

# Strawberry Water & Cucumber Water

Reproduced with permission from "Food is Our Medicine Making it Sacred Cookbook"  
by Southern Ontario Aboriginal Diabetes Initiative

## STRAWBERRY WATER

### INGREDIENTS (20 SERVINGS)

8 cups strawberries, cut in half and de-stemmed  
16 cups water  
2 tablespoons maple syrup

### DIRECTIONS

1. Place halved and de-stemmed strawberries in container.
2. Use potato masher and mash berries to desired consistency.
3. Add water to container with berries.
4. Add maple syrup to mixture and stir.



## CUCUMBER WATER

### INGREDIENTS (20 SERVINGS)

4 whole cucumbers sliced in 1/8 inch slices  
24 cups water  
2 tablespoons maple syrup

### DIRECTIONS

1. Place sliced cucumbers in container.
2. Add water.
3. Add maple syrup and stir.
4. Let sit and chill for 30 minutes or longer.

*Seasonal Tip: This is great to use seasonally as fruits and berries become ready.*

*Alternatives: peach, apricot, raspberry, blueberry or combine two or more = raspberry/blueberry*