

## Healthy Juice Recipes for Ramadhan

### 1) Moringa Revitalising Juice

**Description:**

This is good for burning fat and boosting energy.

**Ingredients:**

- 1 teaspoon Nurturing Remedies Moringa Powder
- 7 cups of Water
- 10 pcs. Lime or 1 Lemon

**Directions:**

1. Place Moringa Powder in boiling water.
2. Add sugar or honey to taste.
3. Let it cool and at the same time sediments will settle down, strain it and transfer to a pitcher.
4. Squeeze lemon or kalamansi into the juice.
5. Serve with Ice.

### 2) Revitalising Soya Molasses Juice

**Description:**

This is good for boosting energy and as a protein rich shake.

**Ingredients:**

- 4 tablespoon of Organic Soya powder
- 500ml of Water
- 3-5 pcs of dates
- 1 tablespoon blackstrap molasses
- 3 ice cubes

**Directions:**

1. Place all in blender and blend together
2. Let it cool and at the same time sediments will settle down, strain it and transfer to a pitcher.

### **3) Barley Water**

Preparation:

- Quick-and-easy: 1/2 cup of flakes or pearled barley can be simmered in 1 quart of water for twenty minutes.
- Long-and-intensive: 1 cup of whole or pearled barley is simmered in 3 quarts of water for up to 2 hours. About half the liquid should cook off. Some recipes call for only 1/2 hour cooking time. However, the longer the barley simmers and the more pinkish (and slimier) the water becomes, the more of the 'cream' will enter the water and the stronger the medicinal effect will be.
- If the barley water becomes too thick to drink comfortably, add in more water.
- When finished, remove from the stove and sieve off the water. The grain is now tasteless and can be thrown out.
- Add 1 tablespoon of fennel powder or steep 2 – 3 teaspoons of fennel seeds for ten minutes in the barley-water before drinking.
- The traditional recipe calls for fennel seed. I personally find that powdered fenugreek seed is tastier than fennel in barley-water.