




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


Grupo Aguas de Portugal



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EPAL has launched the fourth flavoured water recipe book "Make Your Tap Water Even More Irresistible", a brand new edition, but equally as special as the previous ones and truly diverse. After the success of the first flavoured water book, the second of herbal teas and blends and the third book inspired by fresh Mexican waters, EPAL has surprised us with a new edition with 21 recipes from several partner organisations. EPAL has a programme to encourage, exclusively, the consumption of tap water at public and private entities in the city of Lisbon, where it provides glass jugs and bottles for the common areas of organisations that accept this challenge and who choose to consume tap water, the most sustainable and environmentally friendly option, also reinforcing confidence in the company's infrastructures. This programme includes several government agencies, companies, associations, universities, hotels and restaurants, among others, which were challenged by EPAL to send a recipe for flavoured water, herbal tea or fresh water for a collection of recipes in a new book. The response was exceptional, and we received challenging and very tasty proposals from partners to whom we are incredibly grateful.

**Discover all the ideas that we have for you
in this new edition, where tap water continues
to be the star.**

1

Lemon, Mint and Blueberry Flavoured Water

NOVA Medical School



NOVA MEDICAL
SCHOOL

Ingredients:

- 700 ml of tap water
- Juice from ½ lemon
- 1 cup of blueberries
- 15 mint leaves
- Ice to taste
- Garnish with lemon slices

Preparation:

Squeeze the juice of half a lemon and cut a few slices to garnish the jug. Then crush the blueberries in a liquidiser or with a hand blender with a little tap water to make them into a purée.

Finally, put the lemon juice, puréed blueberries, mint leaves and the rest of the tap water into the jug.

Serve with ice and garnish with lemon slices.

2 Watermelon, Blueberry, Lime and Mint Flavoured Water

Ordem dos Psicólogos
Order of Psychologists

Ingredients:

- 500 ml of tap water
- 1 cup of blueberries
- 3 sliced limes
- 1 cup of watermelon cut into triangles
- Mint leaves to taste
- Crushed ice

Preparation:

Add the blueberries, sliced limes and watermelon triangles to the tap water. Let it rest for three hours in the refrigerator and add crushed ice.



3

Chilled Fruity Caribbean Water

Marinha Portuguesa
Portuguese Navy

Ingredients:

- 500 ml of tap water
- 50 g of crystallised pineapple
- 50 g of crystallised papaya
- 1 tablespoon of raisins
- Rosehip peels
- Orange peel
- 1 slice of lime

- 1 mint leaf
- 1 glacé cherry

For the ice cubes:

- Blue colouring
- Honey (optional)

Preparation:

First prepare the ice cubes by adding blue colouring to give the shade you prefer, and you can also flavour them with honey. Bring the tap water to the boil, then add the pineapple, papaya, raisins, rosehip peels and orange peel in a teapot, and let it rest for about five minutes. Then pour the liquid through a sieve into your glass. Finally, add the blue ice, a mint leaf and garnish with a slice of lime and a cherry.



4 Ginger, Lemon and Honey Infusion

Ministério da Defesa Nacional
Ministry of National Defence

Ingredients:

- 500 ml of tap water
- 5 to 6 slices of ginger
- Ginger juice (grate 1 cm of ginger and then squeeze it)
- 1 lemon peel + juice of 1 lemon
- Honey to taste

Preparation:

Boil the tap water with 5 to 6 slices of ginger (sliced with a peeler) and turn off the heat. Then add the lemon peel, lemon juice, ginger juice and honey to taste.

 **REPÚBLICA
PORTUGUESA**
DEFESA NACIONAL



5

Lemon, Orange, Cinnamon and Ginger Flavoured Water

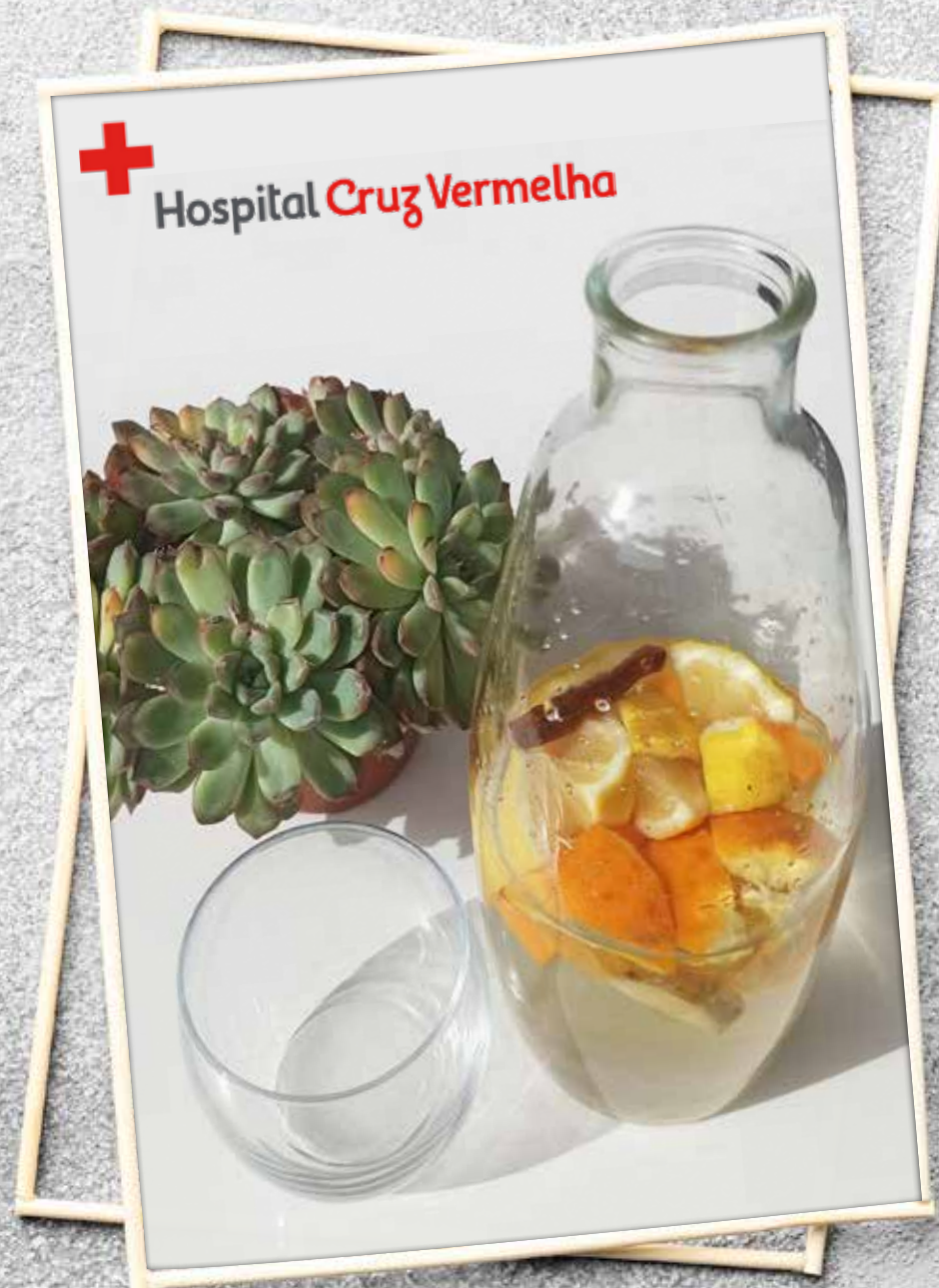
Hospital da Cruz Vermelha
Red Cross Hospital

Ingredients:

- 500 ml of tap water
- Juice of ½ an orange
- Juice of ½ a lemon
- 1 cinnamon stick
- 1 slice of ginger (1 cm)

Preparation:

Mix all the ingredients and place in the refrigerator 12 hours before consuming.



6

Lemongrass, Globe Amaranth and Lemon Juice Infusion

Fundação LIGA
LIGA Foundation

Ingredients:

- 1 litre of tap water
- 2 tablespoons of lemongrass
- 1 tablespoon of globe amaranth
- Lemon juice to taste
- Honey or brown sugar to taste
- Ice to taste

Preparation:

Boil the tap water and add the lemongrass and globe amaranth. Let it stand for a few minutes and add the lemon juice. Sweeten to taste. It can be drunk hot or chilled by adding ice.



7

Hibiscus, Cinnamon and Mint Infusion

ISEG – Instituto Superior de Economia e Gestão
ISEG – Lisbon School of Economics and Management

Ingredients:

- 500 ml of tap water
- 10 g of dry hibiscus flower
- 2 sticks of cinnamon
- Peppermint to taste

Preparation:

Boil the tap water and mix with the hibiscus flower, cinnamon stick and peppermint in a cup. Let the infusion rest for 5 minutes.
It can also be drunk iced





8 Peach, Strawberry and Raspberry Flavoured Water

SSAP – Serviços Sociais da Administração Pública

SSAP – National Public Administration Social Services

Ingredients:

- 750 ml of tap water
- 1 large peach
- 8 strawberries
- 10 raspberries
- 1 stalk of lemongrass

Preparation:

Wash and bruise the lemongrass stalk, also cutting some leaves into small pieces to release the aroma. Put it in a jug and fill it with tap water.

Cut the peach into small pieces and the strawberries into halves. Place the fruit in the jug and leave it to soak so that the fruit can release its flavour.

Let it stand for a few hours and serve well-chilled.

9

Watermelon, Lime and Basil Flavoured Water

CPE Clínicas
CPE Clinics

Ingredients:

- 1 litre of tap water
- ½ watermelon
- 1 lime cut into pieces
- 4 basil leaves
- Ice to taste

Preparation:

Purée the ½ watermelon. Add the lime pieces and the four basil leaves.
Add a litre of tap water and ice to taste.

10

Strawberry and Mint Lemonade

TED^xULISBOA



Ingredients:

- 500 ml of cold tap water
- 70 g of sugar
- 80 ml of tap water
- 120 ml of lime juice
- 200 g of diced strawberries
- 20 to 30 mint leaves

Preparation:

Mix the sugar and 80 ml of tap water in a pan and cook over a medium-high heat for 5 to 10 minutes until the sugar dissolves and the liquid is clear, making a syrup.

In a jug, mix the lime juice, syrup, diced strawberries, mint and 500 ml of cold tap water. Let it stand in the freezer for 2 to 3 hours.

11

Lemon, Mint and Blueberry Flavoured Water

ETIC - Escola de Tecnologias
Inovação e Criação

ETIC - School of Technologies,
Innovation and Creation

Ingredients:

- 750 ml of tap water
- 1 handful of strawberries
- 1 sliced lime
- 1 generous sprig of mint

Preparation:

Wash the strawberries well and cut them in half. Put the sliced lime into a jug and crush it a little to release its juice. Then add the halved strawberries and the sprig of mint. You can macerate it a little more to add even more flavour to your tap water.



12

Blueberry and Rosemary Flavoured Water

INPI – Instituto Nacional da
Propriedade Industrial

INPI – National Institute of Industrial Property

Ingredients:

- 1 litre of tap water
- 1 cup of blueberries
- 1 sprig of rosemary
- Ice to taste

Preparation:

Wash the blueberries and place in a jug, add 1 sprig of rosemary and 1 litre of tap water. Let it stand in the refrigerator all night and, when serving, add ice cubes.



13

Lemon Verbena and Cinnamon Flavoured Water

AIP – Associação Industrial Portuguesa
AIP – Portuguese Industrial Association

Ingredients:

- 1 litre of tap water
- Lemon verbena leaves to taste
- 1 stick of cinnamon

Preparation:

Boil the tap water, add the lemon verbena leaves and a stick of cinnamon. Let it boil for a short time.
It can be served hot or cold.



14

Lemon, Honey and Basil Flavoured Water

APEMETA - Associação Portuguesa de Empresas de Tecnologias Ambientais
APEMETA – Portuguese Association of Environmental Technology Companies

Ingredients:

- 600 ml of tap water
- 1 large lemon, sliced
- 1 spoon of honey
- 6 basil leaves
- 250 ml of sparkling water (can be flavoured with lemon)
- Ice to taste

Preparation:

Put the 600 ml of tap water in a jug. Then add the sliced lemon, basil leaves and honey. Mix everything well and let it stand (minimum 15 minutes). Before drinking, add sparkling water and ice.



15

Ode to Umami Algae Infusion

ISA – Instituto Superior de Agronomia
ISA – School of Agriculture

Ingredients:

- 1 l of tap water
- 10 g of dried kombu (*Laminaria japonica*)
- 5 g of nori (*Pyropia*)
- 2 spoons of green tea
- 6 crushed pink peppercorns
- ½ crushed cardamom berry
- 1 teaspoon of lemon thyme

Preparation:

Put all the ingredients into a teapot. Add hot tap water and let it infuse for 2 to 5 minutes. Filter the herbal tea before serving.



16

Lemon, Mint and Blueberry Flavoured Water

Zomato

zomato



Ingredients:

- 500 ml of tap water
- 1 slice of lemon
- Lemon peels to taste (depending on whether you want a more intense flavour or not)
- 1 sprig of rosemary
- 1 stick of cinnamon
- 1 slice of ginger (1 cm)

Preparation:

Mix all the ingredients and let it stand for a few minutes for the tap water to absorb all the flavours, remembering that the longer you leave it, the more intense it becomes.

17

Water with Fruit Ice Cubes

Secretaria Geral do Ministério do Trabalho,
Solidariedade e Segurança Social
Secretary-General of the Ministry of Labour,
Solidarity and Social Security

Ingredients:

- 500 ml of tap water
- Fruit to taste, such as strawberries, oranges, pears or apples; choose some acidic fruit, as the taste will be more pleasant when mixed with tap water
- You will need an ice cube mould

Preparation:

Cut the fruit to taste into pieces. Use an ice cube mould, preferably large. Place the pieces of fruit with a little bit of tap water in each space in the mould to obtain ice cubes with the fruit inside.

Put in the freezer until solid. Put the cubes with the fruit in a jug.

Finally, add the tap water and serve.

In addition to fruits, aromatic herbs such as lavender or mint can also be included.



18 Apple, Clove and Cinnamon Flavoured Water

Clínica Life Center
Life Center Clinic

Ingredients:

- 1 litre of tap water
- ½ apple, sliced
- ½ tablespoon of cloves
- 1 stick of cinnamon

Preparation:

Put the tap water in a jug with a lid, add the apple slices and cloves and then mix lightly.

Cover and refrigerate for at least two hours so that the ingredients release their flavour into the tap water.



LifeCenter



19 Pineapple and Mint Infusion

AHP – Associação
da Hotelaria de Portugal
AHP – Portuguese Hoteliers' Association

Ingredients:

- 1 pineapple
- 1.5 litres of tap water
- Mint leaves (optional)

Preparation:

Wash the pineapple and peel it. In a pan, boil the tap water with the skin and the core for 10 to 15 minutes.

Then strain the infusion and put it in the refrigerator. You can also add some mint leaves.

In addition to being very tasty, this infusion is a great way to take advantage of waste.

20

Sweet Melon, Blueberry and Lemon Verbena Flavoured Water

CML - Departamento de Saúde,
Higiene e Segurança
Lisbon City Council - Health, Hygiene
and Safety Department

Ingredients:

- 750 ml of tap water
- Sweet melon
- Blueberries
- Lemon verbena

Preparation:

Remove the peel and the seeds from the melon, slice it very thinly and put it in a jug.

Add the blueberries and lemon verbena, mix and let it stand for about 10 minutes.

Add tap water and serve well-chilled.



21

Valbom Tisane

INR – Instituto Nacional para a Reabilitação, I.P. do Ministério do Trabalho, Solidariedade e Segurança Social

INR – National Institute for Rehabilitation, I.P. from the Ministry of Labour, Solidarity and Social Security

Ingredients:

- 500 ml of tap water
- 2 teaspoons of horsetails
- 2 orange peels
- 3 mint leaves

Preparation:

Heat the tap water, add the ingredients and boil for two minutes. Strain and serve.





drink
tap
water

