

Zealous Passion Fruit Coconut Water

Passion fruit is a yellow or purple fruit that grows in warm tropical climate. As it ripens, the skin wrinkles to indicate a higher level of natural sweetness. When a passion fruit is cut open, the soft pulp holds a lot of edible seeds. It contains high levels of vitamin A, which is important for skin, vision, and the immune system; and vitamin C, which is an important antioxidant. It also has traces of potassium, magnesium, iron, and calcium. With a low glycaemic index, passion fruit contains plenty of dietary fibre that is crucial for regulating digestive system and keeping the gut happy.

3 to 5 ripe passion fruits
1 fresh coconut with pulp
500 ml drinking water
ice cubes (optional)

Cut the passion fruits into halves. Remove the fleshy pulp and seeds and put into a mixing bowl.

Pour coconut water into the mixing bowl.

Scrape the pulp of the coconut from the inside, cut the coconut pulp into small pieces, and add to the mixing bowl.

Ladle all ingredients in the mixing bowl. Stir well.

Add water and/or ice cubes, if required.

Serve in tall glasses with long spoons and/or reusable straws.

Gaze into the fruity concoction and sip calmly.

- ❧ If fresh coconut is unavailable, packaged coconut water may be used.
- ❧ Freshly brewed green tea is an excellent variation to water.
- ❧ Freshly squeezed orange juice is another awesome alternative.
- ❧ Bubbly spring water is a luxurious liquid for special occasions.
- ❧ You may blend the juice for a smoother texture.

Zesty Triple Citrus Juice

Oranges, clementines/tangerines, mandarin oranges, grapefruits, lemons, limes, and pomelos belong to the citrus family. Generally, they are rich in vitamins A and C and packed with antioxidants. These can help combat the formation of free radicals, which health experts believe give rise to cancer. The combination of fibre, choline, lycopene, potassium, and vitamin C, found in citrus fruits, could all contribute to heart health, regulate blood pressure, and prevent stroke. Citrus fruits have high levels of water and fibre. Both water and fibre aid to prevent constipation and promote regularity for a healthy digestive system.

This zesty concoction is a delightful beverage. For optimal fibre consumption and reduction of food waste, my preference is to consume both juice and pulp.

- 1 to 2 oranges, remove skin and cut into quarters
- 1 to 2 grapefruits, remove skin and cut into quarters
- 1 lemon, remove skin and cut into quarters (optional, 2 to 3 limes)
- 2 glasses of water (optional)
- ice cubes (optional)

Put all the citrus fruits into an electric blender. Blend until smooth.

Add 2 glasses of water and/or ice cubes, if preferred.

Serve in long glasses with long spoons and/or reusable straws. Observe your zesty refreshment and recharge with this uplifting experience.

