

# ONE BITE

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# *Easy Lime, Mint & Lemongrass Vegan Summer Cooler*

By Paroma Bhattacharya

**Serving Size:** 2 cups

**Ingredients:**

- 2 cups Water
- 3 tbsp fresh Mint Leaves
- 2 tsp fresh Lemongrass Leaves (chopped)
- 2 tsp Lime/Lemon Juice (freshly squeezed)
- 3 tsp Unrefined Brown Sugar (vegan)\*
- 5-6 Ice Cubes (optional)

**Instructions:**

1. Boil 2 cups of water. Add the fresh mint leaves and lemongrass to the hot water. Cover the bowl/vessel and let the flavors infuse for about 45 minutes – 1 hour.

2. Once the flavors have infused properly, add the lime/lemon juice and brown sugar to the infused water and stir well. Once the sugar has dissolved and the ingredients have been combined properly, place the bowl/vessel in the refrigerator. Let the infused mixture chill in the refrigerator for a minimum of 1 hour. The longer, the better. If you're in a hurry, you can also pop the bowl into the freezer, so that it cools down faster.

3. When you're ready to serve the cooler, pour the cold drink into glasses and add a few ice cubes (optional). Make sure you serve the drink with the infused mint and lemongrass leaves. There's something wonderful about feeling the minty freshness of the leaves on your lips, while



you sip this refreshing cooler. And voila! Your easy lime, mint and lemongrass vegan summer cooler is ready! Enjoy!

**Notes:**

\* You can also use Jaggery Powder or Maple/Agave Syrup, instead of Unrefined Brown Sugar. Adjust the quantity of the sweetener, according to your preference



## About the author...

**Paroma** is the author of Animagus Eats. She is a Ph.D. Management Student & Social Entrepreneurship Researcher by day & a Vegan Food Blogger by night. Originally from the vibrant city of Mumbai, India, she now lives in London.

Animagus (or Animagi) is a magical concept from Harry Potter. Her love for animals & passion for cooking (and a devotion to Harry Potter) have come together as Animagus Eats.

[Check out her website.](#)