

# HNS

## Hescott Nutrition Services

### TRANSFORM YOUR HYDRATION

Every process in the body requires water, but not enough, and you could face more than dehydration. Introducing a straightforward formula to experiment with ways to jazz up your water just a bit!

#### Muddled Fruit

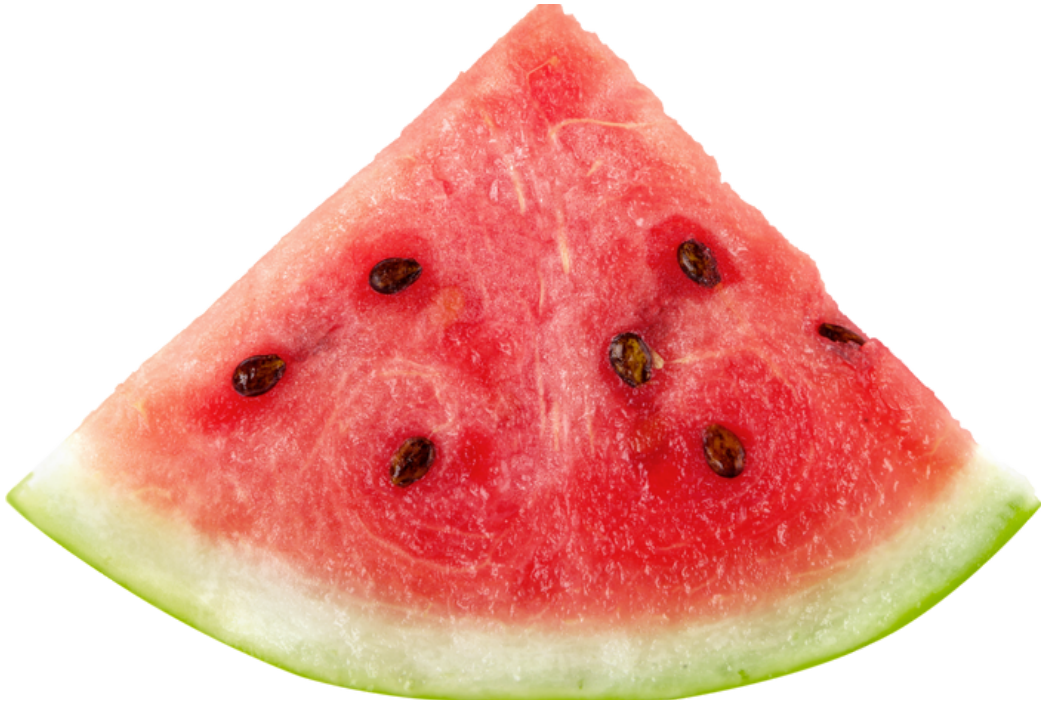


Soft fruit works best. A drink muddler is meant for this task and the kind they use to muddle fruit in glasses for mojitos, but you can also mash the fruit in a bowl, break it up with a fork, or use a mortar and pestle to break apart fruit gently.

- Berries
- Pitted cherries

- Ripe nectarines
- Peaches
- Watermelon

## Herbs



Here are a few of our favorite combinations. Just chop coarsely and muddle with fruit before adding liquids.

- Mint +Watermelon
- Sage +Blackberry
- Basil + Peach
- Lemon Verbena + Any fruit!
- Rosemary + Grapefruit
- Cilantro + Lime + Honeydew

## Liquid Base



- HERBAL TEA - We love hibiscus for its gorgeous color and rich flavor. Steep four bags in a cup of boiling water to increase the intensity of flavor.
- GREEN TEA - Everything from matcha to yerba mate, it's all good. Be sure to select caffeinated varieties, as the health-promoting flavonoids are destroyed during decaffeination.
- LEMON TEA - Add the rind from the lemon to 2 cups of boiling water. Simmer for 5 minutes, then let it sit to infuse.
- GINGER TEA - Peel and coarsely chop 2" piece of ginger and bring to a boil in two cups of water. Simmer for 5 minutes, then let it sit to infuse.

## Citrus



Squeeze in to finish and add some slices for visual impact.

- Lime
- Lemon
- Orange
- Grapefruit

## Add-ins



- SPARKLING WATER - Everyone loves a little fizz!
- CUCUMBER - Nothing screams refreshing quite like cucumber! Just peel and process in a blender to puree. About 1/2 cucumber per drink works.
- STEVIA - Or a touch of agave for added sweetness.
- CHIA SEED - Add chia seed to make a Chia Fresca! This seed holds more than 30 times its weight in water and can help maintain hydration long after you have emptied your glass. Try adding one teaspoon to your glass and stir well. Let sit for 10 minutes before drinking.

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