

Refreshing  
**SUMMER**  
Drinks



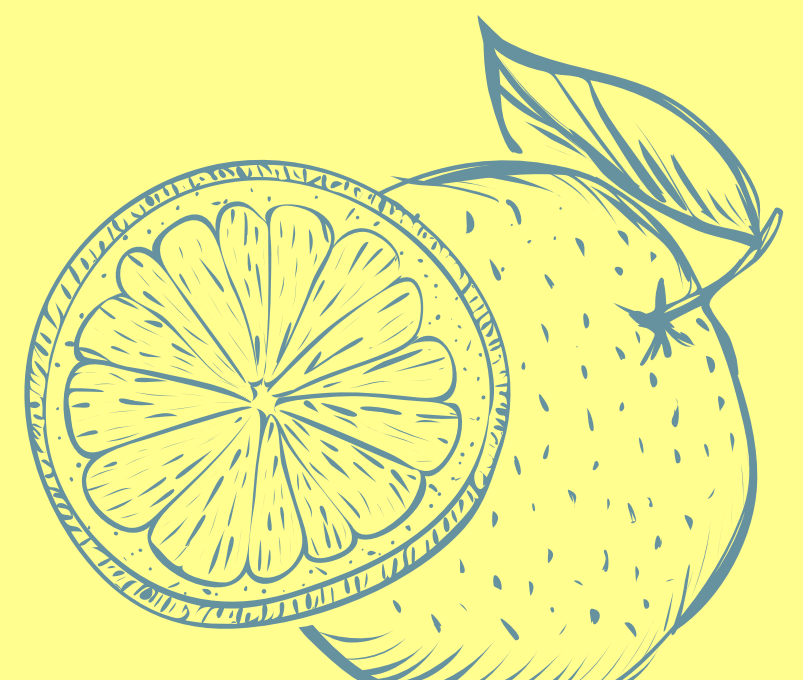
 **Diet**  
**CLINIC** Powered by  
Harpreet Pasricha  
The Chain of Weight loss & Wellness clinic

 +91 8411935933

 [dietclinic.hp@gmail.com](mailto:dietclinic.hp@gmail.com)



**By Nutritionist Harpreet Pasricha**





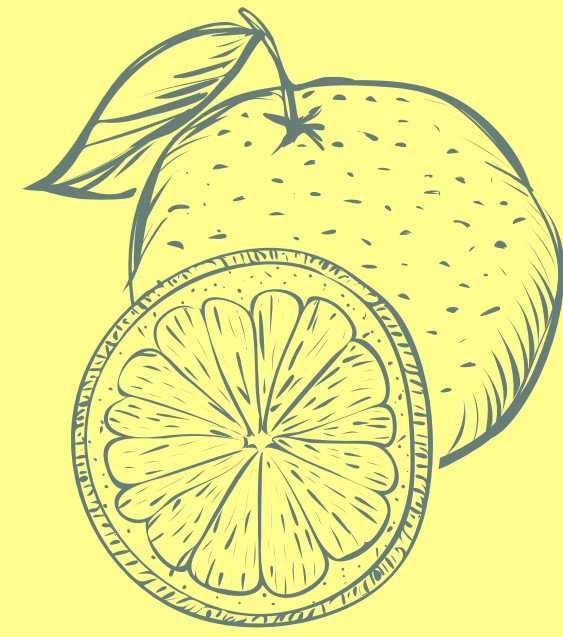


## **Refreshing Summer Drinks to Replenish Electrolytes, Boost Energy & Stay Light**

**These drinks are low in calories, natural, and rich in electrolytes to keep you hydrated and energized during the summer heat!**







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## COCONUT WATER WITH A TWIST

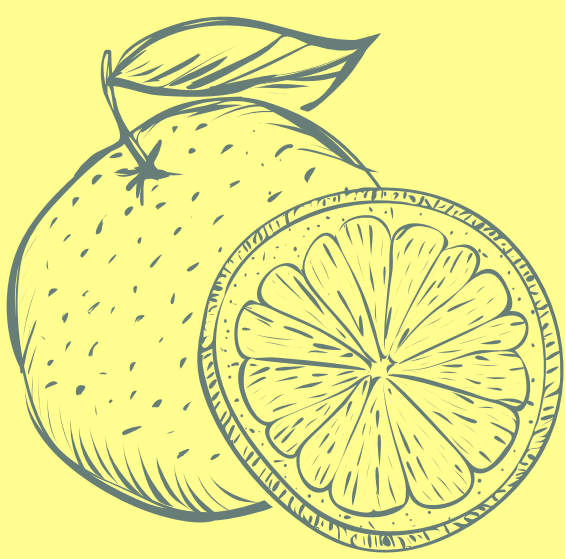
**In coconut water, add  
a pinch of pink salt +  
few mint leaves +  
squeeze of lemon for  
extra hydration**

## CHIA LEMON COOLER

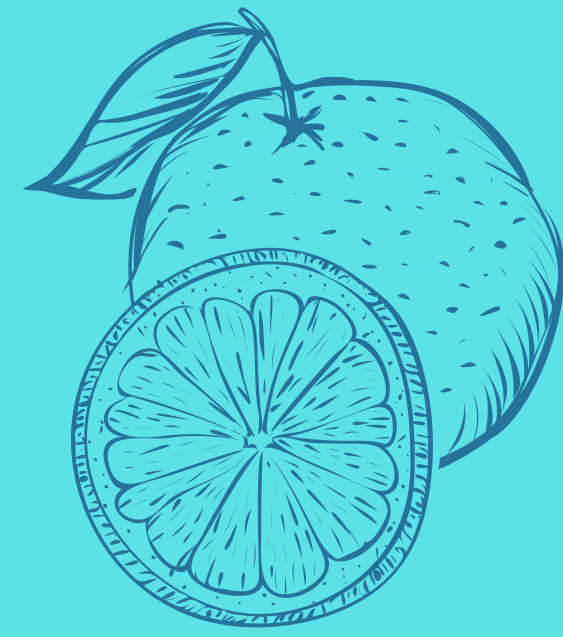
- Soak 1 tsp chia seeds in water for 15 min
- Add lemon juice + pink salt
- Stir well and enjoy for a cooling effect



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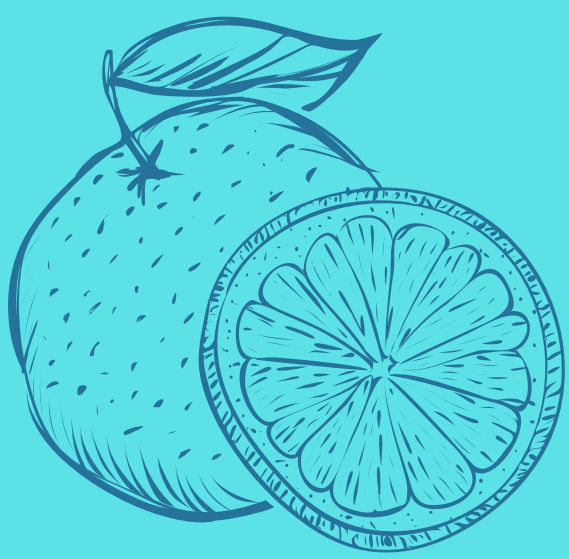


## BUTTERMILK (CHAAS)

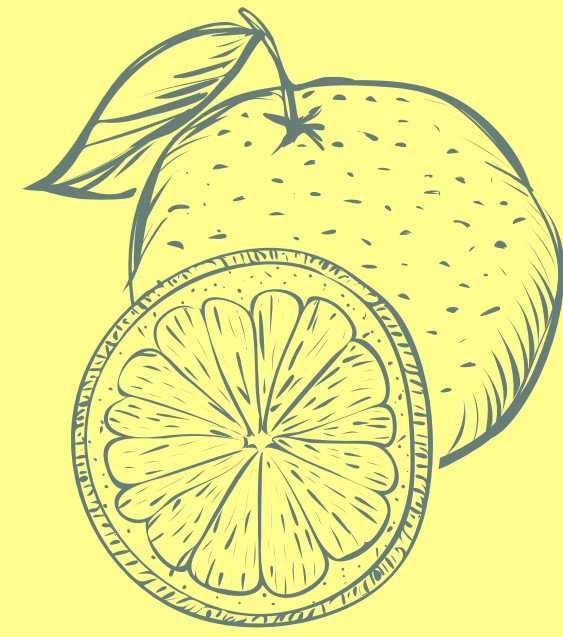
Blend curd + water +  
pinch of cumin powder  
+ mint + rock salt  
A probiotic-rich, gut-  
friendly summer drink

## WATERMELON ELECTROLYTE DRINK

Blend watermelon  
chunks + few mint  
leaves + pinch of rock  
salt + lime  
Strain and enjoy (No  
need for added sugar)







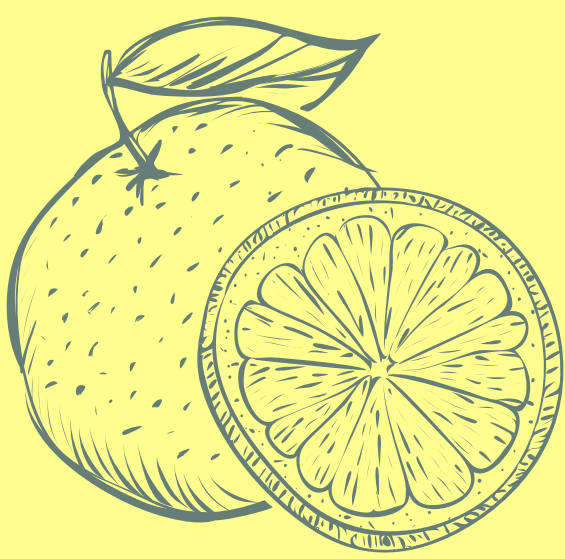
## SATTU COOLER

**Mix 1 tbsp sattu (roasted gram flour) in water  
Add lemon juice + pinch of  
black salt + cumin powder  
Stir well – high in protein  
and cooling for the body**

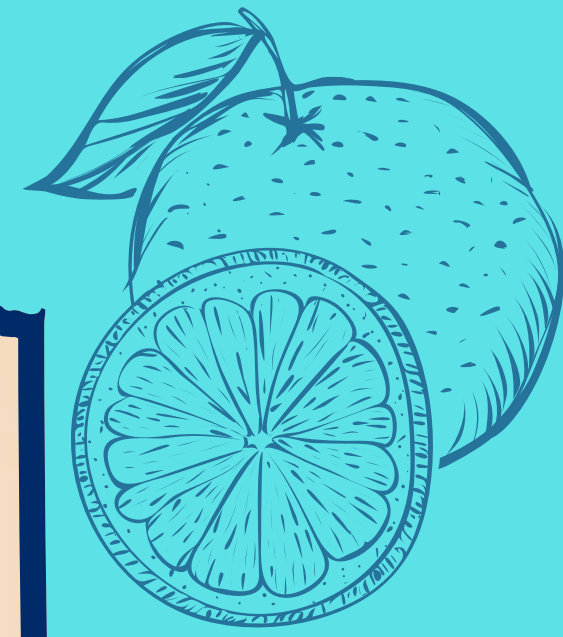


## CUCUMBER MINT JUICE

**Add cucumber slices +  
mint leaves + lemon  
juice and grind together  
Add pinch of pink salt /  
jeera powder – super  
hydrating and refreshing**







## **KOKUM SHERBET (COOLING AND DIGESTIVE DRINK)**

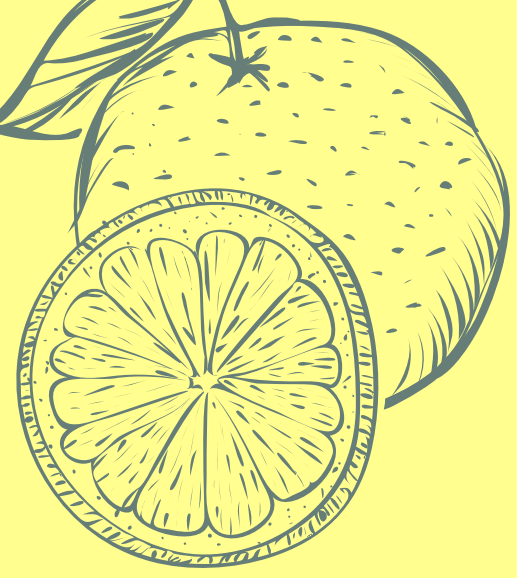
### **INGREDIENTS:**

- 8-10 dried kokum petals (or 2 tbsp kokum extract)
- 1 tbsp jaggery or stevia (adjust as per taste)
- 1/2 tsp roasted cumin powder
- 1/4 tsp black salt
- 2 cups chilled water
- Few mint leaves (optional)

### **METHOD:**

- Soak dried kokum in warm water for 30 minutes, then mash and strain the liquid. (If using kokum extract, skip this step).
- Add jaggery/stevia, cumin powder, and black salt. Stir well.
- Pour into a glass, add mint leaves, and serve chilled!





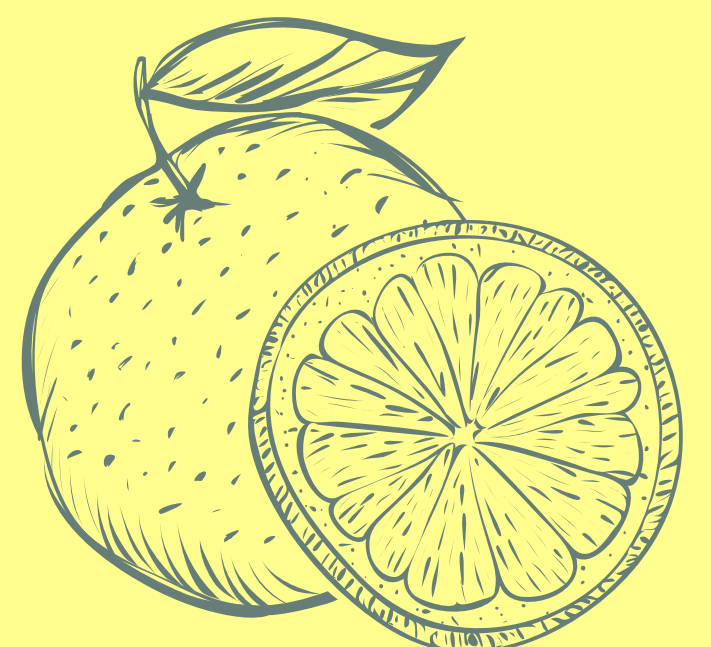
**VARIYALI  
(SAUNF/FENNEL)  
SHARBAT (COOLING &  
DETOXIFYING)**

**INGREDIENTS:**

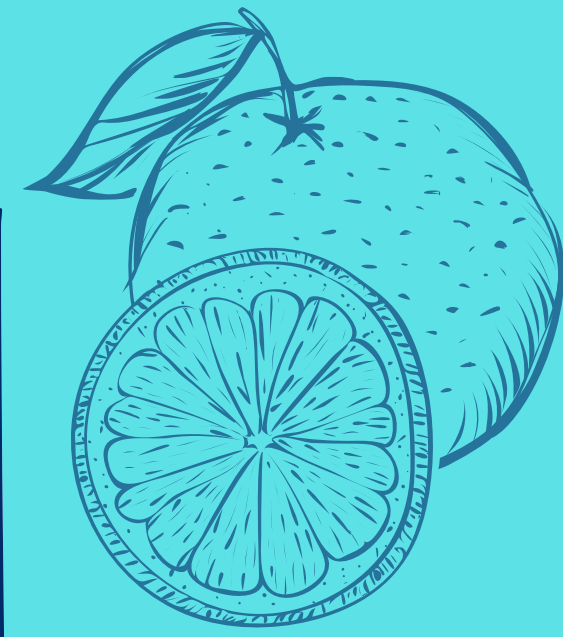
- 2 tbsp fennel seeds (saunf)
- 1 tbsp mishri (rock sugar) or stevia
- 2 cups water
- 1/4 tsp cardamom powder (optional)
- Few ice cubes (optional)

**METHOD:**

- Soak fennel seeds and mishri in water overnight.
- Blend and strain the mixture.
- Add cardamom powder (optional) and serve chilled.







## PAAN DRINK

### INGREDIENTS:

- 4-5 paan leaves
- 1 tsp fennel seeds
- 1 cup coconut water
- 1 tbsp lemon juice
- 1/2 tsp black salt
- Ice cubes

### METHOD:

Wash the paan leaves thoroughly and chop them into small pieces. In a blender, add the chopped paan leaves and fennel seeds with some water. Blend until they form a smooth paste. Strain the blended paan and fennel seed mixture through a fine sieve into a glass. Add coconut water, lemon juice, black salt, to paan fennel mix well. Stir well & serve cold. Enjoy your refreshing Summer Refresher with a unique twist!





**HARPREET PASRICHA**  
Diet Consultant & Nutritionist

***FOR AN ABUNDANCE OF SUCH DELIGHTFUL & APPETIZING RECIPES, CONNECT WITH US***



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