



DRINKS



Instruction

- 1 Into the blender goes everything. Blend until creamy and smooth.
- 2 Taste; if too thick, splash in 1–2 tbsp (15–30 ml) almond milk.
- 3 Serve this drink in two chilled glasses!

TROPICAL GREEN ENERGIZER

- 1 ripe avocado (200 g), peeled and pitted (or a banana for a sweeter taste)
- 1 cup (150 g) pineapple chunks (or mango or papaya)
- 1 cup (240 ml) almond milk (unsweetened)
- 1 tsp lime juice
- 1 tsp chia seeds

- Tip:** Use unsweetened milk to avoid hidden sugar.
- Note:** Swap pineapple for mango if you prefer a softer flavor.
- Advice:** Adding spinach will boost fiber without changing flavor.

Ingredients

Tip

Calories: 210
Protein: 4 g | Carbs: 24 g | Fat: 12 g
Fiber: 7 g | Sugar: 13 g | Sodium: 65 mg



Instructions

- 1 Gather ingredients in the blender; start low, then high.
- 2 Run on high until the mixture is frothy and smooth, 30–40 seconds.
- 3 Pour into tall glasses; dust a pinch of cardamom on top if you like.

INDIAN MANGO LASSI

- 1 cup (150 g) mango, ripe, diced (fresh/frozen, unsweetened)
- 1 cup (240 g) Greek yogurt, plain, low-fat
- ½ cup (120 ml) cold water
- ¼ tsp (1 g) ground cardamom
- 1 tsp (5 ml) honey or 1 tsp (5 g) sugar— optional (or two drops stevia)
- Ice cubes (2–3)

Ingredients

- 💡 **Tip:** Canned mango pulp often contains added sugar—avoid it.
- 📖 **Note:** Use a squeeze of lime instead of cardamom for brightness.
- 🌟 **Advice:** A very ripe mango means you may not need any sweetener at all.

Tips

Calories: 175
Protein: 8 g | Carbs: 30 g | Fat: 3 g
Fiber: 2 g | Sugar: 23 g | Sodium: 70 mg



Instructions

- 1 Bring water to a boil, steep tea bags for 3–4 minutes. Let cool.
- 2 Blend berries into a purée.
- 3 Mix tea, berry purée, sugar (or honey), and mint in a pitcher.
- 4 Chill for 1 hour. Serve over ice.

BERRY MINT ICED TEA

- 2 cups (480 ml) water
- 2 black tea bags (caffeine-free if desired)
- ½ cup (75 g) mixed berries (blueberries, raspberries, strawberries)
- 1 tbsp (15 g) sugar/honey or two drops stevia (instead of sugar/honey)
- 4–5 fresh mint leaves
- Ice cubes (2–3)

Ingredients

- 💡 **Tip:** Use sparkling water instead of still for a fizzy twist.
- 📖 **Note:** Adjust sweetness to taste.
- 🌟 **Advice:** Fresh mint enhances both flavor and aroma.

Tips

Calories: 70
Protein: 1 g | Carbs: 17 g | Fat: 0 g
Fiber: 2 g | Sugar: 15 g | Sodium: 5 mg



Instruction

- 1 Pour the coconut water and lime juice in a pitcher, add a smidge of honey (or a drop of stevia), and give it a swirl.
- 2 Fill two glasses with ice and divide the drink between them.
- 3 Garnish with lime wedges and serve cold.

COCONUT WATER WITH LIME

- 2 cups (480 ml) coconut water, unsweetened—no mixers
- 2 tsp (10 ml) lime juice, fresh-squeezed
- 2 lime wedges on deck (garnish)
- 3 ice cubes
- 1 tbsp (15 g) honey, or a micro-drop of stevia

Ingredients

- 💡 **Tip:** Flavored coconut waters may include sodium or added sugar.
- 📖 **Note:** Add a few cucumber slices for extra freshness.
- 👉 **Advice:** Great after light exercise—naturally contains potassium.

Tip

Calories: 30
Protein: 0 g | Carbs: 7 g | Fat: 0 g
Fiber: 0 g | Sugar: 6 g | Sodium: 35 mg



Instruction

- 1 Add, cover, and blend on high. If you want, you can strain it to get a clearer drink.
- 2 Pour into two glasses. Add sparkling water, and stir gently to keep the bubbles.
- 3 Serve cold.

PINEAPPLE GINGER SPARKLE

- 1 cup (150 g) pineapple chunks
- 1 tsp (5 g) grated fresh ginger
- 1 cup (240 ml) sparkling water
- 1 tsp (5 ml) honey or 1 tsp (4 g) sugar (optional) or a drop of stevia
- Ice cubes (2–3)

Ingredients

- 💡 **Tip:** Skip ginger ale—it's usually high in sugar and sodium.
- 📖 **Note:** Try orange segments instead of pineapple for a softer profile.
- 👉 **Advice:** Serve immediately so the sparkle doesn't fade.

Tip

Calories: 55
Protein: 0 g | Carbs: 14 g | Fat: 0 g
Fiber: 1 g | Sugar: 12 g | Sodium: 10 mg



Instruction

- 1 Get a pitcher and fill it with water.
- 2 Add cucumber slices, lemon, and mint if you like.
- 3 Let it chill for 30 minutes to let the flavors blend before serving.

CUCUMBER LEMON WATER

- 2 cups (480 ml) cold water
- ½ cucumber, thinly sliced
- 2 lemon slices
- Fresh mint leaves (optional)

Ingredients

- 💡 **Tip:** Keep a pitcher in the fridge to sip throughout the day.
- 📖 **Note:** No sweetener is needed — flavors are naturally refreshing.
- 🌟 **Advice:** Replace soda with this water for heart health.

Tip

Calories: 5
Protein: 0 g | Carbs: 1 g | Fat: 0 g
Fiber: 0 g | Sugar: 0 g | Sodium: 2 mg



Instruction

- 1 Steep yerba mate in hot (not boiling) water for 4–5 minutes; strain.
- 2 Stir in honey or sugar if desired; cool to room temperature.
- 3 Chill, then pour over ice and garnish with lemon.

ICED YERBA MATE

- 2 tsp (4 g) yerba mate leaves (or two tea bags)
- 2 cups (480 ml) hot water (about 175°F/80°C)
- 1 tsp (5 ml) honey or 1 tsp (4 g) sugar, optional
- Ice cubes
- Lemon wedges, to garnish

Ingredients

- 💡 **Tip:** Contains caffeine—avoid late in the evening.
- 📖 **Note:** Add a few orange slices for a fruity twist.
- 🌟 **Advice:** Brew at 175°F to prevent bitterness.

Tip

Calories: 20
Protein: 0 g | Carbs: 5 g | Fat: 0 g
Fiber: 0 g | Sugar: 5 g | Sodium: 5 mg



Instruction

- 1 Blend watermelon with water until very smooth.
- 2 Strain through a fine sieve for a lighter texture, or leave pulpy for body.
- 3 Stir in lime juice and honey; pour over ice and serve.

MEXICAN AGUA FRESCA (WATERMELON)

- 2 cups (300 g) watermelon, cubes, seeded
- 1 cup (240 ml) really cold water
- 1 tsp (5 ml) lime juice
- 1 tsp (5 ml) honey or stevia, optional
- Ice cubes (as needed)

Ingredients

Tip: Don't overdilute—keep the fruit flavor forward.

Note: Use cantaloupe or honeydew for a different melon note.

Advice: Choose ripe, seedless watermelon for the best sweetness.

Tips

Calories: 60

Protein: 1 g | Carbs: 15 g | Fat: 0 g
Fiber: 1 g | Sugar: 13 g | Sodium: 5 mg



Instruction

- 1 Add orange slices, lemon slices, and lime slices to cold water.
- 2 Then, chill it in the fridge for 30 to 45 minutes to let the flavors blend.
- 3 Give it a gentle swirl halfway through. Serve over ice, and try not to squeeze.

CITRUS INFUSED WATER

- 2 cups (480 ml) water, cold
- 2 slices of orange or grapefruit (as you wish)
- 2 slices of lemon
- 2 slices lime or lime
- Ice cubes (for serving)

Ingredients

Tip: Citrus can get bitter if you leave it out overnight, so be sure to refresh it every day.

Note: A sprig of rosemary adds a lovely aroma.

Advice: Keep a pitcher ready as a soda alternative.

Tips

Calories: 10

Protein: 0 g | Carbs: 2 g | Fat: 0 g
Fiber: 1 g | Sugar: 1 g | Sodium: 0 mg



Instructions

- 1 Lightly mash blueberries with the lemon juice to release color and flavor.
- 2 Add water and stir; sweeten to taste with honey or sugar.
- 3 Fill your glasses with ice and pour the lemonade over it.

BLUEBERRY LEMONADE

- 1 cup (240 ml) water
- 2 tbsp (30 ml) lemon juice, fresh
- ¼ cup (40 g) blueberries (fresh or frozen)
- 1 tsp (5 ml) honey or 1 tsp (5 g) sugar – optional (or drop of stevia)
- Ice cubes (for serving)

Ingredients

Tip: Bottled lemonade often contains a high amount of sugar; homemade is a better option.

Note: Swap blueberries for raspberries for a pink version.

Advice: Strain if you prefer a clearer drink.

Calories: 40

Protein: 0 g | Carbs: 10 g | Fat: 0 g
Fiber: 1 g | Sugar: 8 g | Sodium: 2 mg

Tips



Instructions

- 1 Fill two glasses with ice cubes.
- 2 Pour in equal parts coffee and almond milk; stir to combine.
- 3 Sweeten lightly if desired and serve right away.

ICED COFFEE WITH ALMOND MILK

- 1 cup (240 ml) coffee, strong-brewed, cooled (decaf, if preferred)
- 1 cup (240 ml) almond milk, unsweetened
- 1 tsp (5 g) sugar or 1 tsp (5 ml) honey (or drop of stevia), optional
- Ice cubes (for serving)

Ingredients

Tip: Skip flavored syrups—they're high in sugar and sometimes sodium.

Note: Use coffee ice cubes to keep the drink bold and undiluted.

Advice: Brew doublestrength for the best iced flavor.

Calories: 25

Protein: 1 g | Carbs: 4 g | Fat: 1 g
Fiber: 0 g | Sugar: 3 g | Sodium: 35 mg

Tips



Instruction

- 1 Combine water, coffee grounds, and cinnamon in a jar; stir to wet all grounds.
- 2 Cover and refrigerate 12 hours.
- 3 Strain through a fine filter; pour over ice and add milk.
- 4 Sweeten to taste with sugar or honey, if you like.

CINNAMON COLD BREW

- 1 cup (240 ml) water, cold
- ¼ cup (25 g) coffee, coarsely ground
- ¼ tsp (0.5 g) cinnamon, ground
- 1 tsp (5 g) sugar or 1 tsp (5 ml) honey (or drop of stevia), optional
- Ice cubes
- ¼ cup (60 ml) lowfat milk or almond milk, for serving

Ingredients

Tip: Don't steep too long—over 18 hours can turn bitter.

Note: Add a strip of orange peel for a citrus note.

Advice: Coarse grind prevents cloudiness and sludge.

Tips

Calories: 30

Protein: 2 g | Carbs: 6 g | Fat: 0 g
Fiber: 0 g | Sugar: 5 g | Sodium: 25 mg



Instruction

- 1 Combine water, apple slices, and cinnamon stick in a saucepan; bring to a gentle simmer.
- 2 Cook 8-10 minutes; remove the cinnamon stick.
- 3 Sweeten with honey if you like and serve warm.

CINNAMON APPLE TEA

- 2 cups (480 ml) water
- ½ apple, thinly sliced
- 1 small cinnamon stick
- 1 tsp (5 ml) honey or 1 tbsp erythritol, optional

Ingredients

Tip: Don't boil hard—gentle simmer keeps flavors clean.

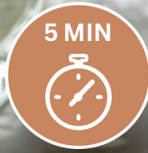
Note: Add a strip of orange peel for a holiday note.

Advice: Thin slices release more apple flavor.

Tips

Calories: 25

Protein: 0 g | Carbs: 6 g | Fat: 0 g
Fiber: 0 g | Sugar: 5 g | Sodium: 0 mg



Instructions

- 1 Just blend the yogurt with some cold water until it's all foamy and ready to go!
- 2 Add dried mint if using; pour over ice and serve immediately.

TURKISH YOGURT DRINK

- 1 cup (240 g) Greek yogurt, plain, lowfat
- 1 cup (240 ml) water, cold
- ¼ tsp (0.5 g) dried mint
- Ice cubes (as needed)

Ingredients

- 💡 **Tip:** Traditional Ayran often includes salt—skip it for DASH.
- 📖 **Note:** Stir in a spoon of grated cucumber for a savory twist.
- 🌟 **Advice:** Use Greek yogurt for a creamier mouthfeel.

Tips

Calories: 71
Protein: 6 g | Carbs: 4 g | Fat: 2 g
Fiber: 0 g | Sugar: 3 g | Sodium: 53 mg



Instructions

- 1 Bring water and ginger to a simmer; cook 8–10 minutes.
- 2 Stir in turmeric and simmer one more minute; strain.
- 3 Sweeten with honey if desired and serve with a lemon wedge.

GINGER TURMERIC TEA

- 2 cups (480 ml) water
- 6–8 slices fresh ginger, thin
- ¼ tsp (1 g) turmeric, ground (or ½ tsp freshly grated)
- 1 tsp (5 ml) honey or one drop of stevia, optional
- Lemon wedge, for serving

Ingredients

- 💡 **Tip:** Turmeric can stain—use a spoon you don't mind tinting.
- 📖 **Note:** For optimal benefits from turmeric, consider adding a pinch of black pepper.
- 🌟 **Advice:** Great warm drink for cool evenings.

Tips

Calories: 18
Protein: 0 g | Carbs: 5 g | Fat: 0 g
Fiber: 0 g | Sugar: 4 g | Sodium: 2 mg



Instructions

- 1 Bring water, milk, and spices to a gentle simmer.
- 2 Add tea bags; simmer 3–4 minutes until fragrant and tan in color.
- 3 Strain; sweeten if you like, and serve hot.

INDIAN MASALA CHAI

- 1 cup (240 ml) water
- 1 cup (240 ml) lowfat milk
- 2 tea bags, black
- 2 cardamom pods, lightly crushed
- 1 small cinnamon stick
- 2 slices fresh ginger, thin
- 2 tsp (10 g) sugar or 2 tsp (10 ml) honey or two drops stevia, optional

Ingredients

- 💡 **Tip:** Boiling milk hard may scorch—keep the heat moderate.
- 📖 **Note:** Add a pinch of black pepper for authentic warmth.
- 🌟 **Advice:** Adjust spice strength by steeping a minute longer.

Tips

Calories: 92
Protein: 4 g | Carbs: 16 g | Fat: 2 g
Fiber: 0 g | Sugar: 14 g | Sodium: 38 mg



Instructions

- 1 Whisk hot coffee with pumpkin purée and spice until smooth.
- 2 Stir in milk; sweeten lightly if desired.
- 3 For iced, cool first, then pour over ice.

PUMPKIN SPICE COFFEE

- 1 cup (240 ml) coffee, strong-brewed (hot or iced)
- ½ cup (120 ml) milk, lowfat (or almond milk, unsweetened)
- 1 tbsp (15 g) pumpkin purée, 100%
- ¼ tsp (0.5 g) pumpkin pie spice or cinnamon
- 1–2 tsp (5–10 g/ml) sugar or honey or 2 drops stevia, optional

Ingredients

- 💡 **Tip:** Many café versions are high in sugar—this one is lighter.
- 📖 **Note:** Use vanilla extract (⅛ tsp) for a dessertlike aroma.
- 🌟 **Advice:** Froth the milk for a caféstyle finish.

Tips

Calories: 44
Protein: 2 g | Carbs: 8 g | Fat: 1 g
Fiber: 2 g | Sugar: 5 g | Sodium: 30 mg