




# SUMMER

## Teas & Tonics

# COOLING AYURVEDIC LIMEADE

*Serves 4*

The background of the page is a light gray gradient. It is decorated with several fresh lime slices. There are two large circular slices in the center, one on the left and one on the right. Above them are two smaller triangular slices. Below the central slices are two more triangular slices, one on the left and one on the right. The slices are bright green and yellow, showing the internal segments and the outer rind.

2 organic limes  
2 tsp. organic raw sugar or  $\frac{1}{8}$  tsp stevia  
2 pinches pink Himalayan salt  
1 pitcher (about 4 pints) water  
Mint and lime slices for garnish

Cut and squeeze the limes into the pitcher of water. Stir in the sweetener and salt. Add mint and lime to garnish. Serve at room temperature or chilled.



# GREEN JUICE FOR REDUCING PITTA

*Serves 2*

3-5 pieces of kale  
1/2 English cucumber  
1-2 organic celery stalks  
Fresh mint leaves  
Wedge of lime with peel  
1/2 beet  
1 tbsp of aloe vera gel

Blend all ingredients in a high-speed blender and discard the foam. Dilute the recipe half juice, half room temperature water.

A top-down view of a white marble surface. In the top right, a slice of watermelon with red flesh and black seeds is partially visible. In the center, there are several green cardamom pods and a small sprig of green cilantro. In the bottom right, another slice of watermelon is visible. A glass of pinkish-red juice is partially visible on the right side, overlapping the text area.

# FRESH WATERMELON & CARDAMOM JUICE

*Serves 2*

4 cups chopped watermelon, seeds removed  
1 tsp cardamom  
½ cup aloe juice

Blend all ingredients and serve over ice or at  
room temperature

# PITTA PACIFYING SUN TEA

*Serves 4*

- 2 teaspoon cumin
- 2 teaspoon coriander
- 2 fennel seed
- 2 tsp dried rose petals

Place the ingredients of the spice blends in a one gallon mason jar. Fill with water and cap. Place outside in the sun for about 3-5 hours. Serve over ice or at room temperature.