



THREE REFRESHING DRINKS FOR HOT DAYS

1. Watermelon juice with mint and lime

The watermelon originally comes from Africa. Today, it is grown in warm regions worldwide, including southern Europe. Watermelon is a nutrient-rich fruit full of antioxidants, amino acids, vitamin C, A, lycopene and potassium. It contains 92% water and 6% sugar, perfect for pacifying Pitta Dosha during hot summer days.

From picnics to pool time, this refreshing melon shows up on many plates. However, according to Ayurveda, melons are best eaten on their own, because they are so quickly digested. Combining melon with other foods creates Ama and should therefore be avoided.

Instead of having a slice of watermelon after a meal, you can prepare this cooling, alkalizing watermelon juice in the morning and break your fast with it or drink it as a fulfilling snack in between meals – your stomach will thank you for it!

Because of its low-calorie, detoxifying and diuretic properties, it also balances Kapha Dosha. To keep Vata Dosha in check, add a pinch of salt and warming, digestive cardamom. Be sure to serve the drink at room temperature and avoid iced juice.

If you want to increase the cooling effect on hot summer days, add some cooling mint leaf to the watermelon juice and a little lime juice. The whole family will love this delicious drink!



Ingredients for 2–3 glasses:

- 6 cups of diced seedless watermelon
- A small handful of mint leaves
- Juice from one lime

Preparation:

Place the diced watermelon, mint leaves and lime juice in a blender. Blend on high speed. If desired, pour the mixture through a strainer. Fill into glasses.

Optional: add a pinch of salt and cardamom to balance Vata Dosha. Stir well & enjoy!

2. Fruity smoothie with coconut, berries and rose water

Berries such as blackberries, raspberries, black currants, strawberries, home-picked or from organic markets, are perfect for harmonizing Pitta Dosha, as long as they are fresh, sweet, and sun-ripened. With the addition of some rosewater, this smoothie especially balances Sadhaka Pitta.

Sadhaka is the subdosha of Pitta which controls the emotional processes of the heart. Prolonged summer heat tends to disturb emotional balance, so feelings can get out of control sometimes. This smoothie will quickly get your Sadhaka Pitta back on track.

Ingredients for 2–3 glasses:

- 1 cup almond milk or unsweetened oat milk
- 3/4 cup fresh, ripe and sweet berries (no sour berries)
- 1/4 cup coconut water (from the inside of the coconut)
- 1/2 cup coconut milk. Alternatively, mix organic coconut cream with a little water to get a creamy consistency
- 1–2 tsp. organic rose water
- Add maple syrup as a sweetener, 1–2 tsp. as per taste.



Preparation:

Blend all ingredients until homogenous in a smoothie blender.

Serve cool, not cold.

Decorate with rose or mint leaves if desired.

Vary the ingredients and quantities to suit your taste.

3. Cucumber Juice with Lime

An easy to prepare refreshing drink for warm summer days.

Cucumber is a great vegetable with a high content of cooling juice. It is also a good vegetable in summer for a refreshing lunch or, in the form of a vegetable soup, for a light dinner.

Ingredients for 2–3 glasses:

- One cucumber
- Fresh water
- Half a lime
- 2 tsp. Sharkara (sun-dried cane sugar)
- Peppermint leaf
- A pinch of rock salt (optional)



Preparation:

1. Press the cucumber through a juicer. Dilute with an equal amount of water.
2. Squeeze the lime and mix well with the cucumber juice.
3. Stir in Sharkara to taste.
4. Optionally, stir in a little rock salt.
5. Decorate with mint or stir in finely-chopped mint.