Mint & Ginger Lemonade

Recipes

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



INGREDIENTS:



- 1 large lemon or lime deseeded
- $\frac{1}{2}$ inch piece of fresh, peeled ginger

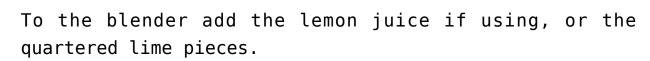
4-5 mint leaves

- 1 teaspoon of honey or raw sugar
- - 2 glasses water

PREPARATION:

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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.



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

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



Taste and adjust the honey or sugar to your taste.

- Raw Mango Cooler
- Mint & Ginger Lemonade
- <u>Adai</u>
- Sweet Pongal
- Saffron Cream Of Wheat Pudding
- **Spiced Chickpea Snack**
- <u>Akki Roti</u>
- Moroccan Harira Soup
- **Coconut Chutney**
- South Indian Salsa