

# Sunshine Bites

STAY COOL AND HEALTHY THIS SUMMER!

It's the peak of summers across India and UAE and temperatures are soaring. What effect does the rising temperature have on our body? Every organ in our body- heart, brain, liver, kidney is temperature sensitive, and our body does a really good job of regulating the right temperature. But sometimes the heat gets a bit too much and conditions like heat stroke are real and can cause a lot of damage.

Here are top summer coolers for you to explore this summer season:

## KOKUM COOLER: BEAT THE HEAT!

### Ingredients:

1. Dried kokum (unsalted) - 6-8 pieces
2. Pink salt - to taste
3. Hing (asafoetida) - a pinch.
4. Green chilies (crushed) - 1/2 tsp - optional
5. Curry leaves - 3-4 leaves
6. Thin coconut milk - 1 cup
7. Cumin seeds - 1/2 tsp
8. Grated ginger - 1/2 tsp
9. Crushed garlic (optional)



### INSTRUCTIONS

1. Soak kokum in warm water or normal water for a few minutes and later extract the kokum water.
  2. Transfer the kokum water in a bowl and add coconut milk, pink salt, hing and mix it well.
  3. Take freshly crushed green chilies, ginger and garlic in a strainer and dip it in kokum water, to extract its flavors.
  4. Now add little coconut oil in a pan for tempering. When the oil is hot enough, add cumin seeds, curry leaves and mix it in the kokum mixture.
- Adjust the consistency so that it is not too sour. Avoid reheating it. Just refrigerate if you want to store and remove an hour prior consumption. You can garnish it with freshly powdered flax seeds.

Notes: This drink acts as a coolant; aids digestion and many people drink Sol Kadhi/kokum coolant after eating a heavy meal. It is used for treating skin rashes and prickly heat as it has cooling properties. The leaves, roots, bark, fruits, seeds, shells of the kokum tree - all hold medicinal value. Sip slow and enjoy this tummy pacifier.

## SABJA SURPRISE: REFRESH AND REVIVE!



### Ingredients:

- 1.Lemon - 2 (Juiced)
- 2.Sabja seeds - 1/2 tsp
- 3.Jaggery powder - 1 tsp or to taste or honey as per availability
- 4.Ginger - an inch grated
- 5.Mint leaves - 8
- 6.Water - 2 glasses

### INSTRUCTIONS

- 1.Soak sabja seeds with little water for 10 min.
- 2.Juice the lemons.
- 3.Grate or crush the ginger & mint.
- 4.Crush in a pestle; or grate it with a grater.
- 5.Add all ingredients into water with jaggery powder/honey.
- 6.Mix well.
- 7.Serve it and serve with 1/2 tsp of the sabja seeds.

## STRAWBERRY CHIA COOLER

### Ingredients: (Serves 4)

1. Cucumber - 4 cups (peeled and chopped finely)
2. Strawberries chopped into small pieces - 3 cups
3. Coconut water - 3 cups
4. Chia seeds pre-soaked - 3/8 cup
5. Basil leaves to garnish

Total preparation time 10-15 minutes



## INSTRUCTIONS

1. Combine the coconut water, cucumber in a blender blend until well combined, about 20 seconds.
2. Now add chia seeds and give it a blend again.
3. Lastly remove it in a glass and add the chopped strawberries.
4. Give it a stir.
5. Garnish with Basil leaves and serve.

## **SATTU COOLER: POWER UP YOUR SUMMER!**



### Ingredients: (Serves 2)

1. Roasted Gram Flour (sattu) - 50 gms
2. Mint leaves (Pudina) - 4 (finely chopped)
3. Coriander (Dhania) Leaves - 2 tablespoons (finely chopped)
4. Green Chilli - 1 (finely chopped, optional)
5. Lemon juice - 1 tablespoon
6. Cumin powder (Jeera) - 1/2 teaspoon
7. Black Salt (Kala Namak) - 1/2 teaspoon
8. Chilled water - 3 cups
9. Salt - to taste

## INSTRUCTIONS

1. In a bowl, add the sattu flour.
2. To this, add the rest of the ingredients including pudina leaves, coriander leaves, green chilli, lemon juice, roasted cumin powder, black salt, and mix well after adding water.
3. Stir until the drink is uniform and without any lumps.
4. You can do this with a spoon or use a handheld buttermilk churner/whisk.
5. Pour it into the tall glasses and serve.

## Get Moving and Stay Active!

Keeping active and exercising are viewed to lose weight by many people. However, it plays an important role in the wellbeing of your body.

HERE ARE DIFFERENT TYPES OF PHYSICAL ACTIVITIES TO  
KEEP YOUR BODY ACTIVE



## AEROBIC/CARDIOVASCULAR PHYSICAL ACTIVITY

Pump up your heart rate with fun activities like walking, jogging, dancing, or biking. Keep your heart and lungs fit while having a blast!

## MUSCLE-STRENGTHENING ACTIVITY

Build your muscles with activities like lifting weights, carrying groceries, or even lifting your younger siblings!



## FLEXIBILITY TRAINING

Stay flexible and prevent injuries with stretching exercises. Yoga is a perfect way to improve your flexibility and feel more relaxed.

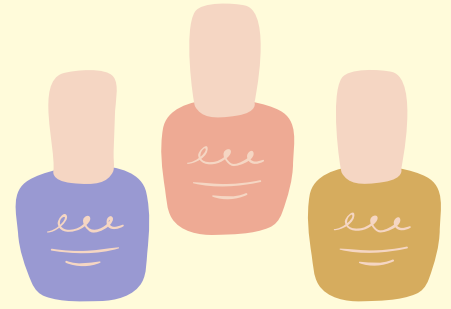
## BALANCE TRAINING

Improve your balance and stability with fun exercises like standing on one foot, walking heel to toe, or using a balance board.



# CRAFT TIME

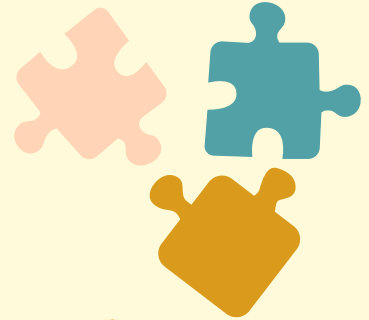
**NAIL ART:** Unleash your creativity on your nails! Try out different colors and patterns and check out fun YouTube tutorials for new ideas.



**SCRAPBOOK AND JOURNALING:** Turn your old photos and memories into beautiful scrapbooks. Journaling is a great way to express your thoughts and feelings.



**PUZZLES:** Challenge yourself with puzzles! It's a great way to take your mind off things and feel a sense of accomplishment when you complete them.



**KNITTING OR CROCHET:** Keep your hands busy with knitting or crocheting. It's relaxing, and you can create awesome gifts for your friends and family.



**SQUISHY STUFF:** Make and play with homemade playdough! It's fun, stress-relieving, and not just for kids.



Stay cool, stay healthy, and have an amazing summer! Remember, your body and mind need to relax just as much as you do. Until next time, keep sipping those coolers and stay active!