



## Many Uses for Alkaline Water

Alkaline water is the healthiest water for drinking and is also beneficial in food preparation.

### **Alkaline Water and Food preparation and Storage:**

- Rinse produce with alkaline water to remove oily pesticide & herbicide residues
- Soaking & Sprouting seeds, nuts, and legumes in alkaline water increases flavor
- Smoothies and Soups are more flavorful when prepared with alkaline water
- Store cut fruits & vegetables in alkaline water to increase flavor and freshness
- Add alkaline water to acidic fruit juices to shift alkalinity and increase flavor

### **Cooking with Alkaline Water**

- Cook with alkaline water to get the best tasting food, with less seasoning needed.
- Soak fresh Meat and Fish in alkaline water before cooking to increase taste and reduce odor.
- Rice cooked in alkaline water is fluffier and more flavorful.
- Vegetables cooked in alkaline water retain their color and taste better.
- Tea and coffee prepared with alkaline water is smoother, more aromatic and less bitter.
- Drink alkaline water before and after consuming alcohol to decrease “hang over” effects
- Add alkaline water (or ice cubes made from alkaline water) to cocktails for a smoother, more flavorful taste experience.