



Summer Sips: 9 Nourishing Drinks to Hydrate & Refresh

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Welcome to Delicious Hydration

These beautiful drink recipes are my favourite way to stay refreshed in the summer – while giving my body the minerals it needs to feel truly hydrated.

Plain water isn't always enough – especially when it's hot out. Sweating depletes essential electrolytes like sodium, potassium, and magnesium, so adding them back in is key.

You'll find mineral-rich ingredients like citrus, herbs, berries, and even salt in these recipes – plus plenty of flavour and fun.

Have questions? Reach out any time: RootToFruit@outlook.com

Tried a recipe? I love to see your creations! Tag me on Instagram: [@root_to_fruit.nutrition](https://www.instagram.com/root_to_fruit.nutrition)

Drink up,
Krista Parr
Registered Holistic Nutritionist





Frozen Raspberry Lemonade

2 servings

5 minutes

Ingredients

1 Lemon (juice only)
1/2 cup Coconut Water
3/4 cup Frozen Raspberries (or fresh)
3 tbsps Raw Honey (or pure maple syrup)
16 Ice Cubes
1/8 tsp Unrefined Salt

Directions

- 1 Add the lemon juice to a blender along with the coconut water, frozen raspberries, honey, and ice cubes.
- 2 Blend until well combined. Divide evenly between glasses and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Additional Toppings: Top with extra raspberries and/or mint.

Ice Measurement: The number of ice cubes depends on the size of the ice cubes. This recipe used two cups of medium-sized ice cubes for two servings.



Lemon Ginger Salty Mocktail

6 servings

50 minutes

Ingredients

- 1 cup Ginger (fresh, sliced)
- 6 cups Water
- 1/4 tsp Unrefined Salt
- 1/4 cup Raw Honey
- 1/2 cup Lemon Juice
- 1/2 cup Apple Cider Vinegar
- 12 Ice Cubes
- 1 cup Sparkling Water (or to taste)
- 2 tbsps Mint Leaves (or to taste)

Directions

- 1 In a medium saucepan, bring the sliced ginger and water to a boil. Turn off the heat and let it sit for 20 to 30 minutes.
- 2 In a large jar or lidded glass container, combine the salt, honey, lemon juice, and vinegar.
- 3 Strain out the ginger and add the liquid to the glass container. Mix well to combine all ingredients.
- 4 Pour the ginger mixture into a glass filled with ice. Top with sparkling water.
- 5 Stir, top with mint (optional) and enjoy!

Notes

Leftovers: Refrigerate in an airtight pitcher or container for up to four days.

No Honey: Use maple syrup or another sweetener of choice, adjusting the amount as needed.



Rhubarb & Mint Mocktail

2 servings

25 minutes

Ingredients

1 cup Rhubarb (diced)
 1 tbsp Honey
 2 tbsps Mint Leaves (plus extra for garnish)
 2 tbsps Water
 10 Ice Cubes
 1 Lemon (juiced)
 1 cup Sparkling Water
 1/8 tsp Unrefined Salt

Directions

- 1 Place rhubarb, honey, mint, and water in a saucepan over medium heat. Stir occasionally for about 10 to 15 minutes or until rhubarb starts to break down. Turn off the heat and use a fork to mash the rhubarb.
- 2 Let the mixture cool down for about five minutes. Use a strainer and pass the mixture through it.
- 3 Divide the rhubarb syrup evenly between glasses. Add the ice, salt, and lemon juice. Stir and top with sparkling water. Garnish with extra mint leaves, if using, and enjoy!

Notes

Leftovers: Refrigerate the rhubarb syrup in an airtight jar for five days.

Cocktail Instead?: Goes great with a shot of gin or vodka

Pro Tip: I highly recommend doubling or tripling this recipe, it's that good!



Peppermint Rose Sun Tea

4 servings

5 minutes

Ingredients

1 1/2 cups Mint Leaves (large handful)
 1 tbsp Rose Petals (1 tbsp dried or a small handful fresh)
 2 Nettle Tea (2 tea bags or 2 tbsp loose leaves)
 1/8 tsp Unrefined Salt
 1 quart Water

Directions

- 1 Add the mint, nettle, and rose petals to a clean quart-size mason jar.
- 2 Sprinkle in a small pinch of salt – this adds trace minerals and supports hydration.
- 3 Fill the jar with cold, filtered water, leaving a bit of space at the top.
- 4 Screw on the lid and place the jar outside in direct sunlight for 3-6 hours, depending on how strong you'd like the flavour.
- 5 Once steeped to your liking, strain and serve warm or over ice. (Optional: Add a drizzle of honey or a splash of coconut water for extra flavour.)

Notes

Leftovers: Keep refrigerated and enjoy within 2 days.



Grapefruit & Thyme Sparkling Water

1 serving

10 minutes

Ingredients

1 Grapefruit
1/16 oz Thyme Sprigs
2 cups Sparkling Water

Directions

1

Cut your grapefruit in half. Squeeze the juice out of one half. Carve the flesh out of the other half. Add both the juice and flesh to the bottom of a glass along with the thyme sprigs. Muddle with a wooden spatula. Pour sparkling water over top. Add a straw, stir and enjoy!

Notes

No Grapefruit: Use another citrus fruit like orange.

Cocktail Anyone?: Salt the rim, add gin, rum, or vodka, and enjoy!



Cucumber Mojito Blender Juice

6 servings

15 minutes

Ingredients

2 cups Water
 5 Lime (juiced)
 1/4 cup Maple Syrup
 2 Cucumber (large, peeled and chopped)
 1 cup Mint Leaves (loosely packed)
 1/8 tsp Unrefined Salt

Directions

- 1 Add all of the ingredients to a high-speed blender. Blend on high for one minute or until very smooth.
- 2 Strain the juice into a pitcher with a fine mesh sieve to remove the pulp.
- 3 Serve over ice and enjoy!
- 4 Pour leftovers into popsicle molds and freeze!

Notes

Storage: Juice will keep in the fridge for one day.

No Maple Syrup: Use honey or a few drops of stevia to taste instead.



Watermelon Mint Agua Fresca

4 servings

10 minutes

Ingredients

1/2 Seedless Watermelon (large)
2 tbsps Maple Syrup
1 cup Water
1/4 cup Mint Leaves
1/2 Lime (sliced into wedges)
1/4 tsp Unrefined Salt

Directions

- 1 Slice your watermelon into rounds and then into quarters. Slice off the rind. Dice the watermelon and add to blender with maple syrup, salt, and water.
- 2 Divide mint and lime wedges into drinking glasses. Use a muddler or the end of a wooden spoon to mash them together.
- 3 Add ice (optional) and pour watermelon agua fresca into each glass. Stir to combine and enjoy!

Notes

Less Pulp: Strain your agua fresca after blending.

Garnish With: Lime wedge, mint leaves or coarse ground sea salt.

Likes it Fizzy: Use sparkling water instead of flat.

No Maple Syrup: Use honey instead.

Watermelon Size: This recipe was developed and tested using a 5 lb. watermelon.



Sparkling Salty Lime Mocktail

1 serving

3 minutes

Ingredients

1/2 cup Coconut Water
2 tbsps Lime Juice
1/16 tsp Sea Salt
5 Ice Cubes
1/2 cup Sparkling Water

Directions

1

Add the coconut water, lime juice, salt, and ice to a glass. Top with sparkling water and stir. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Additional Benefits: Add a scoop of collagen powder.



Classic Virgin Mojito

4 servings

10 minutes

Ingredients

2 tbsps Maple Syrup
1/2 cup Mint Leaves
15 Ice Cubes
2 tbsps Lime Juice
1 1/4 quarts Soda Water

Directions

- 1 Add all of the ingredients into a pitcher, adding the soda water last. Gently stir until everything is mixed well.
- 2 Divide between glasses and enjoy!

Notes

Leftovers: Refrigerate in the pitcher with a lid for up to two days. To ensure a fizzy drink, add more soda water just before serving.

More Flavor: Muddle the mint before adding the rest of the ingredients into the pitcher. Add frozen fruit to the glasses as ice cubes.