



#FOOD

Summer drinks galore

Beaches, fresh fruits, rain, and chilled drinks — all these draw up the perfect picture of summer. No matter how much we despise the gruelling heat, one cannot deny that we longingly look forward to these experiences during the hot and humid season. However, like everything else, summer comes with its own set of drawbacks.

Although some level of heat is beneficial for your body, as it can lead to soaking in good amounts of vitamin D from the sun, excessive exposure can have devastating effects. Exhaustion, headache, nausea, dehydration, dizziness, electrolyte imbalance, heavy sweating, and fatigue are just a few of the repercussions.

But nature is in fact miraculous, as it retains appropriate solutions for its own problems! Thus, to fight off common heat problems such as dehydration and fatigue, we are bestowed with a bounty of juicy

and delicious fruits during summer. The pure juices contained in summer fruits act as natural refills for any deficiencies caused within our body.

So, to enjoy summer while it is in full swing without worrying about the drawbacks, the following refreshing and replenishing fruit drinks will be your saviours. These summer drinks are delicious, nutritious, and also rejuvenating at the same time.

SUNSET CITRUS

This is concocted with two ultimate summer fruits – orange and strawberries. It is highly nutritious as it is made using pure fruit juices and tastes divine. Orange and strawberry are both loaded with potassium and vitamin C, which are vital to good health.

Ingredients
4 oranges

½ cup strawberries
2 tsp sugar
1 cup water

Method

Making this juice is as simple as it can get. Start by preparing the strawberries – remove their heads and cut them into halves. Sprinkle 1 teaspoon of sugar and leave them to rest for anywhere between 10-15 minutes. This will allow to extract the fruit's natural juices.

Then, cut the oranges into halves or quarters and squeeze the juice out of them along with removing the seeds. Pass the extracted orange juice through a sieve to get rid of juice sacs and any unnoticed seeds so that you are left with a clear liquid, measuring about two cups. Add 1 teaspoon of sugar to it.

As for the strawberries, blitz them in a blender to get a fine puree and then pass

this through a fine mesh sieve. This will help get rid of all the seeds so that you are left with pure fruit puree. Combine this with one cup of water to dilute it slightly. Lastly, mix the two fruit juices together.

The end product should be a clear and subtle orange-pink liquid that is reminiscent of a sunset. Do not leave this unconsumed for long as it may become bitter. Serve chilled and immediately!

BERRY COCONUT COOLER

Coconut water is crowned as the ultimate summer cooler. Not only because of its refreshing taste, but also for its health benefits. Watermelon and coconut have high potassium content, whereas lime is loaded with vitamin C. The tartness of raspberries further elevates the flavour profile of the triad.