



5 drink recipes for the hot and humid weather

THE MILLENNIAL COOK
FARIHA AMBER



Even though we are in late autumn, if you have lived in Dhaka long enough, you know these seasons mean nothing, and its either blazing hot, or uncomfortably humid after a sudden shower. What would really hit the spot in this unpredictable weather, you wonder? Why refreshing drinks of course, and here are just some of best ones you can whip up in a jiffy.

BANANA LASSI

This drink is filled with nutrition and energy to replenish your soul after a full day of hard work and humidity, while giving you the required boost of energy.

Ingredients

- 1 cup curd
- ¼ cup sugar
- 2 large ripe bananas
- ½ cup milk
- ½ tsp cardamom powder

Method

Blend the curd and sugar along with cardamom powder. Slice the bananas into discs and add them along with milk. Mix everything together until it is a smooth mixture and serve chilled.

MIXED FRUIT JUICE

A medley of flavours that is not only a delicious concoction but also healthy and energising.

Ingredients

- 1 cup guava juice
- 1 cup pomegranate juice
- 1 cup orange juice
- ½ cup pomegranate arils

Method

Mix the guava, pomegranate, and orange



juice in a large pitcher and taste to determine if any extra sugar is required. If yes, you can add sugar or honey as needed. Stir in the pomegranate arils for added texture and mix to combine.

STRAWBERRY LEMONADE

A fruity twist to your regular lemonade, this drink is bursting with flavours and is the perfect soul quencher after a long hot day.

Ingredients

- 1½ cup lemon juice
- ½ cup sugar
- ½ cup water

- 1 cup strawberries
- 5 cups cold water

Method

To make the simple syrup, simmer equal amounts of sugar and water (half cup of each) in a saucepan and heat it until they dissolve completely. Let this mixture cool and blend it with one cup of chopped strawberries. After that, add in freshly squeezed lemon juice along with five cups of cold water and combine everything together. Garnish with lemon discs before serving.

VIRGIN MOJITO

Jazz up your everyday limeade with the addition of just a couple more ingredients to make a virgin mojito – the perfect

drink to satiate your cravings during these unpredictable weather swings.

Ingredients

- 1 lime (soft skin)
- 2 tsp sugar
- A handful of mint leaves
- A pinch of salt
- 250 ml lime soda
- Crushed ice

Method

Cut the lime into little pieces and remove its seeds. Place a few pieces in a tall glass along with sugar, salt, and mint leaves. Muddle the lime pieces, sugar and mint together until the lime juice and essential oils from mint are extracted. Place sufficient crushed ice in the glass and pour in lime soda — serve chilled!

STRAWBERRY MILK

A long day at work can deprive us of energy and nourishment. This milky goodness not only quenches the thirst, but also energises our body.

Ingredients

- 2 cups strawberries
- 1 tbsp sugar
- 2 cups milk
- 1 tsp strawberry essence

Method

Cut one cup of strawberries into very little pieces and muddle them with sugar. Crush them completely so that it becomes a mushy mixture. For another cup of strawberries, finely dice them. In a bottle, drop the strawberry mush, essence and then pour in milk. Shake vigorously to create a homogenous mixture. Lastly, add the little strawberry cubes.

Food and Photo: Fariha Amber