

Betty's Refreshing Spa Cooler



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In this video, Betty demonstrates how to make a Refreshing Spa Cooler. This is flavored water that contains fruits, vegetables, and herbs/spices. It is gorgeous and cooling!

Ingredients:

1 pitcher water

possible vegetables:

carrots curls
zucchini slices
cucumber strips
ginger slices

possible fruits:

blueberries
blackberries
raspberries
lemon slices
lime slices
orange slices

Possible herbs and spices:

cilantro
parsley
mint
sage
rosemary
tarragon
stick cinnamon
whole cloves
whole nutmeg

ice cubes

Choose a few vegetables, fruit, and herbs/spices for your Refreshing Spa Cooler. Do not choose too many, as this will make your pitcher of water crowded and not attractive. (You may choose fruits, vegetables, herbs/spices that are not on the above list, if you like.) Wash all fruits and vegetables that you plan to use and cut them into appropriate serving pieces, usually very thin slices. Drop them one by one into the pitcher of water. Arrange as desired. Add ice cubes to the top or refrigerate and pour over a glass of ice cubes. So cooling and refreshing...I think you'll love it! --Betty ☐