

Mint & Ginger Lemonade

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Mint & ginger buttermilk drink that is a real thirst buster that also helps cool the body.

By Vijaya Rajagopalan

Serves 2 | Prep time: 10 minutes | Cook time: 5 minutes



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INGREDIENTS:



1 large lemon or lime – deseeded



- $\frac{1}{2}$ inch piece of fresh, peeled ginger



- 4-5 mint leaves



- 1 teaspoon of honey or raw sugar



- 2 glasses water

PREPARATION:



- If using lemon, squeeze out all the juice into a bowl. If using lime, and if they are thin-skinned, you can quarter them put them into the blender with the skin on. Try it! The skin gives it an interesting flavor.



- To the blender add the lemon juice if using, or the quartered lime pieces.



- Add the ginger, mint leaves, honey or raw sugar and a quarter glass of slightly warm water and run until fully blended.



- Strain this juice into a pitcher. Add the 2 glasses cool water.



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Taste and adjust the honey or sugar to your taste.

Raw Mango Cooler

Mint & Ginger Lemonade

Adai

Sweet Pongal

Saffron Cream Of Wheat Pudding

Spiced Chickpea Snack

Akki Roti

Moroccan Harira Soup

Coconut Chutney

South Indian Salsa