

THINSPIRED

BY SIMRA KHAN

Fitness and Nutrition Coach, Mentor/
Guide at ThinspiredbySimra, Manag-
ing Director Fit Food
Culinary Artist- Specialized in Healthy
Cooking



Heat and hydration this Ramadan

Ramadan in this scorching summer heat can be very challenging, especially when it comes to staying hydrated.

It is imperative to have foods and drinks, which help to replenish some of the fluid lost during the day. To prevent your body from dehydration and provide your body with essential fluids, a fasting person should have lots of water, healthy juices, homemade soups, and liquids [strictly no soda], before they start eating the main meal.

Keep in mind to eat fresh fruits and vegetables, which are rich in fibre and contain a lot of liquid that helps to rehydrate the body quickly. It is also important to maintain the electrolyte balance in the body, adding a pinch of Himalayan pink salt helps to fulfil the sodium level required to balance the electrolyte instantly.

We all know how breakfast is the most important meal of the day; in the same manner, sehri plays a vital role in keeping us energised and hydrated throughout the day.

It is important that we have something during sehri, which will keep us refreshed and hydrated. During sehri, drinking a glass of water with tokma, or basil seed soaked helps to keep your system cool and to assist in normal bowel movement.

WATERMELON GREEN TEA MOJITO

Ingredients

Serves: 300ml glass

Calorie count: 130

2 cups watermelon juice
1 cup green tea, made with 2 tea bags
Parsley leaves, whole and chopped
2 tsp brown sugar
Few strands of lemon zest
1 whole lemon, juiced

Method

In a pitcher, add the cooled green tea, then the watermelon juice, stir, and add the lemon juice from 1 lemon, chopped parsley leaves and the brown sugar, and stir.

Now strain everything out and keep in the refrigerator to cool, add some ice and one whole parsley leaf and serve with watermelon balls in a skewer on top.

WATERMELON SWEET AND SALTY PUNCH

Ingredients

Serves: 250ml glass

Calorie count: 102

2 cup watermelon juice
1 bottle of sparkling water
½ cup fresh lime juice
Fresh mint leaves
½ tsp Himalayan pink salt
1 tsp sugar

Method

Add the watermelon juice to the sparkling water, along with lemon juice, salt and sugar. Tear the mint leaves by hand and mix with it. To coat the rim, in a saucer, pour some salt and

sugar, and the wet glass rim, and twist the glass rim on the salt and sugar mixture to coat it. Then, pour the drink in the glass carefully. Add ice and serve.

PINEAPPLE MINT CHILLER

Ingredients

Serves: 250ml glass

Calorie count: 154

1 small pineapple
1 green apple
1 glass water
Mint leaves
2 tsp sugar, ½ tsp salt
½ tsp black pepper
3-4 cubes ice

Method

Blend everything together in a blender and strain them. Add more ice and serve chilled.



TAAGA Outlet

Green City Square, 750 Satmasjid Road, Dhanmondi C/A

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কাপড়ের রঙকে রাখে
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