

#FOOD & RECIPES

Refreshing juices to power through Ramadan



Stay refreshed during Ramadan with these hydrating homemade juices! Whether you are breaking your fast or looking for a cooling sip, these easy recipes will keep you energised throughout the long days.

WATERMELON JUICE WITH HONEY AND SALT

Ingredients

8 cups watermelon cut into 2-inch cubes
1 tsp raw honey
½ tsp kosher or sea salt
1-2 sprigs of fresh herbs, such as mint or basil (optional)

Method

Place a fine mesh strainer over a large bowl and set aside. Place watermelon, honey and salt in a blender. Blend on high until no chunks remain. Depending on the size of your blender, you may need to do this in two batches. Pour into the strainer and press the pulp with a wooden spoon to extract all of the juice. Pour the juice into a container with a tight-fitting lid. Chill.

When ready to serve, shake vigorously (because it tends to separate) and serve with a sprig of herbs, if using.

CARROT JUICE WITH APPLE

Ingredients

4 carrots
2 apples
2 tbsp honey/sugar (to taste)
¾ cup to 1 cup water

Method

Scrub carrots well and wash them; peel off the skins if needed. Peel off 2 apples and chop them into small slices. Chop the carrot into small cubes. Take it in a blender, add water little by little and puree it smoothly. Now strain this through a fine strainer, you can strain this using a clean cloth. Blend the apples separately; strain. Now add honey and apple juice to the carrot juice and mix well.

Chill this for an hour. Serve cold.

DRAGON FRUIT JUICE WITH LEMON

Ingredients

1 dragon fruit
3 tbsp sugar or as needed
1 lemon
½ tsp lemon zest

Method

Cut the fruit into two. Scoop the pulp with a strong spoon. Cube it roughly and transfer it into a blender. Add sugar and lemon juice, zest. Blend well to juice it and serve.

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