

Infused!



70 THIRST-QUENCHING HEALTHY DRINKS

—

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Detox

WATERS





FRUITY AND TANGY

4 CITRUS

LEMON, LIME, ORANGE AND GRAPEFRUIT

boosts immunity, detoxifying

MAKES ABOUT 1.5 LITRES (51 FL OZ/6 CUPS)

INFUSE FOR 15 MINUTES IN THE FRIDGE

1 grapefruit

2 oranges

2 lemons

1 lime

1.5 litres (51 fl oz/6 cups) water

some ice cubes

Wash the citrus fruit and then cut them into rings.
Arrange the slices in a carafe and add the water and ice.
Leave to infuse for 15 minutes in the refrigerator.

Consume in the morning

N°1

—
Detox waters





FRUITY AND TANGY

ANTIOXIDANT RED BERRIES

antioxidant, promotes blood circulation

MAKES ABOUT 1.5 LITRES (51 FL OZ/6 CUPS)
INFUSE FOR UP TO 4 MINUTES AT ROOM TEMPERATURE

125 g (4½ oz) red currants
125 g (4½ oz) raspberries
4 strawberries
some lemon balm leaves
1.5 litres (51 fl oz/6 cups) water
some ice cubes

Gently wash the berries, place them in a bowl, then use a fork to mash them to a puree. Place the puree in a carafe. Add the ice cubes and lemon balm leaves, then pour in the water gently. Leave to infuse for a few minutes at room temperature or drink immediately.

Consume in the afternoon





HERBACEOUS

GREEN

KIWI, CUCUMBER AND CHERVIL

good for the heart and liver

**MAKES ABOUT 1.5 LITRES (51 FL OZ/6 CUPS)
INFUSE FOR 20 MINUTES TO 5 HOURS IN THE FRIDGE**

1 mini cucumber
1 bunch chervil
2 kiwi fruit
1.5 litres (51 fl oz/6 cups) water
some ice cubes

Wash the cucumber and chervil well. Peel the kiwi fruit, then use a mandolin to cut them into thin slices. Use the mandolin to slice the cucumber lengthways into thin slices. In a large carafe, place the ice cubes, chervil, kiwi and cucumber slices then add the water. Leave to infuse for between 20 minutes and 5 hours in the refrigerator.

Consume in the morning and afternoon

N°5
—
Detox waters





SPICY AND TANGY

IMMUNITY
LEMON, HONEY AND CLOVES

toning, strengthens the immune system

MAKES ABOUT 1.5 LITRES (51 FL OZ/6 CUPS)
INFUSE FOR 30 MINUTES AT ROOM TEMPERATURE

2 teaspoons honey
2 lemons
15 cloves
1.5 litres (51 fl oz/6 cups) water

Mix the water and honey. Wash the lemons and cut them into slices.
Place the lemon slices in a carafe, add the cloves and pour in the
honey water. Leave to infuse for 30 minutes at room temperature.

Consume 30 minutes before or 2 hours after meals

N°13
—
Detox waters





FLORAL AND SPICY

JAIPUR

ROSE, CARDAMOM, THYME AND HIBISCUS

good after overindulgence

MAKES ABOUT 1.5 LITRES (51 FL OZ/6 CUPS)
INFUSE FOR 30 MINUTES AT ROOM TEMPERATURE

- 2 tablespoons cardamom pods
- 1 small handful dried rose buds, plus extra to garnish
- some dried hibiscus flowers, plus extra to garnish
- a few thyme sprigs
- 1 tablespoon agave syrup (optional)
- 1.5 litres (51 fl oz/6 cups) water

Crush the cardamom pods to release the seeds, then place the seeds and pods into a carafe. Add the rose buds, hibiscus flowers, thyme and water, and leave to infuse for 30 minutes at room temperature. To serve, pour the infusion into glasses and decorate with rose buds and thyme sprigs, and drizzle some agave syrup into each glass, if desired.

Consume throughout the day



Detox

INFUSIONS





PEPPERY

PEPPERY
GINGER, PEPPER AND TURMERIC

*fights against inflammation,
strengthens the immune system*

MAKES ABOUT 1.5 LITRES (51 FL OZ/6 CUPS)
INFUSE FOR 5 MINUTES

6 cm (2½ inch) piece ginger
6 cm (2½ inch) piece turmeric
2 small bunches fresh peppercorns or 1 teaspoon peppercorns
1.5 litres (51 fl oz/6 cups) water

Heat the water. Cut the ginger and turmeric into slices.
Place the ginger, turmeric and peppercorns in a teapot and
pour in the hot water. Leave to infuse for 5 minutes.

Consume 30 minutes before or 2 hours after meals





HERBACEOUS AND ACIDULOUS

MATCHAMAMA
MATCHA, BERGAMOT AND VANILLA

detoxifying, boosts immunity, anti-stress

MAKES ABOUT 1.5 LITRES (51 FL OZ/6 CUPS)

INFUSE FOR 3 MINUTES

- 2 vanilla beans
- 1 teaspoon matcha
- 3 bergamot oranges
- 1.5 litres (51 fl oz/6 cups) water

Heat the water. Cut the vanilla beans lengthways, then use a knife to scrape out the seeds. Place the matcha, vanilla seeds and 250 ml (8½ fl oz/1 cup) of the hot water in a bowl and whisk, ideally with a matcha whisk, until there are no lumps (this can also be done in a blender, with warm instead of hot water). Cut the oranges into slices, place them in a teapot, then pour over the matcha vanilla water. Leave to infuse for 3 minutes.

Consume throughout the day

N° 52
—
Detox infusions





FRUITY AND SWEET

RED HONEY

RASPBERRIES, HONEY AND DRIED CHAMOMILE

mineralising, soothing

MAKES ABOUT 1.5 LITRES (51 FL OZ/6 CUPS)

INFUSE FOR 4 MINUTES

125 g (4½ oz) raspberries
1 tablespoon dried chamomile
1 tablespoon honey
1.5 litres (51 fl oz/6 cups) water

The day before, prepare the raspberries: dry the raspberries in the oven at 80°C (175°F) for 4 hours or in a dehydrator at 40°C (105°F) for 12 hours.

Heat the water. Place the raspberries, chamomile and honey into a teapot and pour in the hot water. Leave to infuse for 4 minutes.

Consume throughout the day

N° 59

—
Detox infusions





PEPPER

KOREAN GINSENG, DRIED APPLES AND GREEN PEPPER

boosts immunity, toning

MAKES ABOUT 1.5 LITRES (51 FL OZ/6 CUPS)
INFUSE FOR 4 MINUTES

1 green apple
1 bunch green peppercorns
1 or 2 ginseng roots
1.5 litres (51 fl oz/6 cups) water

The day before, prepare the apple: cut the apple into thin slices using a mandolin. Dry the apple slices in the oven at 80°C (175°C) for 4 hours or in a dehydrator at 40°C (105°F) for 12 hours.

Heat the water. Place 4 dried apple slices, the green peppercorns and ginseng roots into a teapot and pour in the hot water. Leave to infuse for 4 minutes.

Consume in the morning or in the afternoon

