peelings, the ones we usually throw away, and you'll see how delicious it is.

You can also take the opportunity to consume your favourite options in reused bottles, jars and glasses, giving new life to containers that you would otherwise throw away, reducing the impact on the environment and adding more circularity to your day-to-day routines.

The amounts indicated here yield about one litre and are, as always, merely indicative. You can recreate our suggestions to your liking, improving or changing flavours.

Now, the important thing is to join EPAL in yet another refreshing challenge and opt for tap water, an excellent quality option that you can consume safely.

## Useful and sustainable tips

- Before blending the food in your blender, add a few ice cubes as this will help prevent the production of foam.
- Bearing in mind that fruit ripens more easily in summer, when it starts to show signs, you can mash it up with just a little water and put it in cuvettes to freeze. As well as avoiding waste, you'll have fruit concentrates that will allow you to make lemonades or even flavoured waters quickly and easily.
- You can also use the pulp left over from straining your lemonade to make these delicious ice cubes.
- To make the most of your freezer space, when the concentrate cubes are frozen, transfer them to reusable silicone bags.
- Another circular tip is to scrape off some of the peel and put it in a container in the freezer before squeezing the citrus fruit. This way you can flavour your culinary preparations such as cakes, porridge, pancakes, yoghurt and more.
- If you want to add some creativity and a touch of style to your lemonades, you should know that there are reusable silicone cuvettes in a variety of shapes and that you can put edible flowers, spices, fruit and aromatic herbs in them as well as water.
- Buy your spices in bulk. As well as being cheaper, you can also reuse your jars. And don't worry about expiry dates. Eventually the spices may lose some of their potential, but they will still be good to eat.

# Apple Peel and Goji Berry Lemonade

# 1



### Ingredients:

- 800 ml of tap water
- 4 lemons
- 600 gr of red apple peelings
- 100 gr of honey
- Goji berries to taste
- Ice to taste

### Preparation:

This is a great idea for making the most of apple peelings, incorporating the waste and turning it into a recipe.

Put the red apple peelings in a liquidiser and add the juice of the lemons, honey and tap water. Then blend very well. Strain the drink into a jug, garnish with a few goji berries and serve with ice.



# 2

## Orangeade with Passion Fruit

### Ingredients:

- 800 ml of tap water
- 6 oranges
- 3 purple passion fruit
- 150 gr of honey
- Ice to taste

### Preparation:

Put the juice of the oranges in a liquidiser and add the passion fruit pulp, honey and tap water. Blend very well. Pour the drink into a jug and serve with a few ice cubes to chill.



## Vanilla Lemonade

# 3

### Ingredients:

- 800 ml of tap water
- 2 lemons
- 2 oranges
- 1 teaspoon of vanilla extract
- 100 gr of honey
- Ice to taste

### Preparation:

Put the citrus juice in a liquidiser and add the vanilla, honey and tap water. Blend very well. Pour the drink into a jug and serve with ice.





## Banana Lemonade

# 4

### Ingredients:

- 800 ml of tap water
- 3 lemons
- 1 orange
- 2 sliced bananas
- 80 gr of agave syrup
- Ice to taste

### Preparation:

Add the citrus juice, sliced bananas, agave syrup and tap water to a liquidiser and blend very well. Strain the drink into a jug and serve with ice.





# 5

## Watermelon and Melon Lemonade

### **Ingredients:**

- 800 ml of tap water
- 4 lemons
- 500 gr of watermelon
- 300 gr of melon
- 80 gr of agave syrup
- Ice to taste

### **Preparation:**

Remove the skins and seeds from the fruit. Cut them into pieces and put them in a liquidiser, adding the juice of the lemons, agave syrup and tap water. Blend very well. Pour the drink into a jug and serve with a few ice cubes to chill.



# 6

## Orangeade with Melon



### Ingredients:

- 800 ml of tap water
- 4 oranges
- 400 gr of melon
- 50 gr of goji berries
- Ice to taste

### Preparation:

Put the melon into a liquidiser and add the juice of the oranges, tap water and goji berries. Set aside for 10 minutes so that the goji berries soften. Then blend very well. Strain the drink into a jug and serve with ice.



## Grapefruit and Orange with Rosemary

### **Ingredients:**

- 800 ml of tap water
- 2 grapefruit
- 2 oranges
- 2 tablespoons of dried rosemary
- 150 gr of cane sugar
- Ice to taste

### **Preparation:**

Prepare an infusion of rosemary with hot tap water and set aside. Strain the mixture and add the sugar. Stir well until dissolved. Once it has cooled, pour it into a jug and add the juice of the grapefruit and oranges, stirring well. Serve with a few ice cubes to chill.



# 8

## Pineapple and Mint Limeonade



### Ingredients:

- 800 ml of tap water
- 4 limes
- ½ pineapple
- 8 small stems of mint
- 100 gr of cane sugar
- Ice to taste

### Preparation:

Add the lime juice, chopped pineapple, mint, sugar and tap water to a liquidiser and blend very well. Strain the drink into a jug, serve with ice and garnish with a mint stem.



# 9

## Red Fruit and Basil Limeonade



### **Ingredients:**

- 750 ml of tap water
- 4 limes
- 1 ½ cups of frozen red fruit
- 8 basil leaves
- 120 gr of cane sugar
- Ice to taste

### **Preparation:**

Add the lime juice, red berries, basil leaves, sugar and tap water to a liquidiser and blend very well. Pour the drink into a jug, serve with ice and garnish with basil leaves to taste.

# 10

## Orangeade with Hibiscus and Cinnamon

### Ingredients:

- 800 ml of tap water
- 4 oranges
- 1 tablespoon of dried hibiscus flowers
- 2 cinnamon sticks
- 50 gr of honey
- Ice to taste

### Preparation:

Prepare an infusion of hibiscus and cinnamon with hot tap water and set aside to infuse for a few minutes. Then strain the mixture. Add the honey and stir well until dissolved. Once cool, pour into a jug and set aside in the fridge. When it's time to serve, add the juice of the oranges and stir well. Add a few ice cubes to chill.







# 11

## Strawberry and Mint Limeonade

### Ingredients:

- 800 ml of tap water
- 4 limes
- 1 ½ cups strawberries
- 8 mint stems
- 120 gr of cane sugar
- Ice to taste

### Preparation:

Add the lime juice, strawberries, mint leaves, sugar and tap water to a liquidiser and blend very well. Pour the drink into a jug, serve with ice and garnish with mint leaves to taste.





# 12

## Fennel and Ginger Lemonade

### **Ingredients:**

- 800 ml of tap water
- 3 lemons
- 5 tablespoons of fennel
- 6 gr of ginger
- 60 gr of honey
- Ice to taste

### **Preparation:**

Prepare an infusion with the fennel and ginger, adding hot tap water. Set aside to infuse for a few minutes. Strain the mixture, add the honey and stir well until dissolved. Once cool, pour into a jug and set aside in the fridge. When serving, add the juice of the lemons and stir well. Serve with a few ice cubes to chill.



# 13

## Mango Lemonade

**Ingredients:**

- 800 ml of tap water
- 4 lemons
- 2 oranges
- 1 mango
- 120 gr of agave syrup
- Ice to taste

**Preparation:**

Add the mango pulp, citrus juice, agave syrup and tap water to a liquidiser and blend very well. Pour the drink into a jug and serve with ice.



# 14

## Strawberry and Lemon Verbena Limeonade



### Ingredients:

- 800 ml of tap water
- 4 limes
- 1 ½ cups of strawberries
- 8 basil leaves
- 2 tablespoons of lemon verbena tea
- 50 gr of honey
- Ice to taste

### Preparation:

Prepare an infusion of lemon verbena with hot tap water and set aside to infuse for a few minutes. Then strain the mixture, add the honey and stir well until dissolved. Once it has cooled, transfer it to a liquidiser and add the juice of the limes, the strawberries and the basil leaves. Place in the fridge and when serving, add a few ice cubes to chill.



# 15

## Peach and Passionflower Lemonade

### Ingredients:

- 800 ml of tap water
- 4 lemons
- 2 tablespoons of dried passionflower leaves
- 300 gr of peaches
- 120 gr of agave syrup
- Ice to taste

### Preparation:

Prepare an infusion with passionflower by adding hot tap water and set aside to infuse. Strain the mixture, add the agave syrup and stir well until dissolved. Once it has cooled, put the infusion in a liquidiser, add the peach slices and the juice of the lemons. Blend very well. If you choose to use the peel of the peaches, for a zero-waste lemonade with more vitamins, strain the drink into a jug and serve with ice.



# 16

## Grape and Peppermint Lemonade



### Ingredients:

- 800 ml of water
- 4 lemons
- 3 tablespoons of dried peppermint leaves
- 300 gr of white grapes
- 100 gr of honey
- Ice to taste

### Preparation:

Prepare an infusion with the peppermint leaves by adding hot tap water. Set aside for a few minutes, then strain the mixture. Add the honey and stir well. Once the mixture has cooled, put it in a liquidiser, add the grapes and the juice of the lemons. Blend very well. If the grapes have pips, strain the mixture too. Pour the drink into a jug and serve with ice.



# 17

## Tropical Limeonade



### Ingredients:

- 750 ml of tap water
- 4 limes
- 2 lemons
- 1 tin of condensed milk
- Ice to taste

### Preparation:

Put the tap water, citrus juice and condensed milk in a jug. Stir with a wire whisk and put in the fridge. When serving, add a few ice cubes to make your lemonade even more refreshing.



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drink  
tap  
water

