

Make your **tap**
water
even more
IRRESISTIBLE



EPAL

Grupo Águas de Portugal



Índice

Horchata Mexico	7
Bangkok Watermelon Thailand	9
Caucasian Freshness Armenia	11
California Dreamin' United States of America	13
Exotic Moment India	15
Guava Slice Brazil	17
Hot Rhythm Argentina	19
Burmese Magic Myanmar	21
Kiwi-mania New Zealand	23
Lusitanian Passion Portugal	25
Paris Mon Amour France	27
Fresh Berries Canada	29
Sweet Tuscan Italy	31
Caribbean Sea Antigua and Barbuda	33
Jamaican Water Jamaica	35

This third edition of the tap water cookbook is entirely dedicated to and inspired by cool Mexican waters and the planet's different cultures. Travelling is the ideal opportunity to live new experiences, learn about other uses and customs and create memories that will be part of our life forever.

Consuming tap water is a sustainable habit that should be part of our daily routine. Summer has arrived and with it, the hottest days, meaning we must pay special attention to our hydration.

The following proposals are, once again, mere suggestions for combinations within infinite possibilities and reinforce the importance of consuming tap water, which in our country can be consumed with confidence, as it meets all legal requirements.

Embark on this adventure, go around the world and be sure to try our suggestions. Let your imagination run wild and try out other alternatives!

The recipes suggested here are designed for a jug with a capacity of about one litre of tap water and the quantities of ingredients are merely indicative, so you can adjust them to your taste and palate.

If you do not have a liquidiser, you can always use the help of a hand blender.

If you prefer to sweeten your chilled water, we suggest that you opt for alternatives such as coconut sugar, agave or rice jelly or even coconut flower or maple syrup, medjool dates or stevia, not forgetting the most traditional and best known product of all: honey.

Come into summer with recipes inspired by other regions and cultures. Come around the world with us!



Horchata

Mexico

1

Ingredients:

- 1 litre of hot tap water
- 1 cup of raw white rice
- 2 teaspoons of ground cinnamon
- 250 ml of tigernut or other vegetable milk to your taste
- 1 teaspoon of vanilla extract

Preparation:

Start by preparing the base of this chilled water, mix the rice with the hot tap water and let it stand for 30 to 45 minutes. Then strain the rice but keep the water.

Put the rice in a liquidiser together with the ground cinnamon, mix until it forms a paste and add the tap water you kept aside. Let it stand for at least two hours. Strain it again to obtain a creamy rice water and add the tigernut milk and vanilla extract.

Put it in a jug, serve with plenty of ice and sprinkle with a little ground cinnamon.



2 Bangkok Watermelon

Thailand



Ingredients:

- 1 cup of watermelon cut into cubes and deseeded
- Juice from ½ lemon
- 650 ml of mint infusion, previously prepared with tap water and chilled
- Lemon slices to your taste for decoration

Preparation:

Blend the watermelon in a liquidiser with a little tap water. Then add the lemon juice and mint infusion and mix well.

Put into a jug and serve with some lemon slices and plenty of ice.



3

Caucasian Freshness

Armenia

Ingredients:

- 1 melon cut into cubes and deseeded
- 2 handfuls of strawberries, keeping some aside to decorate the drink
- 600 ml of cinnamon infusion, previously prepared with tap water and chilled
- 2 cinnamon sticks for decoration

Preparation:

Blend the melon in a liquidiser with a little tap water. Then mix in the cinnamon infusion. Place in a jug and serve with plenty of ice, with the remaining strawberries and the two cinnamon sticks to give a more colourful touch to your chilled water.



4

California Dreamin'

United States of America

Ingredients:

- 1 cup of blueberries
- 400 ml of lavender infusion, previously prepared with tap water and chilled
- 150 ml of vegetable or other rice drink to your taste
- 2 cinnamon sticks to decorate

Preparation:

Mix the blueberries with the lavender infusion in a liquidiser. Then add the rice milk and mix again. Put into a jug, along with the cinnamon sticks, and serve with plenty of ice.



5

Exotic Moment India

Ingredients:

- 500 ml of tap water
- 1 mango cut into pieces
- 1 cup of pineapple chunks
- ½ mango for decoration

Preparation:

Blend the fruit in a liquidiser with a little tap water. After crushing the fruit, add the remaining water and mix well. Serve in a jug with half a mango cut into pieces and plenty of ice.



6

Guava Slice

Brazil

Ingredients:

- 2 guavas cut into cubes
- 750 ml of coconut milk made with tap water *

* To make coconut milk:

- 750 ml of tap water
- 150 gr of grated coconut

Preparation:

To make coconut milk just add tap water to grated coconut, in an airtight container, and let it rest overnight. Next morning, liquidise it and strain into a jug. Then mash the guavas into the coconut milk, put into a jug and add ice.



Hot Rhythm

Argentina

7

Ingredients:

- 500 ml of tap water
- 3 diced peaches
- 2 generous slices of pineapple cut into cubes
- Lime slices to your taste for decoration

Preparation:

Blend the peaches and pineapple in a liquidiser with a little tap water. Then add the remaining water and mix well.

Put the drink in a jug, add slices of lime and serve with lots of ice.



8

Burmese Magic

Myanmar



Ingredients:

- 500 ml of tap water
- 1 cup of watermelon cut into pieces and deseeded
- ½ cucumber, cut, peeled and seeded
- Lime slices to your taste for decoration

Preparation:

Blend the watermelon and cucumber in a liquidiser with a little tap water. Then add the remaining water and mix well.

Put the drink in a jug, add a few slices of lime and serve with lots of ice.



9

Kiwi-mania

New Zealand

Ingredients:

- 600 ml of tap water
- 1 melon: cut it in half and scoop out the seeds, then cut one half into cubes and the other half into balls using a melon baller
- 3 kiwi fruit
- 1 lime cut into slices to decorate

Preparation:

Blend half of the melon and the kiwi fruit in a liquidiser with a little tap water. Then add the remaining water and mix well. Put the drink in a jug, add a few slices of lime and the melon balls and serve with lots of ice.



10 Lusitanian Passion

Portugal

Ingredients:

- 250 ml of tap water
- 1 Madeira banana
- 1 handful of raspberries
- 1 teaspoon of cocoa powder
- 400 ml of oat milk or other vegetable drink to your taste
- Raspberries to your taste for decoration
- Sprinkle with cocoa powder

Preparation:

Blend the fruit in a liquidiser with a little tap water. Then add the oat vegetable drink and cocoa powder and mix again. Then just add the remaining water and mix very well.

Put the drink in a jug, add some raspberries, sprinkle with cocoa powder and serve with lots of ice.



11

Paris Mon Amour

France

Ingredients:

- 600 ml of tap water
- 1 mango cut into cubes
- 250 gr of strawberries (keep some aside for decoration)
- Goji berries to your taste for decoration
- Mint leaves to your taste for decoration

Preparation:

Blend the fruit in a liquidiser with tap water. Put the drink in a jug, add the sliced strawberries, goji berries and some mint leaves. Serve with lots of ice.



12

Fresh Berries

Canada

Ingredients:

- 250 ml of tap water
- 1 papaya, deseeded and cut into cubes
- 250 gr of blueberries (keep some aside for decoration)
- 400 ml of oat milk or other vegetable drink to your taste
- 1 shallow dessert spoon of chia seeds *

Preparation:

Blend the fruit in a liquidiser. Then add the oat vegetable drink and mix again. Then just add the tap water and the chia seeds, mixing very well with a whisk. Put the drink in a jug, decorate with some blueberries and serve with lots of ice.

*note: let the preparation rest for at least 30 minutes so that the chia seeds are well hydrated



13

Sweet Tuscan Italy

Ingredients:

- 400 ml of tap water
- 1 cup melon cut into pieces
- 250 ml of mint infusion, previously prepared with tap water and chilled
- 1 large or 2 medium basil leaves

Preparation:

Blend the melon with the mint infusion in a liquidiser. Then add the tap water and mix well.

Now just add the basil (break the leaves slightly so you can release a little more aroma) and serve with plenty of ice.



14

Caribbean Sea

Antigua and Barbuda

Ingredients:

- 400 ml of tap water
- 1 mango cut into cubes
- 250 ml of hibiscus infusion, previously prepared with tap water and chilled *
- 2 tablespoons of passion fruit pulp (about two passion fruit)

Preparation:

Blend the mango with the hibiscus infusion in a liquidiser. Then add the tap water and mix well.

Now just put it in a jug, add the passion fruit and serve with lots of ice.

*note: the hibiscus infusion should be very light so as not to make it bitter



15 Jamaican Water

Jamaica

Ingredients:

- 250 gr of strawberries (keep some for decoration)
- 2 mandarins
- 300 ml of almond milk or other vegetable drink to your taste
- 250 ml of cold hibiscus infused water, previously prepared with tap water
- 2 to 3 drops of vanilla extract
- 2 cinnamon sticks for decoration

Preparation:

Blend the fruit in a liquidiser together with the almond vegetable drink and the vanilla extract. Add the hibiscus infusion and mix well. Put the drink in a jug, decorate with the strawberries, two cinnamon sticks and serve with lots of ice.

*note: the hibiscus infusion should be very light so as not to make it bitter





drink tap water

1st edition | 2020