



LEMONGRASS & PEPPERMINT COOLER

Vata ↓*, Pitta ↓, Kapha ↓

Makes: 7 cups (about 56 ounces)

Cook Time: 15 min

Chill time: at least 6 to 8 hours

*May increase Vata in excess; Vata types should avoid during the fall and winter seasons

INGREDIENTS

- 8 cups filtered water
- 1/3 cup organic lemongrass, cut and sifted
- 1/4 cup organic peppermint, cut and sifted
- 2 to 4 tablespoons honey (optional)
- Lime wedges (optional for individual servings)

DIRECTIONS

1. Boil the water in a large pot.
2. Once boiling, turn the heat to a low simmer and add in the lemongrass and peppermint.
3. Stir well and cover, leaving a small crack. Steep here for 10 minutes.
4. Using a fine mesh strainer, strain the herbs into a heat-safe vessel with a very wide top. I often use my glass 8-cup measuring cup or another stainless steel pot. The extra wide opening makes it easier to strain into and allows the tea to cool faster than if you strain it directly into your ball jar.

NOTE: Even with a very fine mesh strainer you will likely get some tiny herbal sediment left in. If it bothers you or your family members, you may prefer to place a thick paper towel or cheesecloth over the strainer before straining.

5. Let cool here until it is slightly warm but not hot. Stir in honey (if using) until it is fully dissolved and evenly dispersed.
6. Poor the tea into a large glass jar with a lid. Finish the cooling process in the refrigerator. This will generally take 6 to 8 hours minimum but should be fully chilled by 12 hours.

7. Once chilled to your liking, pour into your favorite glass, add a squeeze of fresh lime (if using), and enJOY!!

NOTE: Since Ayurveda does not recommend drinking cold beverages, I always pour a glass and let it sit for about an hour or more before drinking. It is still slightly cool at this point (and very cooling) but not refrigerator-cold. Please avoid adding ice as this will hamper your digestion.

8. Drink 8 to 16 ounces at least once daily during the hot seasons (or anytime Pitta is elevated). It is a great way to stay cool and hydrated and prevent Pitta imbalance throughout the late Spring and summer months!