

# INCREDIBLE FOOD HACKS TO KEEP YOU HEALTHY AND ENERGETIC THIS SUMMER

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## Incredible Food Hacks to Keep you Healthy and Energetic this Summer

Starting your weight loss journey and looking for healthy yet enjoyable recipes, hacks, and quick foods to begin with? This article will help you get through this summer easily and let you take care of your digestive health and manage weight at the same time.

### Top 5 Foods to Keep you Hydrated Initiate Weight Loss

Staying hydrated is the key to remaining healthy and fit during the scorching summers. It prevents the body from overheating and lets you sail easily through the summer heat. These foods will not only help you stay hydrated but will also promote weight loss and be enjoyable to eat.



**WATERMELON:** eating watermelon as a snack during summer can help you stay hydrated and work on your weight simultaneously. This amazing fruit will perfectly take care of your sugar cravings and since it is majorly composed of water, the process of digesting this fruit helps in burning more calories rather than adding to the system.

01

#### TRY THIS HEALTHY WATERMELON RECIPE

##### INGREDIENTS

- Watermelon puree
- Kiwi puree
- Ice lolly sticks
- Ice lolly Moulds

##### METHOD

- Strain the watermelon puree to make sure there are no seeds.
- Add it to the ice lolly mold and stick on the sticks.
- Freeze this for at least 3 hours.
- Pour a thin layer of kiwi puree on top of the frozen lollies and let them set for another hour.
- Enjoy these healthy and refreshing summer lollies with your family and kids to make the summers more enjoyable and creative.

01



**CUCUMBER:** Cucumber is another super hydrating and refreshing natural ingredient that is mostly water. This fresh vegetable may be consumed raw or could be added to salads and sandwiches.

02

#### TRY THIS HEALTHY CUCUMBER RECIPE

##### INGREDIENTS

- 2 sliced English cucumbers
- 1 sliced Red Onion
- 2 tbsp honey
- Water
- Lime juice
- Salt and pepper
- Dil leaves

##### METHOD

- Add the sliced veggies to a bowl
- Combine lime juice, honey, salt, and pepper and pour over the veggies.
- Sprinkle over the Dil leaves generously and cool the salad and serve.

02



**ZUCCHINI:** Zucchini belongs to the summer squash family and is another natural bounty that is rich in water content. This fiber-rich summer vegetable helps in managing cholesterol levels and promotes heart health.

03

#### TRY THIS HEALTHY ZUCCHINI RECIPE

##### INGREDIENTS

- 4 medium zucchini
- 2 tsp olive oil
- 1 cup of fresh corn
- Freshly chopped parsley
- Paprika powder
- Salt
- Cottage Cheese
- Lime juice

##### METHOD

- Slice the zucchini in half lengthwise and hollow it out using a spoon.
- Now combine olive oil, corns, some chopped parsley, salt, and paprika powder.
- Spread the mixture over the zucchini slice and top it with cottage cheese.
- Sprinkle over some parsley.
- Brush some olive oil over a baking sheet or parchment paper and place these zucchini slices over the tray.
- Preheat the oven to 160 degrees and roast the slices for about 5 minutes.
- Pull out the tray and serve hot after squeezing and finishing with some lime juice.

03



**BUTTERMILK:** buttermilk aids digestion and is extremely easy on the stomach. It also keeps the body hydrated due to the rich water content and cools down the body temperature by beating the summer heat. It helps in curbing acidity and is a healthy probiotic that improves gut health. Buttermilk can be used for making different Indian curries and not just as a summer drink.

04

#### TRY THIS HEALTHY BUTTERMILK RECIPE

##### INGREDIENTS

- cup rice
- cup moong dal
- Green peas
- Chopped carrot
- Chopped tomatoes
- 1 cup buttermilk
- tsp turmeric
- Salt - to taste
- Chilli powder - to taste
- Roasted cumin powder - tsp
- Asafoetida - pinch

##### METHOD

- Soak the rice and dal together in water for about 30 minutes.
- Add some ghee to a pressure cooker and add asafoetida and let it crackle.
- Add tomatoes to the pressure cooker and let them sizzle.
- Now add the combined rice and dal.
- Add the seasoning along with salt and add 2 cups of water.
- Lastly, add the remaining veggies and let the khichdi pressure cook for about 15 minutes.
- Now add the buttermilk once the pressure from the cooker is released.
- This will add texture, flavor, and depth to the khichdi and make it even lighter for your stomach to digest.

04



**HONEYDEW:** Another fruit that is rich in water content and low in fat and cholesterol. It is a quick and healthy source of energy and is packed with vitamins and minerals. It boosts digestion, and immunity and improves skin health.

05

#### TRY THIS HEALTHY HONEYDEW RECIPE

##### INGREDIENTS

- 8 bags of green or hibiscus tea
- A bowl of 1-inch watermelon pieces
- Thinly sliced honeydew melon

##### METHOD

- Boil about 4 cups of water.
- Add the green tea bags to the water.
- Let it brew for about 4 minutes and then remove the tea bags.
- Add the watermelon and honeydew slices to the tea concentrate and add 4 cups of cold water to it.
- Serve with ice and chunks of the melons.

05

We hope you enjoyed reading this article as much as we loved curating the tips, facts, and recipes for you. Good food equals a good mood and healthy life. So take good care of your body this summer by keeping it healthy and hydrated with these easy peasy nutrition hacks and recipes to keep your body active and fit this summer.