

Buttermilk Cooler

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The summer heat makes us all yearn for cold drinks by the gallon. Mint & ginger buttermilk drink that is a real thirst buster that also helps cool the body. Buttermilk is also a good probiotic for your stomach.

By Vijaya Rajagopalan

Serves 2 | Prep time: 10 minutes | Cook time: 2 minutes







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[CHECK NUTRITIONAL FACTS FOR THIS RECIPE](#)



INGREDIENTS:

- 
2 glasses buttermilk
- 
Salt to taste
- 
3 – 4 mint leaves or curry leaves
- 
 $\frac{1}{2}$ inch piece of fresh ginger, skinned and crushed

PREPARATION:

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Put all these ingredients in a blender and run until fully blended.
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Strain through a sieve
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Add 2 glasses of cool water. Add a couple drops lime juice if desired.
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Keep the buttermilk drink really thin.

[South Indian Salsa](#)

Multigrain Crepes

Buttermilk Cooler

Yellow Lentil Soup

Chickpea Curry

Vegetable Couscous

Veggie Burger