



AMALAKI PANAKA

(Indian Gooseberry Drink)

Panaka are our traditional health drinks with natural ingredients. Panaka can be prepared with nutritional fruits or roots and diluted with boiled, cooled water with sugar, jaggery, salt, and honey as required.

Ingredients		Quantity
Amalaki, Indian gooseberry (<i>Phyllanthus emblica</i>)	-	1/2 kg
Tala/Kharjura guda, (Palm/date jaggery) or sugar	-	1 kg
Dry ginger powder	-	5 gm
Finely powdered cardamom	-	5 gm
Honey	-	as needed

Total quantity: 6-7 glasses (1-1.2 litre)

Method of preparation

First of all steam cook the gooseberries, grind them into a paste after de seeding extract juice. After adding a bit more water (300 ml), the pulp can again be squeezed to get more juice. Palm sugar is made into syrup by boiling in 200 ml water. Sugar or jaggery can be added if palm sugar is not available. Mix it with the prepared gooseberry juice. Stir the solution well and panaka is ready.

Health benefits

It can be used as a healthy soft drink as it acts as immediate energy supplement. It is rich source of calcium, potassium, vitamin C, B complex and antioxidants. It is good for osteoarthritis, athero-sclerosis, anemia, peptic ulcer, urinary tract infection, dysentery and high blood pressure.

Contradictions

Diabetes mellitus as it contains sugar/jaggery/honey.

