



Kokum Drink Recipe

A refreshing drink for the summer to help you cool down and stay hydrated naturally. It is pitta-pacifying according to Ayurveda. Kokkum is rich in anti-oxidants and has been used for reducing weight.

Ingredients:

- 2 Dates
- 1 Tbsp black raisins
- 2-3 pieces dry kokum*
- 1 tsp coriander seeds
- 1 tsp cumin seeds
- Pinch of black/Himalayan salt
- 3 cups of water

Soak spices and fruits overnight in pure water (room temperature is ok). Blend in the morning, strain and drink throughout the day. Drink 1-3 cups for hydration daily. You can modify this recipe if advised by your practitioner.

*Kokum fruit, (*Garcinia indica*) can be found in most Indian/Asian grocery stores. It is in the same family as mangosteen & *Garcinia cambogia*. The dried fruit can be stored and soaked in water to make this drink.