

RECIPE

NUTRITION

> Hydration



Hydration

#1

Water flavoured with berries, cinnamon and lemon

1 person

Calories/person

5 min.

0kcal

Refreshing and simple. A quick recipe you'll want to make over and over again. Add more water according to your preference. Make the most of the ingredients by reusing them in shakes, teas, etc.



Method

Start by cutting the lemon peel, then place all the ingredients in a glass or jug of water and let them infuse.

Ingredients

- 1 lemon peel
- 200ml water
- 1 cinnamon stick
- 30g berries according to preference



YUM

Hydration

#2 Ginger, mint and cinnamon infusion

1 person

Calories/person

5 min.

0kcal

This recipe promises to warm you up on the coldest days, with its colourful and fresh aromas. You may add more water and keep the drink in a thermos, to enjoy throughout the day. Make the most of the ingredients by reusing them in shakes, teas, etc.



Method

Start by slicing the ginger, then place all ingredients in a glass or jug with hot water and let them infuse. Wait until you feel that the aromas are clearly accentuated.

Ingredients

- 1 slice of fresh ginger
- 4 fresh mint leaves
- 1 cinnamon stick
- 200ml hot water



YUM

Hydration

#3 Spinach aromatic broth

1 person

Calories/person

10 min.

0kcal

A versatile and nutritious broth that enhances the freshness of the aromatic herbs. Make the most of the ingredients by reusing them in creams or purees.



Method

Start by washing the peels and stems of the vegetables and herbs. Put everything in a pot of boiling water. Strain the mixture and remove the peels, leaving a sieved aromatic broth.

Ingredients

- Onion and garlic peels (washed well)
- 200ml water
- Parsley or coriander stalks (washed well)
- Cardamom
- 1 bunch of citronella
- 50g spinach stems



YUM

Hydration

#4 Apple and berries gelatine

4 people | fiber/person | calories/person | protein/person
20 min. | **2g** | **30kcal** | **1g**

Naturally sweet and handy to brighten up a dessert or snack. A simple and original way to stay hydrated.



Method

Start by placing a pot on the stove with the apple, berries, cinnamon stick, lemon zest and juice and some water, to cook. Let everything boil and then mash it until you get an even puree.

Soak the gelatine sheets in cold water. Then add them to the cooked fruit puree while still hot. Add the remaining cold water and mix well.

Place the mixture in a container, let it cool down, and store in the fridge until it is solid.



YUM

Ingredients

- 100g berries (blackberries, raspberries, blueberries)
- 1 apple
- 1 cinnamon stick
- 1 lemon peel and juice
- 2 sheets of colourless gelatine
- 500ml water



Hydration

#5 Coffee Gelatine

4 people fibre/person calories/person protein/person
20 min. **0g** **30kcal** **1g**

A great alternative to end your meals. Tasty, hydrating and so simple to prepare and preserve. Let's get to it.



Method

Start by preparing the coffee. Soak the gelatine sheets in cold water.

Then place the coffee in a pot until it is piping hot and add the previously hydrated gelatine sheets. If you want to, you may add the cinnamon stick for more flavour.

Mix well and place the mixture in a container (or several individual containers), let it cool down, and store it in the fridge until it is solid.

Ingredients

- 1tbsp soluble coffee (10g)
- 2 sheets of colourless gelatine
- 500ml water
- 1 cinnamon stick (optional)



YUM

These recipes were created in partnership with Dr Diana Miranda, nutritionist specialised in neurodegenerative disorders, Dr Rita Cardoso, speech and language therapist specialized in problems related to Parkinson's disease and other movement disorders, and chef Fábio Bernardino.