

CHARCOAL LEMONADE

Activated Charcoal, Lemon Juice, Sugar, Water



INGREDIENTS

100 gms Lemon Juice
1 lt Water
15 gms Activated Charcoal
120 ml Hot Water
10 gms Sugar

METHOD

- Combine the activated charcoal and hot water, mixing until well-combined.
- Make lemonade out of lemon juice, water and sugar
- Combine the activated charcoal mixture and the lemonade.

NUTRITIONAL BENEFIT

Lemon- Being a rich source of vitamin C, helps in dealing with respiratory disorders

And helps in curing throat infections due to its well-known antibacterial properties.

antiseptic and natural medications.

Activated Charcoal- helps in trapping toxins and chemicals in the gut, preventing their absorption in the body.

BANANA SPICE SMOOTHIE

Banana, Moringa leaves, Coconut Milk, Ginger, Cardamom, Cinnamon



INGREDIENTS

100 gms Moringa leaves
100 ml Coconut Milk
3 no. Banana
10 gms Fresh Ginger
5 gms Cardamom
5 gms Cinnamon

METHOD

- Blend the spinach and coconut milk until smooth
- Add the bananas, ginger, cinnamon, and cardamom and blend again.

NUTRITIONAL BENEFIT

Ginger - reducing inflammation, aiding digestion, and helping the body naturally detoxify.

Moringa – Helps in balancing digestive system and also helps in improving the eye sight.

Banana- High in anti oxidants and helps in moderating blood sugar levels. Bananas are a rich source of fibres and helps in weight loss too.

PAPAYA BASIL SMOOTHIE WITH CHIA SEEDS

Papaya, Basil Leaves, Chia Seeds, Almonds, Honey, Milk



INGREDIENTS

200 gms Frozen Papaya
10 gms Basil Leaves
250 ml Milk
15 gms Honey
30 gms Chia Seeds
10 gms Chopped Almonds

METHOD

- Blend all the ingredients except the chia seeds and almonds till smooth.
- Once the mixture is smooth, add chia seeds and chopped almond. Mix it well.

NUTRITIONAL BENEFIT

Papaya is best source to Lower cholesterol, helps for weight loss, boosts up immunity, low in calories, protects against arthritis, good for diabetic diet. Chia Seeds are an excellent source of Omega-3 fatty acids, fiber and protein. They also have essential nutrients and anti-oxidants. Antimicrobial, antioxidant, and anticancer properties of basil. There is a notable amount of vitamin A and other antioxidants in basil, which can help reduce oxidative stress and chronic inflammation around the body.

ROOT WATER

Ginger , galangal, lemon, honey, turmeric.



INGREDIENTS

Water 500 ml
Ginger peeled and sliced 15 gms
Galangal peeled and sliced 15 gms
Turmeric 5gms
Lemon 1 no
Honey 10gms

METHOD

Boil water along with ginger, galangal and turmeric. Strain once the flavor is infused and cool the liquid. Squeeze one lemon into this and mix the honey before serving.

NUTRITIONAL BENEFIT

Reduce inflammation. Relieve pain. Support immune functions by properties of ginger and galangal. Decrease nausea.

RED BOOSTER

Beetroot , carrot, tomato.



INGREDIENTS

Beetroot 200g
Carrot 100g
Tomato 100g
Rock salt to taste
Lemon juice to taste
Water 400ml

METHOD

Peel and chop beetroot , carrot and tomatoes. Blend along with 300ml of water. Add more water if required to adjust consistency. Add lemon juice and rock salt according to taste and serve without straining to reserve the essential fibers.

NUTRITIONAL BENEFIT

Carrot, beetroot and tomatoes are rich in antioxidants and thus free our body from toxins, free radicals purify our blood. They help us de tox and clean up our body internally.

Kale, Tomato & Celery.



INGREDIENTS

Tomatoes 3nos.
Parsley 10 gms
Celery stalk 2 nos
Kale leaves 3 nos.
Lemon 1 no.

METHOD

Juice tomato and parsley together add rest and blend.

NUTRITIONAL BENEFIT

High in vitamin C. restores pH level to your blood it is very alkaline which is important to optimal health. Contains compound called phthalides which relaxes the artery walls beneficial for reducing cardiovascular diseases.

DATE & BANANA SMOOTHIE

Almond Milk, Dates, Bananas, Flax seeds



INGREDIENTS

75 ml Almond milk
75 gms dates
150 gms bananas
5 gms Flax seeds
30 gms Honey

METHOD

Combine everything in a
blender.
Blend until smooth.

NUTRITIONAL BENEFIT

BANANA- Rich source of potassium and Vit C. High in Fibre.

DATES-Very high in anti-oxidants

FLAX SEEDS-High in Omega 3 fatty acids and anti-oxidants

HONEY-anti-oxidants, anti bacterial properties

ALMOND MILK- Vitamin D, Calcium, Protein

AMLA GINGER TEA

Amla, Ginger, Earl Grey Tea



INGREDIENTS

Amla Juice-10 ml
Ginger(crushed)- 1 pod
Green Tea- 1 Pouch
Lemon Juice- 5 ml
Honey-15 ml
Water- 1cup

METHOD

Boil water with the ginger. Strain. Seep the tea. Mix the rest of the ingredients.

NUTRITIONAL BENEFIT

GREEN TEA- Antioxidant, helps build immune

AMLA- High in Vit C, Immunity, Metabolism, Digestion

GINGER- Helps to recover from flu, reduces inflammation and pain

LEMON-Vitamin C, Anaemia, Digestion, Hydration

HONEY-anti-oxidants, anti bacterial properties

KIWI & MINT COOLER

Kiwis, Lemon, Mint



INGREDIENTS

Kiwis(peeled)-3
Mint leaves- 4-5
Honey- 15 ml
Soda- 200 ml
Lemon Juice- 10 ml
Ice Cubes

METHOD

Combine everything in a blender.
Blend until smooth.

NUTRITIONAL BENEFIT

KIWI- Vit C, boosts immunity, regulates blood pressure
MINT-Aids digestion, common cold, headache
HONEY-anti-oxidants, anti bacterial properties
LEMON-Vitamin C, Anaemia, Digestion, Hydration

GREEN RUSH

Spinach, Green Apple, Celery and Cucumber



INGREDIENTS

75gms cucumber
75gms Green Apple
75gms Spinach Leaves
50gms Celery stick
10ml Lemon juice

METHOD

- Blend all the ingredients until smooth with crushed ice
- Garnish with a celery stick and Serve chilled

NUTRITIONAL BENEFIT

Cucumber is a great source of antioxidants and provides hydration to the body
Celery contains a plant compound called **apigenin**, which acts as an anti-inflammatory, antibacterial, antiviral, and antioxidant agent
Spinach is a great source of iron and vitamin A
Green Apple provide both vitamins A and C to the body

PADHARO-e-KHAS

Gulkand and licorice flavored welcome drink

INGREDIENTS

50gms Gulkand
75ml Amla Juice
5gms Mulethi Powder
200 ml Water

METHOD

- Boil Gulkand in water until completely dissolved and strain
 - Add mulethi powder and amla juice and serve warm
- *ensure the drink has got its sweetness from the Gulkand else add sugar if required**

NUTRITIONAL BENEFIT

Gulkand helps to get rid of toxins from the body and purifies the blood.
Licorice is a wonderful remedy for sore throat, ingestion and cold.
Amla is one of the greatest source of antioxidants and vitamin A