

Everybody, Freeze!

Infused with the colour of love, these red fruit-filled ice cubes add a splash of natural sweetness to any drink.

Fruity
ice cubes

SERVES
4



Satisfy A Sweet Tooth

The ice cubes add **colour** and **natural flavour** to plain water, and are a fun way to encourage children to drink more, while providing a healthier alternative to sugar-sweetened beverages. Let children decide which fruit they want to use.



→ WHAT YOU'LL NEED

- 2 cups red fruit, rinsed, sliced, and seeds removed (e.g. strawberries, seedless grapes, cherries with stones removed)

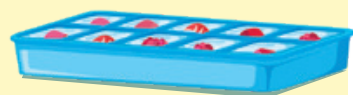


Follow these steps

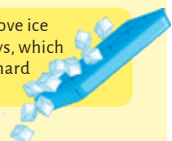
1. Place fruit into the slots of an ice cube tray. Make sure the fruit does not stick out above the top of the tray and avoid cramming in too much.



2. Pour water over fruit. Place tray in freezer for a few hours until the cubes are frozen.



TIP! It is easier to remove ice cubes from silicone trays, which are more flexible than hard plastic ones.



3. Add fruit cubes to a glass or pitcher of water or other beverage. Cheers!



Drops Of Life

➤ **Water is vital** for almost every function in your body. Water is a transport for nutrients and waste, and a solvent for many chemical reactions that happen in our body.

Other than adding fruit to ice cubes, you can also use fresh herbs such as mint and basil.

Find out more at www.healthhub.sg/live-healthy/1358/the-drop-of-life---six-reasons-to-drink-water