

Make your own

Natural Flavored Water



By Rani Iyer



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Water

Getting enough plain water is surprisingly difficult. With the availability of soda, bottled juice and sugary drinks, people fill up without drinking plain water.

Thousands of people get by without tasting any water for months! In some places, the quality of water is so bad that people cannot drink water from the tap anymore.

Of all the unique ingredients and food we eat and drink, nothing is comparable to water. We must find ways to drink more water.

Water sustains life. Water is the divine gift for producing life on the Earth. For human beings, water is also important in many ways. Water plays an important role in our physiological, psychological, and social lives. We need water to digest and move waste out of our body. Bathing in warm water relaxes us. Soaking in a tub of warm water gives our muscles a lot of rest and relaxation. Get to know about the physiological role and importance of water in this booklet.



Water, when absorbed by the body, performs several important functions. It

- a. Increases stamina
- b. Increases the glow of skin
- c. Prevents constipation
- d. Cools your body
- e. Helps in digestion
- f. Detox your body

Water is the only zero calorie drink there is! Enjoy water!

This booklet contains some recipes that will help you to make your own drink. There biggest advantage is you spend a fraction of the cost and you can make it as many times as you want.





1. Jaggery water



You need:

4 cups of cool water

6 tablespoons Jaggery

1 teaspoon lemon juice

$\frac{1}{4}$ teaspoon dry ginger powder

1 pinch salt

1 pinch pepper

Combine all the ingredients in the pitcher in the same order and stir well. Chill or drink at room temperature.

Jaggery is made from unrefined cane sugar or palm sugar. Ask for cane or palm sugar block in any Indian store or oriental store.





2. *Mint flavored water*



You need:

5 cups water

1 teaspoon cumin seeds

6 teaspoon fresh mint, chopped

1 pinch of salt

On a stove top, warm the water in a metal vessel until it bubbles at the bottom (about 2-3 minutes). Do not boil the water. Turn off the heat and add cumin seeds, chopped mint and salt. Cover the vessel and let the water cool before drinking it. Tastes good warm or cool.



3. *Ginger-pepper water*



You need:

4 cups of cool water

1 tablespoon sugar

2 pinch salt

$\frac{1}{2}$ teaspoon dry ginger powder

$\frac{1}{4}$ teaspoon black pepper powder

Combine all ingredients in the same order in a clean bottle. Shake well. Your flavored water is ready!



4. *Clove flavored water*



You need:

5 cups water

5 clove heads

1 teaspoon raisins

On a stove top, warm the water with clove heads and clove heads in a metal vessel until it bubbles at the bottom (about 2-3 minutes). Do not boil the water. You can drink the water warm or cool.



5. *Lemon-ginger water*



You need:

4 cups cold water

2 teaspoon zest of lemon/ lime

2 teaspoon fresh ginger, grated

1 pinch salt

Combine all ingredients in the same order in a pitcher. Stir well to mix all the ingredients. Let the mixture sit for 20 minutes before serving.

About the Author

Rani Iyer is a lifelong vegetarian who loves to cook. In 2009, she founded *Dine for Charity*, a regular gastronomic gathering that brought together the community to enjoy delicious vegetarian meals while raising funds for a free women and children's hospital in rural India. She has taught cooking classes for five years and knows that busy people need easy, nutritious meals to make in just a few minutes. This is her first vegan cookbook collection.

Forthcoming releases—

- No-Cook Vegan Cookbook
- Easy, Everyday Veggie Salads You Can Make
- 20 Best, Hearty and Bold Chutneys
- A complete guide to 20-course vegetarian meal
- Easy gluten-free recipes for the festive season
- The secrets of cooking heirloom grains

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