



Indian Lemonade Recipe

Priscila · 01/25/2024



Prep Time

5 min.

Dificult

Easy

Servings

3

Description

Avocado, Basil, and Lemon Indian Lemonade: A Unique Blend of Refreshment and Health Benefits Avocado, basil, and lemon Indian lemonade is a distinctive combination that not only promises to satisfy your palate but also offers a range of health benefits. This exotic recipe brings together fresh and vibrant ingredients, creating a refreshing and nutritious beverage.

Health Benefits: Rich in Nutrients: Avocado is an excellent source of healthy fats, fiber, vitamins, and minerals. It contributes to heart health, skin vitality, and eye well-being.

Powerful Vitamin C: Lemon is renowned for being a rich source of vitamin C, strengthening the immune system, promoting skin health, and combating free radicals.

Antioxidant Properties: Basil is packed with antioxidants that help protect cells from damage caused by free radicals, contributing to overall body health.

Refreshing Hydration: In addition to its nutritional benefits, Indian lemonade provides refreshing hydration, making it a perfect choice for warm days.

Promotes Satiety: Thanks to the fiber content of avocado, this lemonade can help promote a feeling of satiety, making it a healthy choice for those looking to maintain or lose weight.

Indulge in this delicious and rejuvenating blend to elevate your hydration experience to new heights. This Indian lemonade not only tantalizes your taste buds but also nourishes your body with essential vitamins, minerals, and antioxidants.

Ingredients

- 500ml cold water
- 3 tablespoons ripe avocado
- 10 basil leaves
- Juice of one lemon
- Sugar or sweetener to taste
- Ice cubes

Instructions

1. In a blender combine the cold water ripe avocado basil leaves and lemon juice. Blend until you achieve a smooth and homogeneous mixture.
2. Taste the mixture and if needed sweeten it or adjust the quantities of other ingredients to suit your preference.
3. Serve the Indian Lemonade with ice cubes.