

Healthy drinks for hot weather ©

Boosted by Facebook posts in the **Waverley Healing Wheel** on the delights of an infused water flask, I thought that it would be good to have some ideas on how to make our drinks a little healthier in the hot weather. If you're reading this with wet and cold conditions outside, I apologise, but just think back to the last warm days.

However, before we get to the healthy bit, here's a natural way to deter those gnats and midges, if you're sitting on a balcony or patio in the evening. OK, you can use spray repellents, but some of the chemical ingredients can do more harm than good and cause skin rashes as well – in which case, you'll need our calendula salve to stop the rash!

So which substances succeed at deterring gnat and midges? Well, the best ones are citrus fruits (peel), citronella essential oil (made from lemon grass) and lemon eucalyptus essential oil. Actually, if you're on holiday in warmer places, these oils will also repel mosquitoes. So, this is how you can make a good evening insect repellent.

What you will need:

- Two large glass jars, eg mason jars from places like IKEA or Amazon
- 10 drops of either lemon eucalyptus essential oil or citronella essential oil
- 1 lemon, sliced
- 1 lime, sliced
- 4 rosemary sprigs
- Floating candles.

What you need to do:

- Add even amounts of lemon and lime slices to each jar.
- Put 2 sprigs of rosemary into each jar.
- Fill each jar to about three-quarters with water.
- Add 10 drops of the essential oil to each jar.
- Add 2-3 candles to each jar.
- To activate the repellent, just light the candles.

And so, to drink!

One point to note here is that, although a drink is full of fruit, that doesn't mean it is low in sugar. Many fruits are full of natural sugars and someone who wants a low-fat and a low-sugar drink should **beware** of:

- ✚ Bananas – 3ozs of bananas contains 10.1g of sugar
- ✚ Cherries
- ✚ Pomegranates
- ✚ Grapes
- ✚ Figs.

Fruits that are [low in natural sugars](#) include:

- ✚ Olives
- ✚ Avocados
- ✚ Limes, lemons and oranges
- ✚ Kiwi fruit
- ✚ Cranberries
- ✚ Peaches
- ✚ Raspberries
- ✚ Blackberries
- ✚ Strawberries
- ✚ Grapefruit

Note: rhubarb is also very low in natural sugars.

[Fresh cucumber and lime drink](#)

- 1 lime
- 2 cucumbers
- 1 big orange
- Honey, to sweeten if required
- Fresh mint leaves, according to taste
- 1 litre sparkling water

Puree one cucumber in a blender and slice the other one into circles
Squeeze the juice out of the orange and lime
Mix together the cucumbers, juice and honey in a large jug
Add the sparkling water and garnish with fresh mint leaves.

[Fruit-infused water](#)

If you're tired of drinking water, why not try fruit-infused water? It tastes good and is made with only healthy ingredients, ie it's both vegan and gluten-free.

- 1 sliced orange
- 6 sliced strawberries
- 10 mint leaves
- 1 litre water

Place the sliced fruits and the mint leaves in a glass jar
Pour in the water and refrigerate for at least 1-2 hours (or even overnight).
Tip: a longer time in the refrigerator means more flavour for the water.

[Detox green juices](#)

Another vegan and gluten-free drink, a green juice is good to clean out and detox your system. Organic produce is better, but if you can't afford it, don't worry. All fruit and veg should be washed and peeled first. You can make big batches of juice and drink it throughout the day (although fresh juice tastes better and has more vitamins) or even freeze it.

2 red apples (peeled, if non-organic)
Half a pineapple and 2 lemons
90g spinach (on your first time, it's recommended that 30g is plenty)

Peel the pineapple and the lemons
Chop all the fruit
Put everything through a juicer or blender
Strain the juice for a better texture (optional) and run pulp through the blender again.

Strawberry and fresh mint drink

1 lemon
1 lime
10 fresh mint leaves
8 strawberries
1 litre sparkling water
100ml hot water
Ice

Juice half the lime and half the lemon in a jar and drop in the peels
Cut the strawberries into halves
Add the strawberries and herbs to the jar
Pour in hot water
Let the fruit and herbs infuse for a while to give extra flavour
Remove the peel and let the drink cool
Slice the remaining lemon and lime halves into thin circles
Add the sparkling water and ice
Garnish the jar with the lemon and lime circles.

Pear and sage drink

10 fresh sage leaves
1 lime and 1 pear
250ml pear juice (fresh or tinned)
250ml sparkling water
Ice

Wash all the ingredients
Slice the lime into circles, cut the pear into cubes and mash the sage with a fork
Place them in a jug and crush the ice
Add the crushed ice, pear juice and sparkling water
Mix well and refrigerate, if required.

Lemon energy fizz

5 lemons
1 litre sparkling water
10 mint leaves
Ice

Squeeze the juice from 4 lemons
Slice the last lemon into thin circles
Mix the lemon juice and sparkling water in a jar
Add ice and mint leaves
Leave to infuse for a short while.

Summer apple and lemon drink

1 litre apple juice (fresh or packaged)
10 mint leaves
100ml lemon juice
1 lemon
Ice

Slice the lemon into thin circles
Mix the apple and lemon juices in a jug
Add the mint leaves
Add ice and garnish with the lemon circles
Leave to infuse for a short while

Slimmer's cucumber elixir

Wash all ingredients
1 cucumber and 1 lemon
A bunch of parsley
1 tbsp grated ginger root
1 tbsp aloe vera juice
Half a glass of water

Juice all the listed ingredients
Drink before going to bed
Continue this routine for a month and then take a break of one week
If needed, then start the cycle again.

Simple banana milk

This one is neither low in fat nor free from natural sugars, but it is vegan and gluten-free too. This drink is made using plant milk, but not the normal cereals or pulses – just bananas and water. Extra sweetener is optional, eg a little honey or some dates.

2 peeled bananas
1 litre water
4 dates or 2 tsp honey
1 tsp vanilla extract (optional)
180g ice

Blend all the ingredients in a blender until smooth.
Drink within 2 days or at once!

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