

Pure Freude
an Wasser

GROHE
WAVE



WATER RECIPES

WITH **GROHE BLUE**



WE HAVE COLLECTED THE BEST RECIPES
FOR **YOU AND THE WHOLE FAMILY**



ENJOY THESE GREAT,
ENERGISING **WATER**
RECIPES WITH **GROHE**
BLUE HOME





STILL, MEDIUM OR SPARKLING: THE CHOICE IS ALL YOURS

How sparkling do you like your water? It's all a matter of taste. GROHE Blue Home has a simple and intuitive mechanism that lets you carbonate your drinking water at the touch of a button. Deliciously cool, filtered water, just the way you and all your family like it.



If you prefer your water cool and still, nothing could be simpler.



Sparkling but not too much? More of a medium sparkling? Coming right up.



Sparkling water, alive with bubbles, for pure, thirst-quenching heaven.



PINEAPPLE ORANGE

Ingredients:

¼ pineapple

3 stalks lemon balm

2 tablespoons lemon juice

1 organic orange

Preparation

Remove peel and pineapple core, then dice neatly. Halve one orange. Juice one half using a lemon juicer. Slice the other half thinly. Place orange juice, orange slices and pineapple chunks in the GROHE Blue carafe. Rinse three stalks of fresh lemon balm and add with two tablespoons of lemon juice. Fill with 0.75 liters of GROHE Blue still or sparkling mineral water to your taste. Chill for at least 30 minutes and enjoy!

the refreshing energy drink





a delicious herb-infused cocktail

APPLE FENNEL

Ingredients:

- 1 apple
- 1 teaspoon fennel seeds
- 2 stalks mint

Preparation

Rinse and halve one apple. Remove core then slice both halves thinly. Rinse two stalks of mint. Place one teaspoon of fennel seeds, with mint and apple slices, in the GROHE Blue carafe. Fill with 0.75 liters of GROHE Blue still or sparkling mineral water to your taste and leave to infuse for 30 minutes. Always best when served cold!

STRAWBERRY MINT

Ingredients:

- 1 handful strawberries
- 5 slices ginger
- 3 stalks mint

Preparation

Rinse and clean a handful of strawberries, then slice very thinly. Peel ginger and slice very thinly. Add rinsed mint and all other ingredients to the GROHE Blue carafe. Fill with 0.75 liters of GROHE Blue still or sparkling mineral water to your taste and leave to infuse for 30 minutes. Cheers!

a healthy combination





the fruity fitness drink

POMEGRANATE ROSEMARY

Ingredients:

- 1 pomegranate
- ¼ pineapple
- 1 stalk rosemary
- 2 stalks mint

Preparation

Cut pomegranate in half. Juice one half using a lemon juicer. Remove seeds from the other half (hold under tap to avoid squirting). Remove peel and pineapple core, then dice neatly. Place pomegranate juice and seeds and pineapple chunks in the GROHE Blue carafe. Rinse one rosemary stalk and two mint stalks and add to the carafe.

Fill with 0.75 liters of GROHE Blue still or sparkling mineral water to your taste. Chill for at least 30 minutes and expect your taste buds to party!

CUCUMBER BASIL

Ingredients:

- ½ cucumber
- 2 stalks basil
- 2 slices organic lemon

Preparation

Rinse and peel half a cucumber and cut to thin strips. Rinse one lemon and cut off two slices. Then rinse two basil stalks and place together with all other ingredients in the GROHE Blue carafe. Fill with 0.75 liters of GROHE Blue still or sparkling mineral water to your taste and leave for 30 minutes. It's a dream come true!

pure indulgence



a harmonious mix



RASPBERRY ANISEED

Ingredients:

- 1 handful raspberries
- 2 stalks rosemary
- 1 stalk lemon balm
- 1 teaspoon aniseed

Preparation

Rinse and halve a handful of raspberries and place in the GROHE Blue carafe. Add one teaspoon of aniseed. Rinse two rosemary stalks and one lemon balm stalk and add to the carafe. Fill with 0.75 liters of GROHE Blue still or sparkling mineral water to your taste and chill in refrigerator for 30 minutes.

Guaranteed to refresh!

GINGER LEMON

Ingredients:

- 2 ginger tea bags
- 1 organic lemon

Preparation

Fill the GROHE Blue carafe with 0.75 liters of GROHE Blue still or sparkling mineral water to your taste. Rinse and halve one lemon. Cut two slices from one of the halves. Juice the other half. Add juice and lemon slices. Then let two bags of ginger tea brew in cold water for around six minutes. Keep it cool!

the healthy treat





L as in deLicious

LAVENDER LIME

Ingredients:

1 organic lime
7 lavender stalks

Preparation

Rinse and halve one lime. Juice one half and cut a generous slice from the other half. Rinse seven lavender stalks and add to the GROHE Blue carafe with the lime slices. Fill with 0.75 liters of GROHE Blue still or sparkling mineral water to your taste and chill in refrigerator for 30 minutes. Enjoy!

ORANGE CINNAMON

Ingredients:

- 1 organic orange
- 1 mint stalk
- 1 cinnamon stick
- ½ teaspoon ground cinnamon

Preparation

Fill the GROHE Blue carafe with 0.75 liters of GROHE Blue still or sparkling mineral water to your liking. Rinse and halve one orange. Juice one halve and slice the other half thinly. Place fruit juice and half a teaspoon ground cinnamon in the GROHE Blue carafe and stir well. Rinse mint and cinnamon stick and add together with orange slices to the carafe – let it stand to infuse for 30 minutes – and here you are!

the exotic refreshment



the delicious thirst-quencher



PEACH ELDERFLOWER

Ingredients:

1 peach or nectarine

1 stalk rosemary

½ lime

4 tablespoons elderflower syrup

Preparation

Rinse and pit one peach or nectarine, remove stones and slice thinly. Rinse the rosemary and place with peach or nectarine slices in the GROHE Blue carafe.

Fill with 0.75 liters of GROHE Blue still or sparkling mineral water to your taste and leave for 30 minutes.

Juice ½ a lime, mix well with four tablespoons elderberry syrup and add to the carafe. Feel your thirst being quenched!

CELERY APPLE

Ingredients:

3 stalks celery
100 ml apple juice
½ apple

Preparation

Rinse three celery sticks and halve lengthwise. Rinse one apple, halve and remove core. Slice one half thinly. Place ingredients in the GROHE Blue carafe. Fill with 0.75 liters of GROHE Blue still or sparkling mineral water to your taste. Leave to stand for no more than 30 minutes, then enjoy!

the vital vitaliser





the multi-vitamin drink

WILD BERRIES LIME

Ingredients:

- 2 wild berry tea bags
- 2 teaspoons agave syrup
- 1 organic lime

Preparation

Fill the GROHE Blue carafe with 0.75 of liters GROHE Blue still or sparkling mineral water to your taste. Let two bags of wild berry tea brew for around eight minutes. Be careful not to boil! Rinse a lime and cut three thin slices. Remove the tea bags, add lime slices and two teaspoons agave syrup, and stir well. Leave to infuse for 30 minutes and serve ice cold. An awesome refreshment!

YOUR WATER SOURCE FOR
WHEN YOU'RE ON THE MOVE:
GROHE TO GO



You don't need to stay at home to enjoy GROHE Blue. Discover the colourful, stylish and practical bottles on the go. Available in stainless steel and perfect for your way to work or during sports. Visit our GROHE Blue shop: shop.grohe.com

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