

Rehydration Drink

A RECIPE BY SVA AND VAIDYA MISHRA

ingredients

- 2 cups unchilled spring water
- 1/2 lime juice
- 1 tsp chopped fresh mint leaves
- 1-2 tsp organic sucanat sugar or other natural sugar, such as honey or raw cane sugar
- A pinch of Soma Salt
- A pinch toasted and ground whole cumin seeds



directions

- Lightly toast cumin seeds. You can make a batch of these in advance.
- Grind seeds to a powder.
- Combine water, mint, sweetener, salt and cumin.
- Blend in a shaker, blender or with a whisk.
- Add lime juice progressively and taste. Some limes are sweeter than others.
- Enjoy daily!

