

#FOOD & RECIPES

5 drinks to keep you hydrated in summer

With summer comes heat and humidity. One of the best ways to cool down in this hot weather is with a refreshing, delicious summer drink. Here, are some easy and delicious recipes that are perfect for staying hydrated and beating the heat.



WATERMELON LEMONADE

The combination of the lemon's tartness and the watermelon's subtle sweetness gives a well-balanced flavour to this summer drink.

The drink typically has a smooth, creamy texture with a slight pulpy consistency.

Ingredients

- 4 cups of cubed, seedless watermelon
- ½ cup freshly squeezed lemon juice
- ¼ cup honey
- 4 cups cold water
- Ice cubes
- Mint leaves

Method

In a blender, blend the watermelon until smooth. In a large pitcher, combine the watermelon puree, lemon juice, honey, and cold water. Stir well until the honey is dissolved. The mixture should be chilled for at least an hour in the refrigerator. Serve the watermelon lemonade over ice cubes and garnish with mint leaves if desired.

ICED HIBISCUS TEA

Some people describe the taste of hibiscus tea as slightly earthy or herbal. Overall, iced hibiscus tea offers a flavour that is both tart and sweet, making it a perfect summer beverage.

Ingredients

- 4 hibiscus tea bags
- 4 cups boiling water

- ¼ cup honey
- 2 cups cold water
- 1 lemon, sliced
- Ice cubes

Method

Dip the hibiscus tea bags in boiling water for 5 minutes. To dissolve the honey, remove the tea bags and add it while stirring. Add cold water and stir. Refrigerate for an hour. Serve the iced hibiscus tea over ice cubes and garnish with lemon slices.

PINEAPPLE MINT AGUA FRESCA

An energising and flavourful beverage that is popular in Mexican cuisine is pineapple mint agua fresca. Due to the pineapple pulp's smooth, slightly thick texture, and the addition of mint's herbal flavour, this drink is ideal for overcoming summer exhaustion.

Ingredients

- 4 cups chopped fresh pineapple
- ¼ cup freshly squeezed lime juice
- ¼ cup honey
- 4 cups cold water
- Ice cubes
- Fresh mint leaves

Method

Blend the pineapple until smooth. In a large pitcher, combine the pineapple puree, lime juice, honey, and cold water. Stir well until the honey is dissolved. Chill in the fridge for an hour. Serve the pineapple mint agua fresca over ice cubes and garnish with fresh mint leaves.

RASPBERRY PEACH SMOOTHIE

It is an excellent option for breakfast or as a snack on a hot day because of its texture and overall flavour.

Ingredients

- 1 cup frozen raspberries
- 1 cup frozen peach slices
- 1 cup unsweetened almond milk
- ½ cup vanilla Greek yoghurt
- 1 tbsp honey
- Ice cubes

Method

Blend the raspberries, peach slices, almond milk, Greek yoghurt, and honey until smooth. Add ice cubes as needed to thicken the smoothie and blend again. Serve the raspberry peach smoothie chilled.

CUCUMBER LIME COOLER

This is a tasty beverage that combines the tartness of lime with the crisp, fresh flavour of cucumber.

Method

- 1 cucumber, peeled and chopped
- ¼ cup freshly squeezed lime juice
- 2 tbsp honey
- 4 cups cold water
- Ice cubes
- Fresh mint leaves

Method

In a blender, blend the cucumber until smooth. In a large pitcher, combine the cucumber puree, lime juice, honey, and cold water. Stir well until the honey is dissolved. Keep in a refrigerator for 60 minutes. Serve the cucumber lime cooler over ice cubes and garnish with fresh mint leaves, if desired.

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