

# Coffee and Drinks

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## 1. Classic Black Coffee

### Ingredients:

- 1 cup water
- 1-2 tsp coffee grounds

### Instructions:

1. Boil water.
2. Add coffee grounds to a filter or French press.
3. Pour hot water over the grounds and let it steep for 4-5 minutes.
4. Strain and serve.

Calories: ~2 kcal (per cup, without sugar or milk).

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## 2. Iced Coffee

### Ingredients:

- 1 cup brewed coffee (cooled)
- 1/2 cup milk or cream
- Ice cubes
- 1-2 tsp sugar (optional)

### Instructions:

1. Brew coffee and let it cool.
2. Fill a glass with ice cubes.
3. Pour coffee over the ice.
4. Add milk and sugar, then stir.

Calories: ~50 kcal (with milk and sugar).

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## 3. Latte

### Ingredients:

- 1 shot espresso (or 1/2 cup strong coffee)
- 1 cup steamed milk

- 1 tsp sugar (optional)

**Instructions:**

1. Brew espresso or strong coffee.
2. Steam milk until frothy.
3. Pour milk over the espresso.
4. Add sugar if desired.

**Calories:** ~120 kcal (with whole milk and sugar).

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#### **4. Cappuccino**

**Ingredients:**

- 1 shot espresso (or 1/2 cup strong coffee)
- 1/2 cup steamed milk
- 1/2 cup milk foam
- 1 tsp sugar (optional)

**Instructions:**

1. Brew espresso or strong coffee.
2. Steam milk and create foam.
3. Pour steamed milk over the espresso, then top with foam.
4. Add sugar if desired.

**Calories:** ~80 kcal (with whole milk and sugar).

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#### **5. Mocha**

**Ingredients:**

- 1 shot espresso (or 1/2 cup strong coffee)
- 1 cup steamed milk
- 1 tbsp chocolate syrup
- Whipped cream (optional)

**Instructions:**

1. Brew espresso or strong coffee.
2. Mix chocolate syrup with the espresso.

3. Add steamed milk and stir.
4. Top with whipped cream if desired.

Calories: ~200 kcal (with whipped cream).

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## 6. Flat White

### Ingredients:

- 1 shot espresso (or 1/2 cup strong coffee)
- 1 cup steamed milk (microfoam)

### Instructions:

1. Brew espresso or strong coffee.
2. Steam milk to create microfoam.
3. Pour milk over the espresso.

Calories: ~100 kcal (with whole milk).

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## 7. Espresso Macchiato

### Ingredients:

- 1 shot espresso
- 1 tsp milk foam

### Instructions:

1. Brew espresso.
2. Top with a dollop of milk foam.

Calories: ~5 kcal.

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## 8. Affogato

### Ingredients:

- 1 shot espresso
- 1 scoop vanilla ice cream

### Instructions:

1. Brew espresso.
2. Pour hot espresso over a scoop of vanilla ice cream.

Calories: ~150 kcal.

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### 9. Cold Brew Coffee

**Ingredients:**

- 1/2 cup coarsely ground coffee
- 2 cups cold water

**Instructions:**

1. Mix coffee grounds and water in a jar.
2. Steep in the fridge for 12-24 hours.
3. Strain and serve over ice.

Calories: ~5 kcal (without milk or sugar).

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### 10. Vietnamese Iced Coffee

**Ingredients:**

- 1/2 cup strong brewed coffee
- 2 tbsp sweetened condensed milk
- Ice cubes

**Instructions:**

1. Brew strong coffee.
2. Add sweetened condensed milk to a glass.
3. Pour coffee over the milk and stir.
4. Add ice cubes and serve.

Calories: ~120 kcal.

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### 11. Turkish Coffee

**Ingredients:**

- 1 cup water
- 1-2 tsp finely ground coffee
- Sugar (optional)

**Instructions:**

1. Add water, coffee, and sugar (if using) to a cezve (Turkish coffee pot).
2. Heat slowly until frothy, but do not boil.
3. Pour into a cup and let the grounds settle.

Calories: ~5 kcal (without sugar).

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## 12. Dalgona Coffee

### Ingredients:

- 2 tbsp instant coffee
- 2 tbsp sugar
- 2 tbsp hot water
- 1 cup milk

### Instructions:

1. Whisk coffee, sugar, and hot water until frothy.
2. Pour milk into a glass and top with the coffee foam.

Calories: ~150 kcal.

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## 13. Matcha Latte

### Ingredients:

- 1 tsp matcha powder
- 1/4 cup hot water
- 1 cup steamed milk
- 1 tsp honey (optional)

### Instructions:

1. Whisk matcha powder with hot water until smooth.
2. Add steamed milk and honey, then stir.

Calories: ~100 kcal.

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## 14. Chai Latte

### Ingredients:

- 1 cup water

- 1/2 cup milk
- 1 black tea bag
- 1 tsp sugar
- 1/4 tsp ground ginger, cinnamon, and cardamom

**Instructions:**

1. Boil water with spices and tea bag.
2. Add milk and sugar, then simmer for 5 minutes.
3. Strain and serve.

**Calories:** ~80 kcal.

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### **15. Hot Chocolate**

**Ingredients:**

- 1 cup milk
- 2 tbsp cocoa powder
- 1 tbsp sugar
- Whipped cream (optional)

**Instructions:**

1. Heat milk in a saucepan.
2. Whisk in cocoa powder and sugar.
3. Top with whipped cream if desired.

**Calories:** ~200 kcal.

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### **16. Green Tea**

**Ingredients:**

- 1 cup water
- 1 green tea bag

**Instructions:**

1. Boil water and let it cool slightly.
2. Steep the tea bag for 2-3 minutes.

**Calories:** ~0 kcal.

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### 17. Iced Tea

#### Ingredients:

- 1 cup brewed tea (cooled)
- Ice cubes
- 1 tsp sugar (optional)
- Lemon slice (optional)

#### Instructions:

1. Brew tea and let it cool.
2. Pour over ice and add sugar or lemon if desired.

Calories: ~10 kcal (with sugar).

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### 18. Lemonade

#### Ingredients:

- 1 cup water
- 2 tbsp lemon juice
- 1-2 tbsp sugar

#### Instructions:

1. Mix water, lemon juice, and sugar until dissolved.
2. Serve over ice.

Calories: ~50 kcal.

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### 19. Strawberry Smoothie

#### Ingredients:

- 1 cup strawberries
- 1/2 cup yogurt
- 1/2 cup milk
- 1 tbsp honey

#### Instructions:

1. Blend all ingredients until smooth.

2. Serve chilled.

Calories: ~150 kcal.

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## 20. Mango Lassi

### Ingredients:

- 1 cup mango pulp
- 1/2 cup yogurt
- 1/2 cup milk
- 1 tsp sugar (optional)

### Instructions:

1. Blend all ingredients until smooth.
2. Serve chilled.

Calories: ~180 kcal.

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## 21. Banana Smoothie

### Ingredients:

- 1 banana
- 1/2 cup milk
- 1/2 cup yogurt
- 1 tsp honey

### Instructions:

1. Blend all ingredients until smooth.
2. Serve chilled.

Calories: ~200 kcal.

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## 22. Chocolate Milkshake

### Ingredients:

- 1 cup milk
- 2 scoops chocolate ice cream
- 1 tbsp chocolate syrup



**Instructions:**

1. Blend all ingredients until smooth.
2. Serve chilled.

**Calories: ~300 kcal.**

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**23. Vanilla Milkshake**

**Ingredients:**

- 1 cup milk
- 2 scoops vanilla ice cream

**Instructions:**

1. Blend all ingredients until smooth.
2. Serve chilled.

**Calories: ~250 kcal.**

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**24. Strawberry Milkshake**

**Ingredients:**

- 1 cup milk
- 2 scoops strawberry ice cream
- 1/4 cup fresh strawberries

**Instructions:**

1. Blend all ingredients until smooth.
2. Serve chilled.

**Calories: ~280 kcal.**

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**25. Watermelon Juice**

**Ingredients:**

- 2 cups watermelon chunks
- 1 tsp lime juice
- Mint leaves (optional)

**Instructions:**

1. Blend watermelon chunks until smooth.
2. Add lime juice and mint leaves, then serve chilled.

Calories: ~50 kcal.

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## 26. Pineapple Juice

### Ingredients:

- 2 cups pineapple chunks
- 1/2 cup water
- 1 tsp sugar (optional)

### Instructions:

1. Blend pineapple chunks and water until smooth.
2. Add sugar if desired, then serve chilled.

Calories: ~100 kcal.

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## 27. Orange Juice

### Ingredients:

- 2-3 oranges (juiced)
- 1 tsp sugar (optional)

### Instructions:

1. Juice the oranges.
2. Add sugar if desired, then serve chilled.

Calories: ~110 kcal.

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## 28. Apple Cider

### Ingredients:

- 2 cups apple juice
- 1 cinnamon stick
- 1/4 tsp ground cloves

### Instructions:

1. Heat apple juice with cinnamon and cloves.

2. Simmer for 5-10 minutes, then serve warm.

Calories: ~120 kcal.

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### 29. Mulled Wine

#### Ingredients:

- 1 bottle red wine
- 1 orange (sliced)
- 2 cinnamon sticks
- 3-4 cloves
- 1/4 cup sugar

#### Instructions:

1. Combine all ingredients in a pot.
2. Simmer for 15-20 minutes (do not boil).
3. Serve warm.

Calories: ~200 kcal (per glass).

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### 30. Hot Toddy

#### Ingredients:

- 1 cup hot water
- 1 tbsp honey
- 1 tbsp lemon juice
- 1 shot whiskey (optional)

#### Instructions:

1. Mix hot water, honey, and lemon juice.
2. Add whiskey if desired, then serve warm.

Calories: ~100 kcal.

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### 31. Mojito (Non-Alcoholic)

#### Ingredients:

- 1/2 cup soda water

- 1 tbsp lime juice
- 1 tsp sugar
- Mint leaves
- Ice cubes

**Instructions:**

1. Muddle mint leaves with sugar and lime juice.
2. Add ice and soda water, then stir.

**Calories:** ~30 kcal.

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### **32. Virgin Pina Colada**

**Ingredients:**

- 1/2 cup pineapple juice
- 1/4 cup coconut milk
- Ice cubes

**Instructions:**

1. Blend all ingredients until smooth.
2. Serve chilled.

**Calories:** ~150 kcal.

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### **33. Cucumber Mint Cooler**

**Ingredients:**

- 1 cucumber (peeled and chopped)
- 1/2 cup water
- 1 tbsp lime juice
- Mint leaves
- 1 tsp sugar (optional)

**Instructions:**

1. Blend cucumber, water, lime juice, and mint leaves.
2. Add sugar if desired, then serve chilled.

**Calories:** ~30 kcal.

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### 34. Ginger Lemonade

#### Ingredients:

- 1 cup water
- 2 tbsp lemon juice
- 1 tsp grated ginger
- 1-2 tbsp sugar

#### Instructions:

1. Mix all ingredients until sugar dissolves.
2. Serve over ice.

Calories: ~50 kcal.

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### 35. Coconut Water

#### Ingredients:

- 1 cup fresh coconut water

#### Instructions:

1. Serve chilled.

Calories: ~45 kcal.

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### 36. Almond Milk

#### Ingredients:

- 1 cup almonds (soaked overnight)
- 4 cups water
- 1 tsp honey (optional)

#### Instructions:

1. Blend almonds and water until smooth.
2. Strain through a cheesecloth.
3. Add honey if desired, then serve chilled.

Calories: ~60 kcal.

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### 37. Oat Milk

#### Ingredients:

- 1 cup rolled oats
- 4 cups water
- 1 tsp vanilla extract (optional)

#### Instructions:

1. Blend oats and water until smooth.
2. Strain through a cheesecloth.
3. Add vanilla if desired, then serve chilled.

Calories: ~120 kcal.

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### 38. Turmeric Latte (Golden Milk)

#### Ingredients:

- 1 cup milk
- 1/2 tsp turmeric powder
- 1/4 tsp cinnamon
- 1 tsp honey

#### Instructions:

1. Heat milk with turmeric and cinnamon.
2. Add honey, then serve warm.

Calories: ~150 kcal.

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### 39. Beetroot Juice

#### Ingredients:

- 1 beetroot (peeled and chopped)
- 1/2 cup water
- 1 tsp lemon juice

#### Instructions:

1. Blend beetroot and water until smooth.
2. Add lemon juice, then serve chilled.

Calories: ~50 kcal.

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#### 40. Carrot Juice

##### Ingredients:

- 2 carrots (peeled and chopped)
- 1/2 cup water
- 1 tsp lemon juice

##### Instructions:

1. Blend carrots and water until smooth.
2. Add lemon juice, then serve chilled.

Calories: ~60 kcal.

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#### 41. Tomato Juice

##### Ingredients:

- 2 tomatoes (chopped)
- 1/2 cup water
- 1 tsp lemon juice
- Salt and pepper to taste

##### Instructions:

1. Blend tomatoes and water until smooth.
2. Add lemon juice, salt, and pepper, then serve chilled.

Calories: ~40 kcal.

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#### 42. Cucumber Lemon Water

##### Ingredients:

- 1 cucumber (sliced)
- 1 lemon (sliced)
- 1 liter water

##### Instructions:

1. Add cucumber and lemon slices to water.

2. Let it infuse for 1-2 hours, then serve chilled.

Calories: ~10 kcal.

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#### 43. Mint Lemon Water

##### Ingredients:

- 1 liter water
- 1 lemon (sliced)
- 5-6 mint leaves

##### Instructions:

1. Add lemon slices and mint leaves to water.
2. Let it infuse for 1-2 hours, then serve chilled.

Calories: ~10 kcal.

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#### 44. Hibiscus Tea

##### Ingredients:

- 1 cup water
- 1 tbsp dried hibiscus flowers
- 1 tsp honey (optional)

##### Instructions:

1. Boil water and steep hibiscus flowers for 5-10 minutes.
2. Add honey if desired, then serve hot or chilled.

Calories: ~10 kcal.

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#### 45. Chamomile Tea

##### Ingredients:

- 1 cup water
- 1 chamomile tea bag
- 1 tsp honey (optional)

##### Instructions:

1. Boil water and steep the tea bag for 5 minutes.



2. Add honey if desired, then serve hot.

Calories: ~10 kcal.

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#### 46. Peppermint Tea

##### Ingredients:

- 1 cup water
- 1 peppermint tea bag
- 1 tsp honey (optional)

##### Instructions:

1. Boil water and steep the tea bag for 5 minutes.
2. Add honey if desired, then serve hot.

Calories: ~10 kcal.

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#### 47. Ginger Tea

##### Ingredients:

- 1 cup water
- 1 tsp grated ginger
- 1 tsp honey (optional)

##### Instructions:

1. Boil water with ginger for 5 minutes.
2. Add honey if desired, then serve hot.

Calories: ~20 kcal.

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#### 48. Masala Chai

##### Ingredients:

- 1 cup water
- 1/2 cup milk
- 1 black tea bag
- 1 tsp sugar
- 1/4 tsp ground ginger, cinnamon, and cardamom

**Instructions:**

1. Boil water with spices and tea bag.
2. Add milk and sugar, then simmer for 5 minutes.
3. Strain and serve.

**Calories:** ~80 kcal.

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**49. Bubble Tea**

**Ingredients:**

- 1 cup brewed tea (cooled)
- 1/4 cup tapioca pearls (cooked)
- 1/4 cup milk
- 1 tbsp sugar syrup

**Instructions:**

1. Add tapioca pearls to a glass.
2. Pour tea, milk, and sugar syrup over the pearls.
3. Serve with a wide straw.

**Calories:** ~200 kcal.

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**50. Protein Shake**

**Ingredients:**

- 1 cup milk
- 1 scoop protein powder
- 1 banana
- 1 tbsp peanut butter

**Instructions:**

1. Blend all ingredients until smooth.
2. Serve chilled.

**Calories:** ~300 kcal.

**1. Aam Panna (Raw Mango Drink)**

**Ingredients:**

- 2 raw mangoes (boiled and pulp extracted)
- 1/2 cup sugar
- 1 tsp roasted cumin powder
- 1/2 tsp black salt
- 4 cups water

**Instructions:**

1. Blend mango pulp, sugar, cumin powder, and black salt.
2. Add water and mix well.
3. Serve chilled.

**Calories:** ~120 kcal (per glass).

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## **2. Nimbu Pani (Lemonade)**

**Ingredients:**

- 2 lemons (juiced)
- 2 tbsp sugar
- 4 cups water
- A pinch of salt

**Instructions:**

1. Mix lemon juice, sugar, salt, and water.
2. Serve chilled.

**Calories:** ~50 kcal (per glass).

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## **3. Jaljeera (Spiced Water)**

**Ingredients:**

- 1 tbsp jaljeera powder
- 1/2 tsp black salt
- 1/2 tsp roasted cumin powder
- 1 tbsp lemon juice
- 4 cups water

**Instructions:**

1. Mix all ingredients in water.
2. Serve chilled.

Calories: ~10 kcal (per glass).

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#### 4. Sugarcane Juice

##### Ingredients:

- 2 cups sugarcane (crushed and juiced)
- 1 tsp lemon juice
- Ice cubes

##### Instructions:

1. Extract juice from sugarcane.
2. Add lemon juice and ice cubes.
3. Serve chilled.

Calories: ~100 kcal (per glass).

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#### 5. Kokum Sherbet

##### Ingredients:

- 4-5 kokum petals
- 1/2 cup sugar
- 1/2 tsp black salt
- 4 cups water

##### Instructions:

1. Soak kokum petals in water for 2 hours.
2. Add sugar and black salt, then mix well.
3. Serve chilled.

Calories: ~80 kcal (per glass).

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#### 6. Bel Sherbet (Wood Apple Drink)

##### Ingredients:

- 1 bel fruit (pulp extracted)

- 1/2 cup sugar
- 4 cups water

**Instructions:**

1. Blend bel pulp with sugar and water.
2. Strain and serve chilled.

**Calories:** ~120 kcal (per glass).

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## **7. Watermelon Juice**

**Ingredients:**

- 2 cups watermelon chunks
- 1 tsp lemon juice
- Mint leaves (optional)

**Instructions:**

1. Blend watermelon chunks until smooth.
2. Add lemon juice and mint leaves.
3. Serve chilled.

**Calories:** ~50 kcal (per glass).

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## **8. Pineapple Juice**

**Ingredients:**

- 2 cups pineapple chunks
- 1/2 cup water
- 1 tsp sugar (optional)

**Instructions:**

1. Blend pineapple chunks and water.
2. Add sugar if desired, then serve chilled.

**Calories:** ~100 kcal (per glass).

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## **9. Orange Juice**

**Ingredients:**

- 2-3 oranges (juiced)
- 1 tsp sugar (optional)

Instructions:

1. Juice the oranges.
2. Add sugar if desired, then serve chilled.

Calories: ~110 kcal (per glass).

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## 10. Mango Juice

Ingredients:

- 1 ripe mango (peeled and chopped)
- 1/2 cup water
- 1 tsp sugar (optional)

Instructions:

1. Blend mango chunks and water.
2. Add sugar if desired, then serve chilled.

Calories: ~150 kcal (per glass).

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## 11. Mosambi Juice (Sweet Lime)

Ingredients:

- 2 mosambi fruits (juiced)
- 1 tsp sugar (optional)

Instructions:

1. Juice the mosambi fruits.
2. Add sugar if desired, then serve chilled.

Calories: ~90 kcal (per glass).

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## 12. Grape Juice

Ingredients:

- 2 cups grapes
- 1/2 cup water

- 1 tsp sugar (optional)

Instructions:

1. Blend grapes and water.
2. Add sugar if desired, then serve chilled.

Calories: ~120 kcal (per glass).

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### 13. Pomegranate Juice

Ingredients:

- 1 pomegranate (seeds extracted)
- 1/2 cup water
- 1 tsp sugar (optional)

Instructions:

1. Blend pomegranate seeds and water.
2. Add sugar if desired, then serve chilled.

Calories: ~130 kcal (per glass).

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### 14. Carrot Juice

Ingredients:

- 2 carrots (peeled and chopped)
- 1/2 cup water
- 1 tsp lemon juice

Instructions:

1. Blend carrots and water.
2. Add lemon juice, then serve chilled.

Calories: ~60 kcal (per glass).

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### 15. Beetroot Juice

Ingredients:

- 1 beetroot (peeled and chopped)
- 1/2 cup water

- 1 tsp lemon juice

Instructions:

1. Blend beetroot and water.
2. Add lemon juice, then serve chilled.

Calories: ~50 kcal (per glass).

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## 16. Cucumber Juice

Ingredients:

- 1 cucumber (peeled and chopped)
- 1/2 cup water
- 1 tsp lemon juice

Instructions:

1. Blend cucumber and water.
2. Add lemon juice, then serve chilled.

Calories: ~30 kcal (per glass).

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## 17. Tomato Juice

Ingredients:

- 2 tomatoes (chopped)
- 1/2 cup water
- 1 tsp lemon juice
- Salt and pepper to taste

Instructions:

1. Blend tomatoes and water.
2. Add lemon juice, salt, and pepper, then serve chilled.

Calories: ~40 kcal (per glass).

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## 18. Ginger Lemonade

Ingredients:

- 1 cup water



- 2 tbsp lemon juice
- 1 tsp grated ginger
- 1-2 tbsp sugar

**Instructions:**

1. Mix all ingredients until sugar dissolves.
2. Serve over ice.

**Calories:** ~50 kcal (per glass).

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### **19. Mint Lemonade**

**Ingredients:**

- 1 cup water
- 2 tbsp lemon juice
- 1-2 tbsp sugar
- 5-6 mint leaves

**Instructions:**

1. Muddle mint leaves with sugar and lemon juice.
2. Add water and ice, then serve chilled.

**Calories:** ~50 kcal (per glass).

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### **20. Kokum and Ginger Juice**

**Ingredients:**

- 4-5 kokum petals
- 1 tsp grated ginger
- 1/2 cup sugar
- 4 cups water

**Instructions:**

1. Soak kokum petals in water for 2 hours.
2. Add ginger and sugar, then mix well.
3. Serve chilled.

**Calories:** ~80 kcal (per glass).

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### 21. Tamarind Juice

#### Ingredients:

- 1/2 cup tamarind pulp
- 1/2 cup sugar
- 1/2 tsp black salt
- 4 cups water

#### Instructions:

1. Mix tamarind pulp, sugar, black salt, and water.
2. Strain and serve chilled.

Calories: ~100 kcal (per glass).

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### 22. Aloe Vera Juice

#### Ingredients:

- 1/4 cup aloe vera gel
- 1/2 cup water
- 1 tsp honey

#### Instructions:

1. Blend aloe vera gel, water, and honey.
2. Serve chilled.

Calories: ~40 kcal (per glass).

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### 23. Kiwi Juice

#### Ingredients:

- 2 kiwis (peeled and chopped)
- 1/2 cup water
- 1 tsp sugar (optional)

#### Instructions:

1. Blend kiwis and water.
2. Add sugar if desired, then serve chilled.

Calories: ~80 kcal (per glass).

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#### 24. Papaya Juice

**Ingredients:**

- 1 cup papaya (chopped)
- 1/2 cup water
- 1 tsp lemon juice

**Instructions:**

1. Blend papaya and water.
2. Add lemon juice, then serve chilled.

Calories: ~60 kcal (per glass).

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#### 25. Guava Juice

**Ingredients:**

- 2 guavas (chopped)
- 1/2 cup water
- 1 tsp sugar (optional)

**Instructions:**

1. Blend guavas and water.
2. Add sugar if desired, then serve chilled.

Calories: ~90 kcal (per glass).

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#### 26. Strawberry Juice

**Ingredients:**

- 1 cup strawberries
- 1/2 cup water
- 1 tsp sugar (optional)

**Instructions:**

1. Blend strawberries and water.
2. Add sugar if desired, then serve chilled.

Calories: ~70 kcal (per glass).

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## 27. Blueberry Juice

### Ingredients:

- 1 cup blueberries
- 1/2 cup water
- 1 tsp sugar (optional)

### Instructions:

1. Blend blueberries and water.
2. Add sugar if desired, then serve chilled.

Calories: ~80 kcal (per glass).

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## 28. Cranberry Juice

### Ingredients:

- 1 cup cranberries
- 1/2 cup water
- 1 tsp sugar (optional)

### Instructions:

1. Blend cranberries and water.
2. Add sugar if desired, then serve chilled.

Calories: ~60 kcal (per glass).

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## 29. Lychee Juice

### Ingredients:

- 1 cup lychees (peeled and deseeded)
- 1/2 cup water
- 1 tsp sugar (optional)

### Instructions:

1. Blend lychees and water.
2. Add sugar if desired, then serve chilled.

Calories: ~100 kcal (per glass).

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### 30. Jamun Juice (Black Plum)

**Ingredients:**

- 1 cup jamun (black plums)
- 1/2 cup water
- 1 tsp sugar (optional)

**Instructions:**

1. Blend jamun and water.
2. Add sugar if desired, then serve chilled.

Calories: ~70 kcal (per glass).

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### 31. Chikoo Juice (Sapodilla)

**Ingredients:**

- 2 chikoos (peeled and chopped)
- 1/2 cup water
- 1 tsp sugar (optional)

**Instructions:**

1. Blend chikoos and water.
2. Add sugar if desired, then serve chilled.

Calories: ~120 kcal (per glass).

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### 32. Custard Apple Juice

**Ingredients:**

- 1 custard apple (pulp extracted)
- 1/2 cup water
- 1 tsp sugar (optional)

**Instructions:**

1. Blend custard apple pulp and water.
2. Add sugar if desired, then serve chilled.

Calories: ~150 kcal (per glass).

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### 33. Jackfruit Juice

**Ingredients:**

- 1 cup ripe jackfruit (chopped)
- 1/2 cup water
- 1 tsp sugar (optional)

**Instructions:**

1. Blend jackfruit and water.
2. Add sugar if desired, then serve chilled.

Calories: ~130 kcal (per glass).

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### 34. Coconut Water

**Ingredients:**

- 1 cup fresh coconut water

**Instructions:**

1. Serve chilled.

Calories: ~45 kcal (per glass).

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### 35. Coconut Milk Shake

**Ingredients:**

- 1 cup coconut milk
- 1 banana
- 1 tsp honey

**Instructions:**

1. Blend all ingredients until smooth.
2. Serve chilled.

Calories: ~200 kcal (per glass).

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### 36. Sattu Sharbat

**Ingredients:**

- 2 tbsp sattu (roasted gram flour)
- 1/2 tsp black salt
- 1/2 tsp roasted cumin powder
- 1 tbsp lemon juice
- 1 cup water

**Instructions:**

1. Mix sattu, black salt, cumin powder, and lemon juice in water.
2. Serve chilled.

**Calories:** ~80 kcal (per glass).

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**37. Khus Sharbat (Vetiver Drink)**

**Ingredients:**

- 1 tbsp khus syrup
- 1 cup water
- Ice cubes

**Instructions:**

1. Mix khus syrup and water.
2. Add ice cubes and serve chilled.

**Calories:** ~60 kcal (per glass).

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**38. Rose Sharbat**

**Ingredients:**

- 1 tbsp rose syrup
- 1 cup water
- Ice cubes

**Instructions:**

1. Mix rose syrup and water.
2. Add ice cubes and serve chilled.

**Calories:** ~70 kcal (per glass).

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### 39. Falsa Sharbat (Grewia Drink)

#### Ingredients:

- 1 cup falsa berries
- 1/2 cup sugar
- 1/2 tsp black salt
- 4 cups water

#### Instructions:

1. Blend falsa berries, sugar, and black salt with water.
2. Strain and serve chilled.

Calories: ~100 kcal (per glass).

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### 40. Aamras (Mango Pulp Drink)

#### Ingredients:

- 1 ripe mango (pulp extracted)
- 1/2 cup milk
- 1 tsp sugar (optional)

#### Instructions:

1. Blend mango pulp and milk.
2. Add sugar if desired, then serve chilled.

Calories: ~150 kcal (per glass).

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### 41. Thandai

#### Ingredients:

- 1/4 cup almonds (soaked)
- 1/4 cup pistachios (soaked)
- 1/4 cup melon seeds (soaked)
- 1/2 tsp cardamom powder
- 1/2 tsp fennel seeds
- 1/2 cup sugar



- 4 cups milk

Instructions:

1. Blend soaked nuts, seeds, and spices with milk.
2. Add sugar, then strain and serve chilled.

Calories: ~200 kcal (per glass).

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#### 42. Badam Milk (Almond Milk)

Ingredients:

- 1/4 cup almonds (soaked and peeled)
- 1 cup milk
- 1 tsp sugar

Instructions:

1. Blend almonds and milk until smooth.
2. Add sugar, then serve chilled.

Calories: ~150 kcal (per glass).

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#### 43. Kesar Pista Sharbat (Saffron-Pistachio Drink)

Ingredients:

- 1/4 tsp saffron strands
- 1 tbsp pistachios (crushed)
- 1/2 cup sugar
- 4 cups water

Instructions:

1. Soak saffron in warm water for 10 minutes.
2. Mix sugar, pistachios, and saffron water.
3. Serve chilled.

Calories: ~120 kcal (per glass).

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#### 44. Lassi (Sweet)

Ingredients:

- 1 cup yogurt
- 1/2 cup water
- 1 tbsp sugar
- 1/4 tsp cardamom powder

**Instructions:**

1. Blend yogurt, water, sugar, and cardamom powder.
2. Serve chilled.

**Calories:** ~120 kcal (per glass).

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#### **45. Namkeen Lassi (Salty Lassi)**

**Ingredients:**

- 1 cup yogurt
- 1/2 cup water
- 1/2 tsp roasted cumin powder
- 1/2 tsp black salt

**Instructions:**

1. Blend yogurt, water, cumin powder, and black salt.
2. Serve chilled.

**Calories:** ~80 kcal (per glass).

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#### **46. Mango Lassi**

**Ingredients:**

- 1 cup yogurt
- 1/2 cup mango pulp
- 1 tbsp sugar

**Instructions:**

1. Blend yogurt, mango pulp, and sugar.
2. Serve chilled.

**Calories:** ~180 kcal (per glass).

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#### 47. Strawberry Lassi

##### Ingredients:

- 1 cup yogurt
- 1/2 cup strawberries
- 1 tbsp sugar

##### Instructions:

1. Blend yogurt, strawberries, and sugar.
2. Serve chilled.

Calories: ~150 kcal (per glass).

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#### 48. Banana Lassi

##### Ingredients:

- 1 cup yogurt
- 1 banana
- 1 tbsp sugar

##### Instructions:

1. Blend yogurt, banana, and sugar.
2. Serve chilled.

Calories: ~200 kcal (per glass).

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#### 49. Chaas (Spiced Buttermilk)

##### Ingredients:

- 1 cup yogurt
- 2 cups water
- 1/2 tsp roasted cumin powder
- 1/2 tsp black salt
- 1-2 green chilies (optional)

##### Instructions:

1. Blend yogurt, water, cumin powder, black salt, and green chilies.
2. Serve chilled.

**Calories: ~60 kcal (per glass).**

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#### **50. Masala Chaas**

**Ingredients:**

- 1 cup yogurt
- 2 cups water
- 1/2 tsp roasted cumin powder
- 1/2 tsp black salt
- 1/4 tsp ginger paste
- 1-2 green chilies (optional)

**Instructions:**

1. Blend yogurt, water, cumin powder, black salt, ginger paste, and green chilies.
2. Serve chilled.

**Calories: ~70 kcal (per glass).**