

## How important is drinking water?

**Donal Skehan shows you how to make water more interesting**

Hi, I'm Donal Skehan and I love water. But if you are going to drink five to six glasses a day, you've got to make it interesting, and I have a few tips to do just that.

A great addition to water is some mint, and if you want to get the best flavour from it, just whack it against a board and instantly you get that aroma being released around the room. It goes straight into the glass. And if you want to make it even more interesting I'm going to add some slices of ginger. Slices of ginger like this are going to add a really great subtle heat and an extra dimension of flavour into your mint water. So a few slices of ginger, and you've got the mint going on in there, and then just top it up with some sparkling water.

One ingredient which gives unexpected flavour to water is a cucumber. It has this fresh, cooling fragrance and it really injects lots of flavour into the water. So, a few slices – you only need about three to get the best flavour from it – just a few slices in with some still water make all the difference. It's a really cool and refreshing drink.

Two ingredients I always have in my house are lemons and limes; and added to some water they really add lots of flavour. So just a few slices make all the difference. The great thing of that combination of lemon and lime is the acidity. You get this really beautiful sweet and fragrant acidity and added to a glass of water it just becomes electric; so in with some sparkling water.

One of my favourite tips in the summer time is to freeze some berries in ice cubes; it looks fantastic and it adds a great bit of flavour in to your glass of water. So I've got some frozen blackberries, I've got some frozen raspberries, and the great thing about this as they melt down in the water they're going to add great flavour to the water. So in there with some still water and if you wanted to you could also add a bit of apple juice or orange juice to the ice-cube tray and that gives great flavour too.