

## Healthy Drinks

- Strawberry-Watermelon-Ginger Juice
- Pomegranate Lime Juice
- Orange Juice with Almonds
- Almond Milk with Dates

## Strawberry-Watermelon-Ginger Juice

This is a cooling and refreshing drink in a hot day. Both watermelon and strawberries are a great source of vitamin C. The sweet flavor of watermelon is well balanced with the slight bitter, sour and sweet taste of strawberries. The ginger adds a little zest and help stimulates digestion. You can also have watermelon juice by itself.

Serves: 5

### Ingredients

½ medium watermelon  
1 pint strawberries  
1-1½ inch fresh ginger,

### Instructions

Juice ingredients and mix.

## Pomegranate Lime Juice

Pomegranate has lots of anti-oxidants, vitamins and minerals, and is a powerful immune booster. If you can't find a fresh pomegranate, then buy a good quality concentrated 100% pomegranate juice. Dilute the juice with water if it is too sweet for you.

Makes: 1 cup

### Ingredients

1 cup pomegranate juice  
2-3 teaspoons fresh lime juice



## Instructions

In a cup mix pomegranate juice and lime juice and drink.

## Orange Juice with Almonds

If you feel tired and/or weak and need a boost of energy, you can make a nut-citrus juice to uplift yourself. Almonds give strength to the body. Mixing it with orange juice, which is alkaline, is very refreshing and strengthening to the body.

Serves: 1

## Ingredients

12 raw almonds, soaked overnight and peeled\*  
1 cup fresh orange juice (about 4 oranges)

## Instructions

Place ingredients in a blender and blend well.

\* Soaking almonds make them more digestible. In Ayurvedic medicine, almond skin is considered acidic and toxic to the liver.

## Almond Milk with Dates

If you can't drink cow's milk, this is a good and healthy substitute. Almonds are rich in dietary fiber, vitamins — especially Vitamin B2 — and antioxidants. Almonds have one of the highest nutrient levels of all nuts. By itself almond drink is a bit bland. Medjool dates are moist, juicy and add a nice sweet flavor. You can also add other flavors, like carob powder, if you like.

Makes: 2 cups



## Ingredients

½ cup raw almonds (or soaked overnight)

1½ cups water\*

2-3 Medjool dates

## Instructions

Place ½ cup raw almonds and 1½ cups water in a blender and blend until smooth. Strain through a fine sieve, cheese cloth or a nylon mesh bag used for sprouts.\*\*

\* Ratio of water to almonds can be 2:1 or 3:1

\*\* You can save the pulp and add it to a stir-fry or when cooking grains.

