



FOOD-O-GRAM  
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The heat is unbearable this year; whenever I am out in the open, my skin feels like it's burning red. What better way to cool down than having an icy cold drink with your feet up! You also have to remember that when you are drinking all these drinks you will be having a great intake of sugar, because no matter how much I give the amount of sugar to a minimum you will be adding some more. Keep hydrated and absolutely love these drinks below!



## Summer refreshers

### PINEAPPLE COCONUT BLITZ

*With cool mint, tropical fruit and zippy lime — chilled out with (\*shocking\*) coconut water.*

#### Ingredients

4 cups fresh pineapple  
1 cup coconut water  
¼ cup mint simple syrup (recipe below)  
Twist of lime  
Ice

Additional lime and mint for serving (optional)

#### Method

Add pineapple, coconut water and simple syrup to a high-speed blender and process until very smooth and frothy, about 30 seconds. Pour over ice with a generous twist of lime and a sprig of mint and allow a few minutes for the pineapple froth to float on top. Cover and chill leftovers for up to a day, stirring before serving. Enjoy!

### MINT SIMPLE SYRUP

*Typical simple syrups are 1:1 sugar to water, but as I have mentioned earlier, I like mine on the lighter side. Since you still need enough liquid volume to steep the mint, I have just reduced the sugar by half.*

#### Ingredients

1 cup water  
½ cup organic raw sugar, or  
Generous handful mint (about 20 leaves)

#### Method

Combine sugar and water in a small saucepan and heat to a simmer, stirring or swirling until sugar is dissolved. Add mint, pressing down to ensure leaves are submerged in syrup. Remove from heat, cover, and steep for 15 minutes. Strain out mint leaves before using syrup.

### PEACHY FIZZ

*Way to simple and minimal! It's a two ingredient drink and personally I love it. You must do individual serving and not put it all in a jug.*

#### Ingredient

1 can peach  
1 bottle of sparkling grape juice (available from Almas to Agora)

#### Method

Place the contents of the whole peach can in a blender till it is smooth. The use of the water (juices) that the peach comes in will help loosen it all up. Take a tall glass and put in two tablespoons of the blended peach. Place three ice cubes and top it off with the sparkling grape juice to the top.

### MANGO MINT

*Tangy, fresh and cool! A great summer cooler to keep you hydrated and love the green mangoes.*

#### Ingredients

2 large raw mangoes  
¼ cup mint leaves  
4-6 wedges of lemon  
¼ teaspoon of salt  
¼ teaspoon of black salt  
¼ cup granulated sugar  
4-6 glasses of cold water  
1 cup ice (crushed)

#### Method

Wash the mangoes thoroughly and pressure cook it until 2-3 whistles. When it is cool to handle, squeeze all the pulp from the mangoes and discard the rind and the stone. Alternately you can roast the mangoes in an open fire until the mangoes are soft. Roasting the mangoes gives a distinct flavour but it is a bit time consuming.

In a blender add the mango pulp, washed mint leaves, black salt, salt and sugar. Blend it well. Give a taste test and adjust accordingly. Now add the crushed ice and give a final whizz. Divide the mixture between 4-6 tall glasses and add chilled water. Squeeze in a wedge of lime, if using. Serve chilled with a ripped lemon leaf in the glass for more fragrance.

