

# healthy Beverages

*To Beat The Heat*



# Water is the elixir of life!

Today, the world is moving towards expensive water purifiers for safer and healthier drinking water, but Ayurveda has mentions of a natural and effective alternative. Ayurveda suggests storing water in copper utensils overnight and drinking them the next day can be extremely beneficial for health.

Water impacts the overall digestive system which plays an important role in one's health & wellness regime. Having water before meals can impact on diluting gastric juices, due to which food does not get broken down or digested properly which may lead to acidity, indigestion, gas or constipation.

*Water is one of the main ingredient used in any beverage all throughout the year. Here are some beverage recipes for you & your loved ones from the luxury of simple kitchen ingredients and experience a convenient way to celebrate true wellness!*

**LivAyur** brings you the ancient wisdom combined with modern day convenience to make sure it fits into your dynamic routine seamlessly and keep you energetic and refreshed.





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# TULSI GINGER TEA

## Ingredients:

250ml water  
Crushed ginger  
Tulsi Leaves  
Lime Juice

## Method:

1. Bring all of the above ingredients to a boil.  
Boil for 20 minutes.
2. Take the pot off the burner & cool for a few minutes.
3. Add the juice of 1/2 lime. Do not boil the lime juice.
4. Pour into a thermos and enjoy throughout the day.

## Health Benefits:

Tulsi Ginger Tea is prepared by using these two key ingredients. There is no requirement of added sugar or any other form of taste enhancer. Some of the benefits of Tulsi is that it works as an immunity booster, stress buster & protects from infections. Ginger is known to aid in digestion & helps easing cold & cough. These are an added bonus for a cosmopolitan lifestyle specially for any season. Daily consumption of this herbal tea helps relieve cough & cold, reduces hoarseness of voice, eases breathing thereby, contributing towards overall health.





# ROSE CUMIN TEA



## Ingredients:

1/4 teaspoon cumin seeds	1/4 teaspoon rose petals
1/4 teaspoon coriander seeds	1 cup boiling water
1/4 teaspoon fennel seeds	

## Method:

1. Mix the cumin seeds, coriander seeds, fennel, and rose petals together.
2. Add the boiling water.
3. Steep for five minutes, covered.
4. Strain and discard herbs and spices and serve cool, lukewarm, or at room temperature (pitta types are aggravated by hot temperatures).

## Health Benefits:

Rose tea is primarily made up of water along with simple everyday kitchen ingredients. For this reason, having one or in moderation can significantly contribute to your total water intake. Packed with the goodness of all-natural ingredients, this calming tea helps to reduce fatigue, improves digestion and boosts skin health and prevents premature ageing. Cumin promotes digestion with anti-oxidative & anti-inflammatory properties with its special aromatic effects making it an easy & popular kitchen spice to be added to this tea.



# BUTTER MILK

## Ingredients:

1 cup curd  
1 cup cold water  
lemon juice (*As per taste*)  
1 tablespoon minced ginger  
Coriander Leaves  
1/2 teaspoon Asafoetida

## Method:

1. Add all ingredients to a blender and blend well.

*A pinch of rock salt can be added as per taste*



## Health Benefits:

It is easier to digest than other dairy products due to presence of lactic acid in buttermilk. It is best drink to combat dehydration due to gastroenteritis. Buttermilk is a good source of calcium and phosphorus, as well as vitamin D. These nutrients are important for maintaining bone strength and in preventing degenerative bone diseases like osteoporosis.

\* Depends on individual body constitution

Recipe credits : [https://ayushportal.nic.in/pdf/Food\\_Recipes\\_From\\_AYUSH.pdf](https://ayushportal.nic.in/pdf/Food_Recipes_From_AYUSH.pdf)

# COOL CUCUMBER COCONUT MILK

## Ingredients:

1/4 cup coconut milk

1/2 cup water

1 cucumber, medium-sized

mint leaves *(As per taste)*

## Method:

1. Warm the coconut milk and water in a small saucepan over medium heat.
2. Remove from heat and allow to cool.
3. Prepare the cucumber by slicing it in half lengthwise, removing the seeds with a spoon, and chopping it in 1/2-inch slices (peeling is optional).
4. Place the chopped cucumber, fresh mint leaves in a blender.
5. Add half of the cooled milk and blend.
6. When smooth, add the remaining milk and blend again.

## Health Benefits:

Cool Cucumber Coconut Milk is a summer drink that helps beat the heat. Cucumbers are instant-cooling, revitalizing vegetables; the usage of these veggies make this drink healthier. It helps reduce puffiness, inflammation, and has positive effects on the stomach & body. Cucumber contains a certain kind of digestive enzyme which aids in the breakdown of protein and also helps to cleanse the intestines. Furthermore, coconut milk is light on stomach as compared to dairy milk. It is also naturally sweet. Hence, consider having a glass of cool cucumber coconut milk during summer to keep your body hydrated.

\* Depends on individual body constitution





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