



Press Release

7 drinks to stay hydrated in summer 2022

The human body is 70% water, therefore drinking enough water is essential for staying healthy. "I love fruit & veg from Europe" reminds you that water in the body maintains an optimal level of blood pressure, joint mobility, participates in the regulation of body temperature, and ensures the normal functioning of all organs and systems, removes toxins from the body, improves digestion, helps to keep our immunity in good shape, and moisturizes the skin, which reduces the signs of aging. We all know how vital it is to stay hydrated, yet it can be challenging to do at times. What should you do to ensure that you have enough fluid?

You need to understand your real fluid requirements. On the Internet, there is sometimes broad advice about drinking 2 liters or 8 glasses of water per day, however, this recommendation is completely unscientific. The quantity of fluid you need to drink is determined by your activity level, location, health, gender, age, and a variety of other factors. "I love fruit & veg from Europe" reminds that it is for a man should be consumed around 3700 ml of liquid per day, and a woman should have approximately 2700 ml of liquid per day, while taking into account all liquids that enter the body, including water, other drinks, and food.

We might become tired of the flavor of plain water. "I love fruit & veg from Europe" offers seven 2022 summer drinks that will keep you hydrated

1. Ice Tea

Take 3 teaspoons of black tea per liter of boiling water. Ideally, you need to catch the moment when bubbles are just beginning to appear in the water, without waiting for a rapid boil, so it will be tastier.

Pour the brewed tea into a decanter via a strainer. Use 3 tablespoons of honey or your preferred sweetener per liter of water. Cut up half an orange, half a lemon, and half a lime into tiny cubes and toss them in. Add mint, about 10 sprigs, and one diced apple.

Before serving, pour crushed ice into a glass, add a few slices of lemon (on which the tea was brewed), and pour over cold tea.



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2. Mint gooseberry

In a blender, combine 30 mint leaves and 250 grams of honey; add half a glass of gooseberries. Transfer the mixture to a saucepan, add a glass of heated water, and boil until the honey melts, about 3-5 minutes.

If necessary, pour the syrup into a bottle and drink it, mixed with mineral or plain sparkling water. Serve with ice and a mint sprig.



3. Apple Mix

The drink is rich, with a pleasant sourness. It perfectly quenches thirst and refreshes.

For two liters of a cocktail, we need one kilogram of fresh apples, two lemons, water and honey.

Cut the apples into thin slices and put them in a wide saucepan. Squeeze the juice of the lemons and finely grate the zest. Add honey and pour in one liter of boiling water. Mix everything together and cook for 15 minutes. Remove from heat, allow to cool, and strain into a decanter through a sieve.

If the drink turns out to be saturated in taste, it can be diluted with water (bubble lovers can use carbonated).

In transparent glasses, we place ice cubes and berries for adornment before pouring a beverage. It will be both tasty and lovely. Try it!

4. CURRANT mood is ORANGE

You will fall in love with this drink once you try it. Oranges give a sweet and sour taste characteristic of citrus; currants make the cocktail more saturated and bright (it turns out an interesting color of grenadine).

"I love fruit & veg from Europe" suggests to take five oranges, remove the zest, cut into slices and put them in a saucepan, pour sugar on top, pour water and cook for 10-15 minutes, stirring constantly. The oranges should give juice, and the sugar should dissolve completely.

Separately, in a blender, grind currants (to a puree consistency) and add them to the resulting drink. Let it boil for a couple more minutes. Remove it from the heat and give it time to cool.

The drink is served cold in deep glasses with crushed ice.



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5. Water Sassi "Strawberry-ginger-cucumber"

It is a simple mixture of water, lemon, cucumber, ginger, and mint. It was created by a woman who was looking for ways to rid her body of fat and clean it out completely.

Water boosts energy, increases metabolism, and replenishes vitamins.

If you're looking for a quick and easy way to get your daily dose of vitamin C, this is the recipe for you.

Cut the cucumber into tiny rings after removing the skin. Rinse the lemon well and also cut it into thin circles, this time along with the peel. Rub a piece of ginger root on a grater. Rinse the strawberries and mint. Put all the ingredients in a pre-prepared container. It can be a saucepan, a jug, or just a glass jar. Leave the drink in the refrigerator overnight.

Before serving, mineral water or ice cubes may be added to the drink.

6. Wave of Peach freshness.

On hot summer days, a cool glass of peach iced tea will help you beat the heat. The entire family will surely enjoy it.

Pour 250 ml of water and 3 tablespoons of sugar into a saucepan. Bring to a gentle boil, stirring constantly to avoid burning the sugar. Cook five diced peaches until they are very soft. Toss the peaches with a fork and let them infuse for an hour before serving.

Using a fine sieve, strain the syrup into a cup, then mash the fruit to release the remaining liquid. For a week, the syrup can be stored in a refrigerator.

Pour 2 liters of boiling water over the teabags in a large heatproof jug. Transfer to the fridge and refrigerate for at least one hour before serving.

Alternatively, pour a little amount of peach syrup into tall cups and top with the tea before stirring in the syrup. Add extra water, sparkling water, or ice to the glass as needed. Serve with peach slices on the side.

7. Green relieve

Put 250 ml of apple juice, a large celery stalk, and a large handful of spinach in a bowl and puree until smooth using a hand blender (or in a blender or food processor). Pour into a glass and sip as is, or dilute with coconut water to achieve the desired flavor.

"I love fruit & veg from Europe" reminds you that you may always add fruit and/or vegetable pieces to the bottle to enrich the water. Cucumber-lime, lemon, and strawberry-kiwi are popular combinations. In fact, you can use any mix of fruits and vegetables that appeals to you. You may puree your favorite berries in a blender, add water and freeze, and then add fruit ice cubes to tea, such as red.



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Visit our website <https://ilovefruitandvegfromeurope.com> or contact us at the following email address ch.social@ilovefruitandvegfromeurope.com for additional recipes of beverages and delicious dishes based on fresh fruits and vegetables to bring to your table every day.

Enjoy.

It's from Europe!

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