

Make your **top**
water
even more
IRRESISTIBLE



EPAL

Grupo Águas de Portugal



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EPAL has launched the first tap water recipe book, to make your table more colourful and your hydration more fun.

We challenge you to try these suggestions of flavoured water, from the many possibilities that exist.

Remember, it is very important to drink water several times a day, especially on hot days.

The tap water distributed in our country is water that meets legal requirements and can be consumed with confidence.





1



Citronada

CitrusOrange

A vitamin C boost

Ingredients:

- 750 ml of tap water
- 1 large orange
- 1 large lemon

Preparation:

Wash the lemon and orange well and slice both.

Put a few slices of orange and lemon into a jug and squeeze them so that they can release their juice.

Then put them in the jug and add the remaining 2 slices.

Citrus freshness to accompany you during the day.

Curiosities:

Lemons are originally from Asia.

In the 18th century, lemons were used to combat scurvy by the British Navy, which then distributed their juice to all sailors.

Laranjela

CinnOrange



2

The perfect combination of orange acidity and sweet hot cinnamon

Ingredients:

- 750 ml of tap water
- 2 oranges
- 2 cinnamon sticks

Preparation:

Wash the oranges well and slice.

Put a few slices of orange into a jug and squeeze them so that the fruit can release its juice.

Then add the remaining orange slices. You can squeeze a little more to add even more flavour to your water.

Before putting the cinnamon into the jug, grate some of it into the water to intensify its flavour and mix with the orange flavour.

A water that combines the exoticism of cinnamon with the citrus freshness of orange.

Curiosities:

Oranges are originally from China.

In 2014, Marvel created a new superhero, Captain Citrus, who drinks orange juice and helps out the Avengers.

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Explosão de Menta

Mint Bomb



Simplicity meets freshness

Ingredients:

- 750 ml of tap water
- 1 large sprig of mint

Preparation:

Try twisting the mint leaves, placing them in a jug of water, and then letting them stand in the fridge.

The best choice for warmer days.

Curiosities:

Mint is originally from Asia.

Mint leaves symbolise gratitude.

Tropicália

Tropical Twist



4

Feel like you are travelling to the tropics

Ingredients:

- 750 ml of tap water
- 4 slices of pineapple
- 2 limes

Preparation:

Remove the skin from a pineapple and cut 4 slices into sticks.

Then wash the limes very well and cut them into slices.

After that put the pineapple in a jug, chopping it to release more juice.

Then add the lime slices and squeeze so that they too can release their juice. Fill the jug with water and let it stand for a while before serving.

Feel tropical with this water.

Curiosities:

Pineapples are originally from South America.

The pineapple plant was brought to Europe by the Dutch, and the first European to plant it on the continent using greenhouses was Pieter de la Court in Meerburg in 1658.

5



Marrocos Amerruk

An oasis in your cup

Ingredients:

- 750 ml of tap water
- 1 large sprig of mint
- 2 cinnamon sticks

Preparation:

Twist a large bunch of mint leaves, put them in a jug and fill it with water. Grate a little of the cinnamon stick into the water and put the two sticks into the jug. Let it stand for a few hours before serving, well-chilled. This is a super refreshing water, ideal for hot days.

A cool combination that can satiate even in the desert.

Curiosities:

Cinnamon is originally from Egypt.

It is a spice obtained from the inner bark of several tree species of the genus *Cinnamomum* (Lauraceae family).

Alecrim aos Molhos

Rosemary Lovers



6

The lightness and freshness of a combination of Mediterranean aromas

Ingredients:

- 750 ml of tap water
- 1 large sprig of rosemary
- 1 lemon

Preparation:

Wash the rosemary and lemon well and slice the lemon.

Lightly twist the rosemary without breaking it and place it in a jug together with two slices of lemon. Squash these ingredients so that the rosemary leaves can release their characteristic oil and blend with the lemon flavour. Then add the water and the remaining slices of lemon.

Simple, practical and perfect. It could not be easier!

Curiosities:

Rosemary is originally from the Mediterranean.

At weddings it was used as a bridal bouquet or in the best man's pocket to bring the newlyweds happiness and prosperity.

7



Tangerinada

Orangecrazy

A singular encounter of two citrus fruits

Ingredients:

- 750 ml of tap water
- 1 medium orange
- 1 tangerine

Preparation:

Wash the fruit well, retaining their rind, which is a source of vitamins. Once washed, cut the orange and tangerine into slices. Now just put the water in a jug and add the fruit.

A simple touch of elegance.

Curiosities:

Tangerines are originally from tropical and subtropical southeast Asia. It is a fruit of many names: river tangerine, clove tangerine, clove orange, mimosa orange, mandarin orange, mimosa, bergamot and gossip.

Maçanela

ApplePie



8

A burst of flavours with an Asian twist

Ingredients:

- 750 ml of tap water
- 1 green apple
- 1 red apple
- lemon juice to your taste
- 2 cinnamon sticks

Preparation:

Wash the apples well and cut into thin slices. So that they do not turn brown and that your water looks great, dip the apple slices in a bowl with a little tap water and a little lemon juice.

Now just put the water in a jug and add the apple slices, alternating the colours. Add two cinnamon sticks on top and serve.

This is a typical autumnal and winter water, but should you like it, then to drink it in warmer seasons, just add some ice to this combination and you will have an excellent result.

A great choice for cooler nights.

Curiosities:

Apples originally come from Asia.

In ancient Greece, when a man offered a woman an apple, it was because he was asking her to marry him, if she accepted it meant she accepted the proposal.

9



Anisado de Pera

SweetPear

An unexpected and exotic taste

Ingredients:

- 750 ml of tap water
- 1 handful of anise stars
- 2 pears

Preparation:

Wash the pears well and cut them into cubes.
Now just add a handful of anise stars and pear cubes to your tap water.

Take a chance, we guarantee a surprising taste.

Curiosities:

These two ingredients are originally from Asia.
Anise stars are used to produce essential oils.

Moranjicão

Hot&Cold



10

A true cocktail of Mediterranean flavours that remind you of blue skies and sunny afternoons

Ingredients:

- 750 ml of tap water
- 2 handfuls of strawberries
- 10 fresh basil leaves
- 1 lime
- Ginger to your taste
- Optional: 6 more strawberries

Preparation:

Wash the strawberries, basil and lime.

Peel the ginger and cut into thin strips or small slices (depending on the thickness of the ginger root). Set aside six strawberries and cut the remaining strawberries in half and slice the lime. After pouring the water into a jug, you only have to add the sliced strawberries, lime slices, basil leaves and ginger. Refrigerate and cool off with this delicious water.

Optional: To add a special and different touch to your water, first of all squash six strawberries and follow the rest of the recipe.

You will get delicious and colourful water, ideal for a sunset among friends.

Curiosities:

Strawberries are originally from France.

In the town of Wepion, Belgium, there is a museum dedicated to strawberries: “Musée de la fraise”.

11



Frescura do Pepino Peppifresh

A lively game of colour and a guaranteed freshness

Ingredients:

- 750 ml of tap water • 10 mint leaves
- 1 cucumber
- 1 pomegranate

Preparation:

Wash the mint leaves.

Peel the cucumber and thinly slice it.

Remove the pomegranate seeds: Cut the pomegranate in half and place half in the palm of your hand (inside facing down) and tap hard to release the arils.

With the tap water in the jug put the cucumber slices together with the pomegranate arils and the 10 mint leaves. Let the water jug rest in the fridge.

The ideal recipe for success with your friends on a hot summer's day.

Curiosities:

Cucumbers are originally from the mountainous regions of India.

They are rich in potassium that provides flexibility to the muscles and gives elasticity to skin cells.

Mix de Frutos do Bosque

Berrymix



12

A true hit of country flavours

Ingredients:

- 750 ml of tap water
- 2 handfuls of raspberries
- 2 handfuls of blueberries
- 2 handfuls of blackberries
- 10 mint leaves

Preparation:

Wash the raspberries, blueberries, blackberries and mint leaves.

Make fruit kebabs interspersing the three types of forest fruit.

Dip the fruit kebabs in the jug with water and let them stand. Later add the mint leaves.

A water with distinct flavours and a very beautiful end result.

Curiosities:

Blueberries are originally from North America.

Blueberry juice was used to tint fine red wines.

13



Cereja Aromática

Spicycherry

An adventure through Asian lands with a floral scent

Ingredients:

- 750 ml of tap water
- 2 handfuls of cherries
- 1 lemon
- Nutmeg to your taste.
- 2 cinnamon sticks

Preparation:

Wash the cherries well. Then, with a fork, slightly prick the cherries before placing them in the jug with water.

With the jug of water and the cherries inside, add the lemon slices and nutmeg to taste. Mix well with the water.

With a knife, scrape some cinnamon stick into the jug of water.

Finally, place two cinnamon sticks on top of the water.

Aromatic flavours are a perfect option to accompany special dinners.

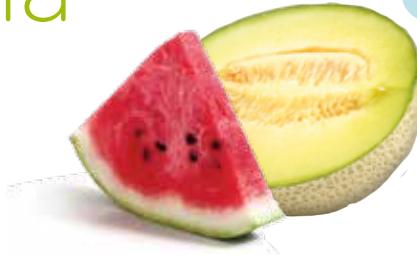
Curiosities:

Cherries are originally from Asia.

A cherry tree takes about three to four years to produce its first crop of fruit.

Melomania

Melonlovers



14

Lazy summer afternoons at the table

Ingredients:

- 750 ml of tap water
- 2 to 3 slices of melon
- 2 to 3 slices of watermelon

Preparation:

Dice the watermelon and melon. Before placing the cubes in the container with water, squeeze the fruit a little and then let them stand.

A quick and easy recipe for your family summer days.

Curiosities:

Melons are native fruits from the Middle East.

The seeds contain amino acids such as lysine and histidine and are used in many countries to replace almonds and pistachios.

15



Uma Salva de Pêssegos

Peachberry

Wonderful sensations from amazing mixtures

Ingredients:

- 750 ml of tap water
- 1 lime
- 1 tea-cup full of blueberries
- 20 fresh sage leaves
- 2 medium peaches

Preparation:

Wash the peaches, blueberries, lime and sage.

Peel the peaches and cut into wedges. Also cut the lime into thin slices.

Place the water in a jug and add the peach wedges and lime slices together with the blueberries and sage leaves. Put in the fridge and let stand to serve well-chilled.

Note: Do not crush the sage leaves to avoid a bitter taste.

Let yourself be led by the discovery of new flavours.

Curiosities:

The peach tree is originally from China and South Asia.

The name is a reference to the wide cultivation of the species in ancient Persia.



Also try...

For an even more special touch to your tap water, try making different ice cubes:

As well as water, add small pieces of fruit (such as strawberries, grapes or berries) and herbs (basil, thyme or rosemary) and freeze.

The end result is stunning.

Now it's your turn! Create your own recipes with irresistible tap water and share on social networks. The next edition of the book will feature recipes from participants. Imagination really has no limits.





drink tap water

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