

foodism

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Ways to Eat Water

HIGH ON CHAI

The Unsung
Superhero

Yogurt

Plate it Right

SPRING SUMMER EDITION

CONTENTS

05

EAT WATER

15

KITCHEN TOOLS YOU NEED

19

101 HYDRATION

21

THE UNSUNG SUPERHEROYOGURT

29

RECIPES

41

PLATE IT RIGHT

51

FRUIT JUICES

31

HIGH ON CHAI

Shrikhand 27
Indian Raita 28

Hummus 29
Gnocchi 31
Mango Shrikhand 33
Beetroot Raita 35
Cucumber Cold Soup 37
Coconut Ice Cream 39

On the Cover



...
help@foodism.xyz | foodism.xyz
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foodism

"if it's food, it's foodism"

Managing Director & CEO

Vyom Shah

Design

Mansi Sharma

Dear Foodies,

Welcome to another edition of Foodism magazine! In the spirit of summer, we celebrate the light and refreshing concept of "Eat Water," ensuring that every bite is not only delicious but also hydrating. As we transition into the warmer months, delve into the benefits of yogurt, a cool and nourishing treat for the changing weather.

In the pursuit of a well-balanced lifestyle, we've curated insights on 101 Hydration to keep you refreshed throughout the upcoming summer. This edition is not just a collection of recipes; it's a culinary celebration of the changing seasons. Experience the freshness, relish the flavors, and let this edition be your guide to a delightful journey into the warm welcome to the upcoming summer.

Happy reading and even happier cooking!

Vyom Shah
Vyom Shah
FOUNDER, FOODISM

FROM THE FOUNDER'S DESK



**If there is
magic on this
planet it is
contained in
water.”**

-Loren Eiseley

Always
To
Eat
Water!



Feeling confused?

Wondering whether you read it right? Well, we aren't fooling around. The title is as real as the Sun and the Moon! We are about to help you eat your water, figuratively and literally.

Before we start talking about achieving this uncanny feat, let us first address the elephant in the room, shall we? There must be something about this transparent nectar that humans are trying to find it's traces on Mars as well, eh?

Why Water?

Water breathes life in every single ion on the Earth. It is the second most crucial element to breathing and our survival depends on the existence of this magical potion. Our body is made up of 70% water. One drop less and it could upset the equilibrium drastically. If something is so substantial, how could our food be devoid of it?

Well, let's talk about why it is so important to us. All beings function well due to water. Be it humans, plants or other organisms - we exist because water has been nourishing our body since the conception of life.

Low on energy? Drink water. Messed-up bowels? Drink some more. Want to feel energetic and fresh? Guzzle down a glass of cold water and witness the mystical powers of this potent liquid.

There would be no saliva if there were no water in your body. You can digest food because of water. It breaks down the food and helps the nutrients reach different parts of the body through your bloodstream. It is the oil that keeps your joints and muscles flexible. It facilitates good cognitive functioning. It helps flush out toxins and other unwanted substances from your body. It makes your skin glow. Your balanced body temperature is the result of water as well.

Now that we've given you the list of why water is the second-best thing to have happened to humanity, let's get to the point. If you are not a massive fan of drinking this odourless, clear liquid because it is too plain for your taste buds, then here's a way of eating your water - consume these veggies and fruits regularly to keep thy self hydrated.

Fruits



95%
Cucumber

Wondering why Cucumber is listed under fruits and not veggies? Well, it is, in fact, a fruit! Learned something new today, didn't you?

This refreshing and crunchy fruit is bursting with antioxidants and nutrients like Vitamin K and C and has significantly fewer calories. It is perfect for salads and infusions and keeps your blood sugar levels low.

This sweet water is rich in antioxidants, is good for your heart, maintains blood sugar and blood pressure levels. Suffering from kidney stone problems? Drink loads of this translucent Amrit and see the difference. Drink it as it is or add it to fruity mocktails and you are sorted.

95%



Coconut Water

Tomatoes

95%

This sultry red fruit is brimming with Lycopene, Vitamin C and K, and other minerals that keep you hydrated for long hours. It is good for your heart and skin and prevents cancer as well. Make some piping hot soup or eat it raw; the hydration is real for this one!

Watermelon



This pulpy fruit is filled with Vitamin A, C, B1, B5, B6, Lycopene and other potent nutrients. The hydrating fruit reduces inflammation and prevents blindness. It is wonderful for your skin and hair and improves digestion like nothing else does. Add it to fruit salads or make a smashing Greek salad and you are sorted for summers.

92%

96%

Lettuce

These crisp salad leaves are full of water and pack a mighty punch of antioxidants, Vitamin A and K. Keep your heart healthy and your blood pressure under control with these sweet,

crunchy leaves. Want to lose weight? Have a big bowl of lettuce salad or make lettuce soya chunks wraps as a healthy snack.

Veggies

91%

Broccoli

It is oozing with Vitamin C and antioxidants that reduce cell damage due to radicals. This cruciferous veggie is good for your heart and helps in controlling blood sugar. Constipated much?

Have some broccoli. Feeling hungry? Blanch some Broccoli and toss it with some garlic, et voilà!

This crunchy cousin of parsley is refreshing, zesty and oh so hydrating. It gently and gradually affects your sugar levels which



Celery

95%

creates a low glycemic index. It is good for your digestion and gut and helps in keeping different ailments away.



Mushroom

91%

This umami fungus is good for your brain cells and good for your heart as well. Some of them have a lot of Vitamin D if they have been grown in sunlight. They are suitable for your bones and boost your

memory. Did you know? You can't overcook mushrooms. Cool fact, right? So make crostinis, add it to omelettes, pasta or make creamy soups - the world is your oyster (mushroom).

Add these
yummy edibles
to your diet and
don't forget to
keep yourself
hydrated at all
times.

Top Kitchen Tools You Need

Cooking is a blissful experience if you know how to manoeuvre around the kitchen gracefully and smartly. If you do that right, you've won half the battle.

The culinary arts isn't just about the ingredients, cooking techniques or flavours. Working efficiently without creating a mess and bestowing the elements with the right kind of respect matters a lot. But how do you do that? Well, you buy the right type of kitchen tools to make your life easy and cook a spectacular meal with the help of these.

But if you have just started cooking recently and don't know where to begin, fret not! We will save you from this predicament.

Here's our recommendation of the top 5 kitchen tools you need if you want to cook like a pro!

Chef's Knife

The first on the list will surely make your prep work easy and add an element of texture to your food. No kitchen is complete without this marvellous tool and you can do so many tasks with this elegant apparatus. Whether it is chopping, slicing, mincing or making thin juliennes



of vegetables, your all-purpose chef's knife does a great job. It is made of stainless steel and has a pointed top. You may choose to buy other types of knives as and when you need them but for an amateur cook, this knife is a great way to ease yourself into prep work.

Measuring Spoons



If you are a noob chef, then following a recipe to the T should be your topmost priority. The only way of doing that is to get a set of measuring spoons. These will come in handy not just for baking but for all kinds of recipes. They come in a set of 6 and have designated measurements. The best part about them is that you won't get confused comprehending the instructions anymore and put in ingredients as per the exact requirement.



No chopping is possible without this sturdy and sustainable tool. A cutting board is the cornerstone of well-cut veggies and will help you in showcasing your knife skills. If you don't have a stable and robust cutting board, a good chef's knife won't save you from

shabbily cut ingredients. A wooden cutting board is what we would suggest as they are thick and long-lasting, but if you want to go for something a little reasonable and easy to store, then you can also go for a flexible mat cutting board.

This one right here is our absolute favourite for the simple reason that salads are the need of the hour. Tossing a salad is the easiest way of furnishing a quick and guilt-free meal. They are healthy, delicious and absolutely easy to make. You don't need a lot of prep work and a quick and effortless dressing will transform your veggies into delectable, fresh nibbles of joy. What many amateur chefs

don't know is washing your salad greens is quite an essential step. But once you do that, the leaves lose their crispness and become soggy. This is when a salad spinner comes in handy. You just have to wash your salad greens, put them in this fantastic tool and rotate it. The centrifugal spinning helps rinse off excess water. You can also use this tool for draining fresh pasta or other fruits and vegetables that you want to wash.



Salad Spinner

This fantastic tool will change your life. A lot of people struggle while peeling garlic. A garlic press gives you a smooth paste and eliminates garlic peels naturally. They resemble lemon squeezers but their function is a tad bit different.

So if you don't like mincing garlic with a chef's knife, then using this hassle-free tool will make your life easy. The washing process is also as simple as washing a lemon squeezer.



Garlic Press

101 Hydration

Now that you know about these hydrating edibles, here are some quick and easy ways of hydrating like a boss.



1

Infused Goodness

Say goodbye to plain ol' water and say hello to Infused water, the new way of drinking and eating your water simultaneously. Just add a bunch of hydrating fruits and herbs to your water - like slices of cucumber, watermelon, pineapples, lemon, apples, lime, oranges, strawberries, raspberries, blueberries, ginger, mint, spinach. You can drink these concoctions and eat it too! Magical, isn't it?

2

Alternate Drinks and Beverages

Drink milk, buttermilk, curd, fruit juices, smoothies, herbal teas/infusions, soups, slushies and ice popsicles (golas) to quench your thirst. If you feel lazy while drinking water, then consuming liquids in different forms is what will float your boat (pun intended). India has a lot of interesting cool beverages that have a lot of cultural significance. Be it the icy cool 'golas' in a bazillion flavours or the tangy and refreshing 'sharbats' in technicolour hues - we've had them all.


3

Oral Hydration Solutions

There are times when we exert ourselves more than we should or suffer from diarrhoea/vomiting, leading to dehydration. The techniques, as mentioned above, might not work here, so consuming prescribed ORS formulas might help. You can also make a quick, home-made ORS potion of sugar, salt, water and lemon juice.

The Unsung
Superhero
Yogurt

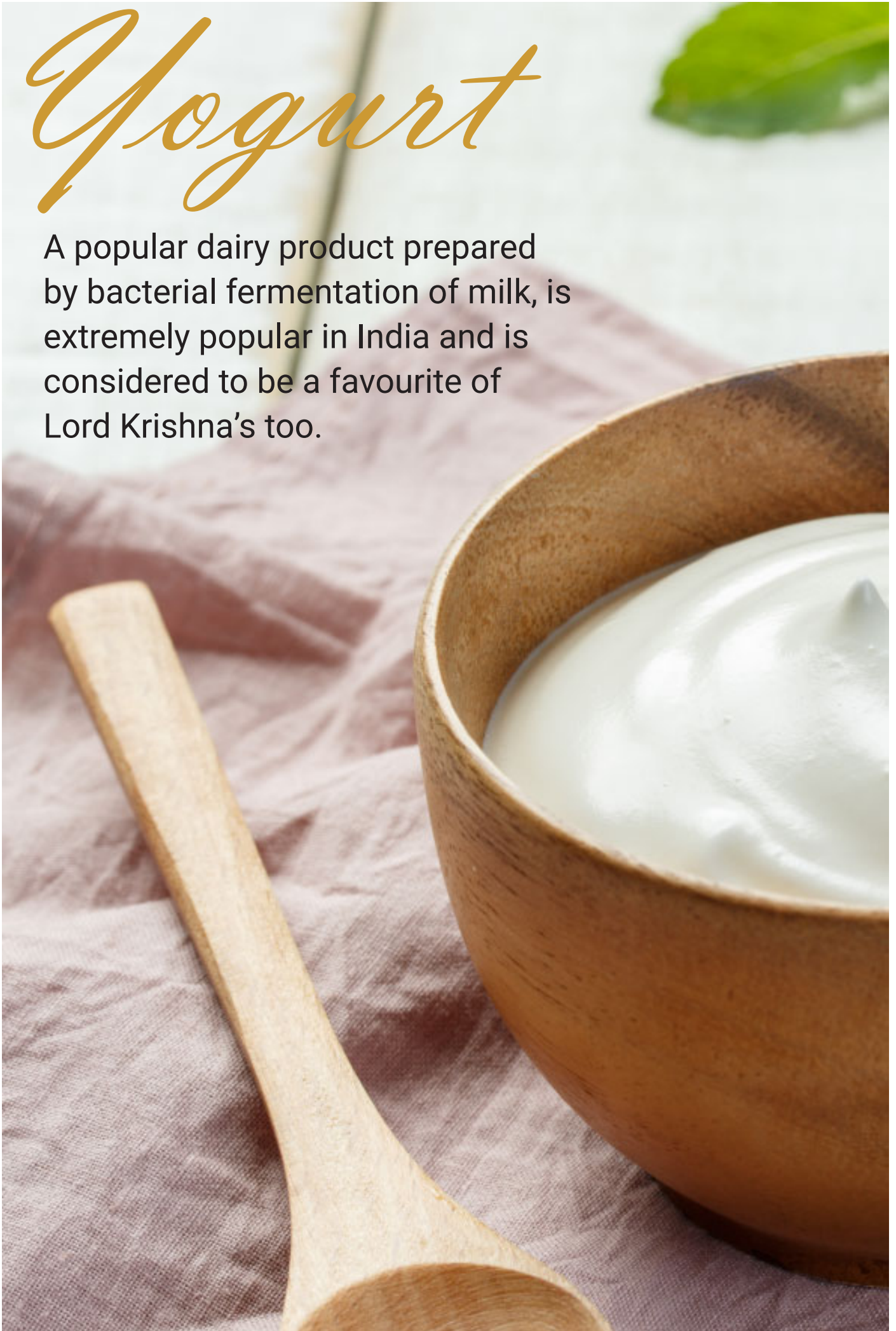




We take this humble probiotic concoction for granted but it is actually a super healthy protein source for vegetarians and has a lot of other health benefits also. Its role as an immunity booster too is pivotal. Foodism shares with you the multiple benefits of yogurt along with a couple of lip-smacking recipes.

Yogurt

A popular dairy product prepared by bacterial fermentation of milk, is extremely popular in India and is considered to be a favourite of Lord Krishna's too.





Benefits of Yogurt

Good for bones

Daily consumption of yogurt contributes to the body's calcium intake. This helps in preventing illnesses like osteoporosis, especially in the elderly. 100 grams of homemade yogurt contains 110mg of calcium. This covers 10% of the daily requirement of an average adult.

Minimizes allergy symptoms

Yogurt contains probiotics that help in strengthening gut immunity. This means that you fall sick less often because the good bacteria in the yogurt makes your gut stronger and better.

Serves as the perfect pre or post workout snack

Yogurt makes for an amazing pre-workout snack and helps with the body's protein intake. A cup of yogurt (100g) contains about 10g of protein, making it one of the best vegetarian sources of protein there are.

Prevents yeast infections

Yogurt contains a pool of good bacteria that helps fight yeast infections by restoring a healthy yeast content in the vagina. This is great news for women as infections like Candida can be very uncomfortable!

Mitigates the risk of high blood pressure

A mere two servings a week of fresh yogurt in your daily food consumption can not only lower the risk of heart disease, but can also help regulate fluctuating blood pressure problems. Yogurt has cooling qualities that help, both men and women, stay away from heart diseases.

Boosts energy levels

Yogurt contains lactose and glucose, which are simple sugars. These go in the blood and begin to fuel our bodies with ready-to-use energy. Yogurt makes for a great snack to have on-the-go!

A top-down photograph of two glass jars filled with white yogurt, each with a silver spoon inserted. The jars are placed on a light-colored wooden cutting board. The background shows a person's legs in light-colored pants.

Preparations from Yogurt

Some yogurt-based delicious preparations besides a plethora of Dips, Kebabs, Salads and Raitas include – Lassi (sweet or salty); Buttermilk; Tadka Dahi; Curry; Dahiwada; Veggies like Dahiwala Karela, Dum Aloo et al

SHRIKHAND



INGREDIENTS

Curd 1 1/2 Cup
Sugar (Powdered)
1/4 Cup
Cardamom Powder
1/2 Teaspoon

METHOD

- Keep the curd in a strainer lined with a thin cloth, and leave it for about an hour to let the extra water drain off
- Transfer the strained curd into a mixing bowl and add the sugar and half of the cardamom powder; mix well, till smooth
- Transfer to a serving bowl and garnish with the rest of the cardamom powder
- Place it in the refrigerator for at least two hours and then serve

THE INDIAN RAITA

INGREDIENTS

Cucumber (shredded) 1
Salt 1 Teaspoon
Yogurt 2 Cups
Red Onion (chopped) 1/2
Cup
Cilantro (chopped) 1/4
Lemon Juice 1/4 Teaspoon
Cumin (grounded) 1/4
Teaspoon
Black Pepper (grounded)
1/8 Teaspoon
**Nutmeg, Cinnamon and
Cardamom** (grounded)

METHOD

- Keep the cucumber in a strainer and sprinkle salt; then toss it well and let it drain for 30 minutes
- Rinse the cucumber with cold water, drain it and then place it on and cover it with a paper towel
- Let this stand for five minutes while continuing to pressing it down
- Mix this cucumber with the yogurt and the remaining ingredients
- Your Raita is ready to be served



This Middle Eastern delicacy has found its way into regular global cuisine owing to its neutral palate. Eat it as a dip, drizzle it on your salads as a dressing or simply eat it by the spoonful, this is a simple, knockout dish that you can impress anyone with.



HUMMUS

INGREDIENTS

Chickpeas 2 cups

Lemon juice 1 tbsp

White sesame seeds ½ cup

Salt as required

Any non-flavored oil (olive, sunflower, canola)

Garlic 10 cloves

METHOD

1. Wash and soak the chickpeas in warm water overnight or for 8 – 9 hours until they double in size.

2. Pressure-cook the soaked chickpeas for 8 whistles. Cool the cooker and drain the chickpeas. Don't throw the water away, save it.

3. While the chickpeas cook, in a nonstick frying pan, roast the sesame seeds over a slow flame until fragrant. Be careful, they may begin to pop all over.

4. Cool the sesame seeds and grind them with a little oil to

make a thick paste. This is your tahini.

5. Now, in a powerful blender, add the cooled chickpeas, garlic, oil, salt, tahini and the lemon juice. Blend till there are no lumps.

6. Add 1/4th cup of the reserved chickpeas water and blend again to make a smooth paste. If you are using this as a salad dressing and want it runnier, add more water. Adjust the seasoning according to your taste.

7. Garnish with a spoon of oil and some chilli powder before you serve.

Bring home the warm Italian sunshine with this simple gnocchi recipe and we promise you wouldn't ever order gnocchi from anywhere ever. This is the easiest fresh pasta dish you can make at home.



GNOCCHI

INGREDIENTS

For the pasta

Olive oil 1 tsp

Boiled potatoes 5 large

Refined flour/maida

100 g

Salt as per taste

Pepper a pinch

For the sauce

Olive oil 1 tsp

Tomatoes 1 kg

Garlic 20 cloves

Salt as per taste

Sugar 1 tbsp

Chilli flakes 1 tbsp

Cashews 10 nos

Cream 2 tbsp

METHOD

1. Prepare the sauce, by roasting the whole tomatoes in an oven or over the stove on an open flame. Cool and peel them.
2. Blend the tomatoes with the cashews until smooth.
3. In a nonstick vessel, heat 2 tbsp oil and add finely chopped garlic to it. Fry until brown and add the tomato cashew puree to it. Season with salt, chilli flakes and sugar and cook until it releases oil from the sides. Switch off the flame and add the cream and stir well.
4. Boil a big pot of water, drizzled with oil and 2 tbsp salt.
5. To make the gnocchi, cool, dry and mash the boiled potatoes and pass them through a sieve to get a lump-free mixture. Add pepper and flour to the potatoes and knead a

soft dough. Ensure that the potatoes are completely dry to avoid the dough from getting watery.

6. Roll the dough into thin, uniform logs and cut into 1 inch pieces. You can decorate these pieces by rolling them onto a fork, or simply roll them to give them a more defined shape.
7. Drop the prepared gnocchi into the boiling water and cook them for 4 minutes, until they start floating on the top.
8. Quickly pick the cooked gnocchi with a slotted spoon and drop them into the sauce. Repeat, as many batches as are required, do not overcrowd the pan. Boil in small batches.
9. Serve with a sprig of mint on top.

Shrikhand is a very common yogurt based sweet dish. Mango shrikhand tart is a sweet mango flavored yogurt served in tarts. It is typically served as a dessert after meal during summers.



MANGO SHRIKHAND

INGREDIENTS

Hung curd 1 cup

Powdered sugar 1/2 cup

Mango puree 1/4 cup

Mango pieces 2 tbsp

Mint for garnish

METHOD

1. Mix all ingredients of shrikhand and mix well till it looks creamy. Freeze it for 4-5 hours.
2. Now fill the shrikhand in a piping bag, and fill each tart with it.
3. Garnish with some mango and mint leaves.
4. Serve chill.

CUCUMBER COLD SOUP

INGREDIENTS

Cucumber (chopped) 4 nos

Curd 1 cup

Garlic (minced) 1 clove

Salt and pepper to taste

Cumin powder 1 tsp

Butter 2 tsp

Mint leaves to garnish

Cucumber slices to garnish

METHOD

1. Combine cucumber cubes, minced garlic and water in a deep non-stick pan. Mix well and cook on a medium flame for 5 minutes. Keep aside to cool completely.

2. Once cooled, fold in the curd and salt and blend in a mixer till smooth. Serve chilled garnished with mint leaves, cucumber slices and black pepper powder.

Nothing cools you down after a long hot day, like a chilled blend of cucumber with curd. This soup goes with every dish and is a great option to have as it is for an evening snack too!



This delicious raita will not only add a healthy dose of fiber and vitamins to your dish it will also lend a splash of color to your palate!



BEETROOT RAITA

INGREDIENTS

Beetroot 1 nos

Yogurt 2 cup

Roasted cumin powder 1/2 tsp

Salt as per taste

Curry leaves 3-4 springs

Mustard seeds ½ tsp

Green chili (chopped) 1 tsp

Oil 1 tsp

METHOD

1. Boil the beetroot. Peel and cut into small pieces.
2. Puree this beetroot and strain to get smooth texture.
3. Now whisk the yogurt in a bowl, add beetroot puree, salt and cumin powder.
4. Heat the oil, add mustard seeds, green chilli and curry leaves.
5. Pour this tadka on beetroot raita. Serve chilled with biryani or rice.

Pineapple and coconut is a very good combination. This recipe is non dairy, and very easy to make. It's a healthy home made recipe.



PINEAPPLE COCONUT ICE CREAM

INGREDIENTS

Pineapple diced 2 cup

Banana 1 medium

Coconut milk ½ cup

METHOD

- 1.** Freeze pineapple and banana until solid.
- 2.** Place coconut milk in the freezer for a few minutes. You want to use as much of the cream as possible and this will help separate the cream from the milk.
- 3.** Place frozen pineapple chunks, banana, and coconut milk in a food processor.
- 4.** Blend until smooth and creamy.
- 5.** Serve immediately as soft serve ice cream or freeze it.

Plating is an integral part of food because we don't just eat with our mouth, we eat with our eyes as well.

PLATE IT RIGHT



Plate it right,
We bring
forward
some easy
and fun
plating
techniques
to make your
food look
like a million
bucks and
more
inviting.



The way a dish is presented may make it more appetising to the viewer or customer. In the age of social media, where



Instagram has opened doors for food bloggers and home chefs, food plating has become a bait to attract followers.

THE PERFECT PLATE


The plate on which you're serving your food is also important. If the plate is too large, the food will look scarce and if the plate is too small, then the food will look congested.



The easiest way to start plating is to select lighter shades like white, cream or ivory. A plain-Jane white plate can be interesting if it is in an interesting shape and a darker or bright coloured plate can create contrast with the food.



RUSTIC FEELS



Using organic materials like wooden platters, cheese boards, slate or stone as a plating apparatus can give a rustic, edgy and back-to-the-nature feel to the dish as well as to the person who is going to eat it.



FAIRY DUST



This plating hack can incorporate light or dark coloured plates.

For a light coloured plate - Place a fork and a knife crossed against each other and grate dark chocolate or coffee powder on the cutlery. Carefully lift the utensils and what you are left with is a silhouette of the utensils. Place your dessert next to it.

For a dark coloured plate - Repeat the same procedure but with powdered sugar or white chocolate.

You can choose any shape you like and repeat the same procedure.


BRUSH STROKES

All you need is some compote/syrup of bright berries, beetroot or chocolate. Use a silicone basting brush, dip it in the syrup and spread it across a plate with a nice brush stroke. Place your dessert in the centre et voila!







A vibrant still life composition featuring various citrus fruits and glasses of juice. The background is a solid, bright blue. In the foreground, there are three glasses filled with juice: one with orange juice and a slice of orange, one with pinkish-red juice and a slice of grapefruit, and one with a darker red juice and a slice of grapefruit. Scattered around the glasses are several whole oranges, lemons, and grapefruits, along with slices of these fruits. Fresh green basil leaves are interspersed among the fruits, adding a touch of freshness to the scene.

Breakfast without
orange juice is like a
day without sunshine.

-Anita Bryant



FRUIT JUICES

The Sour,
the Sweet
and
the Nutritious

There is no argument that can ever convince us that breakfast sans fruits is anything short of sacrilege. Not indulging in these ambrosial gifts from nature, is akin to depriving your senses at the beginning of the day itself. Now, that is hardly a trend you want to set for yourself at the outset of a workday, is it?

The common argument made against having fruits regularly, is that dismantling them to reach their yummy centre is often more effort than what people are willing to make. To this, all we can say is this – get out of the habit of ripping open packets of chips and biscuits!

One of the best ways to consume fresh fruits is by juicing them. However, if not done right you are bound to lose out on the essential nutrients

available therein. The best way to juice fruits, in order to preserve their nutrients, is cold-pressing. This is a method that has gained a huge amount of traction in recent times.

Fruit juices like orange, sweet lime, guava, pineapple, mango, watermelon and lemon juice, are some of the most commonly known. People have been pairing these juices with their meals since time immemorial. Be it breakfast, lunch, dinner, snack breaks or parties; these fluid refreshments usually get guzzled down in a jiffy.

But where's the fun in talking about the usual fare, eh? We've decided to add a twist in the tale and have listed some unique fruit juice flavours for y'all to try this season. Be it sweet, sour or just good old nutritious, we have em all, read on!



Grapefruit Juice

The brightest cousin among the citrus fruit family, its magnificent coral colour makes it stand out. Its unique tart and sweet flavour make it absolutely delectable. It is packed with Vitamin C, antioxidants and with 92% moisture content, it is a happily low carb juice. Grapefruit also aids digestion, boosts immunity and is touted to help you lose weight. Make this juice a part of your breakfast in this season to make the most of its benefits!

Cranberry Juice

This tangy, zesty berry has a beautiful red hue that looks like wine in the shape of a fruit. More importantly, this juice has a surprisingly low sugar count and is an absolute wonder-drink for health. Drinking cranberry juice is also said to better your gut health and balances your sugar levels. Moreover, this juice can work wonderfully as a mixer with your mock/cocktails, or if you are in the mood, just chug this juice neat, works better that way anyway. This crimson nectar is also touted to alleviate UTIs and is one of the go-to drinks to get your fill of antioxidants and nutrients.



Kiwi Juice

The chartreuse green colour of this fruit is a constant surprise when compared to its mossy brown exterior. It's unique jelly-like consistency lends a unique thickness to the juice, and coupled with the sharp, tangy sweetness, the kiwi fruit makes for some really delicious juices and smoothies. Packed with antioxidants, it is supposed to be great for your skin and the vitamin E therein is an absolute treat for your hair. As if that was not enough, people who regularly consume Kiwi juice are found to be less prone to cardiovascular diseases. This New Zealand native is also supposed to help treat asthma, boost immunity and reduce blood clotting.





Apple Juice

The syrupy sweetness and the dazzling amber shade of the apple juice are nearly as good at keeping the doctors away as apples. This juice is rich in vitamins, minerals and antioxidants and helps prevent anaemia, improves digestion, cures constipation, hydrates the body and gives a healthy glow to your skin. The juice extracted from these succulent pome fruits can be consumed as it is or mixed with different cocktails/ mocktails.



Pomegranate Juice

This scarlet wonder has thrice the amount of antioxidants as compared to green tea and red wine, making it incredibly potent. It helps fight prostate cancer and is supposed to also help treat erectile dysfunction. This juice has also been found to prevent the growth of Alzheimer cells. It is antiviral in nature and should ideally be consumed when in season.



Grape Juice

This amaranthine elixir is a sober person's sweet wine. It prevents blood clots, eye damage, propagates brain functioning, is good for your heart and reduces bad cholesterol in the body. It is packed with antioxidants and is great for your skin. So drinking this could actually give you luscious hair and supple, radiant skin. So chuck that chute of wine and grab a pitcher of yummy grape juice for a change.



Apart from the aforementioned standalone juices, some fruit extract concoctions knock it out of the park when it comes to packing a nutritious punch.



These are a mix of healthy green veggies and sweet/tangy fruits that complement each other well and make them yummiier than ever. Add these three healthy fruit mixes to your diet to imbibe nutrients essential for a healthy life.



Beet Root - Carrot - Green Apple Juice

This ruby-red elixir has so many health benefits that it would probably require an entire article to do it justice. Also known as the ABC detox drink, it is packed with iron, lutein, beta-carotene and alpha that are good for your heart, boost immunity and increase the number of red blood cells (haemoglobin) in your body. This fruit punch is good for your eyes, kidney, intestines and has anti-ageing properties! Moreover, this drink also helps improve your nerve connections and consequently helps improve cognition and recall ability.

Mixed Berries Juice

This super juice has all kinds of wonderful popping berries that are full of anthocyanins, folates and antioxidants. Be it blueberries, blackberries, strawberries, raspberries, goji berries, acai berries and more, the list is endless.



This potion is tart, sweet and oh-so-delicious. Berries also have anti-ageing properties and may prevent diseases like Alzheimer's and Parkinson's. So guzzle down a glass of mixed berry juice every day and see the results for yourself.





Cucumber-Kale-Pear Juice

This refreshing green juice is a tonic for long life. Kale is a superfood loaded with quercetin, kaempferol, beta-carotene, lutein, zeaxanthin and vitamin K. Kale has a bitter after-taste which is why adding cucumber and pear to the juice makes it more palatable and pulpy. Start your day with this nutritious juice and make sure to follow it up with a healthy diet as well.



A close-up photograph of a glass of iced tea. A white pitcher is pouring a stream of amber-colored tea into the glass. A spoon is tipping a pile of white sugar crystals into the glass, with some crystals falling through the air. The glass sits on a dark wooden coaster. In the background, there are several golden-brown cookies on a green plate. The foreground features dark, gnarled pieces of driftwood and a single cookie. The overall lighting is dramatic, with a dark background.

HIGH — ON — CHAI

Chai as referred to tea by Indians is a beverage that is savoured first thing in the morning in the majority of the Indian households. You'll find chai obsessed people in the majority of Indian households. Even though tea is loved by so many, it hasn't been given the importance that it deserves. And you may ask how, Well, have you ever said, "let's go for a cup of tea?" I think not. You might have always said, "Let's go for a cup of coffee?" So you see, how tea is underrated in the world of beverages. But Chaisexual people are undeterred to keep their love for tea alive.

A cup of tea is a good companion when you want to have a conversation with your friends, cure a headache, or relieve your work stress.

THIS
BEVERAGE HAS
ITS ROOT
ORIGIN IN
CHINA AND
WAS USED AS
A MEDICINE
UNTIL AROUND
300 CE.

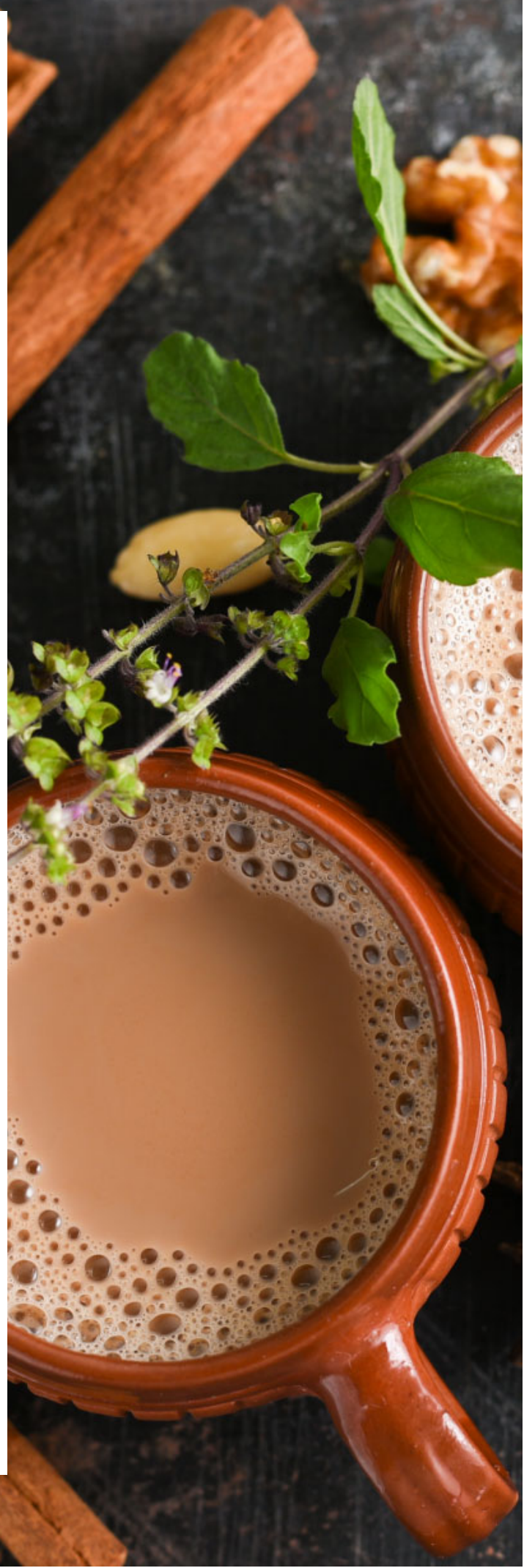
1. If you thought that the Indians are the highest tea consuming population, then you are wrong. Turkish people consume the highest amount of tea, wherein a person consumes seven pounds of tea annually.

2. Herbal tea is actually not tea. It is a mixture of different herbs, spices, and plants like chamomile, mint, and hibiscus.

3. The tea bag was invented by an American businessman-Thomas Sullivan. He used to send tea samples in silk pouches to his clients and they would directly dip it into hot water.

4. There are around 3000 types of tea in the world.

5. The art of reading tea is called Tasseography, where the diviner tells fortune from the shape of leaves that are settled down in the cup.



If you are a tea lover then visiting tea gardens should be on your travel list. Darjeeling being the finest tea producer in the world should come on top when you want to visit a tea garden.

Assam has indigenous tea plants and collects 1.5 million pounds of tea annually. The “**Tea Garden Time**” in Assam is one hour ahead of the Indian Standard Time.

The Nilgiri hills in Tamil Nadu grows tea throughout the entire year, unlike other tea plantations in India. You can also stay at a tranquil Tea Nest situated on the Singara Tea Estate.

Munnar, in Kerala, has a tea plantation in its Idukki district which is a tourist attraction for its tranquility and peace.

Other tea gardens in **HIMACHAL PRADESH, KARNATAKA AND WEST BENGAL** are also worth visiting.

Teas come with so many flavours right from black teas to light and fruity flavoured teas. But don't you sometimes get confused hearing different names of teas? Herbal tea, Matcha, White tea, and whatnot. And you might wonder what's all the fuss about different flavoured teas? Well, let's find out together.

MASALA CHAI

Let's start with India's favourite masala chai. As the name suggests masala chai is spiced chai which includes spices like ginger and cardamom. Sometimes, it also gets infused with mint, cinnamon, anise etc depending on the preference of the drinker. This tea helps in fighting a cold, drives fatigue, helps in digestion, and boosts immunity.



MATCHA

Matcha is a type of green tea and is more beneficial than other types of green tea. Matcha is beneficial for health as it is packed with antioxidants, reduces heart disease, and aids weight loss.



OO LONG TEA

Oolong tea, a traditional Chinese tea is made from the same plant as black and green tea. Oolong tea is semi-oxidised and rolled to give its distinctive shape. Oolong tea can improve heart health, prevent diabetes, improve brain function, and also protect from certain types of cancers like lung, oral, pancreatic and liver.









HERBAL TEA

Herbal tea also known as Tisane is an infusion of various fruits, leaves, barks, roots or flowers that are edible and don't belong to a tea plant. Chamomile tea, peppermint tea, hibiscus tea, ginger tea, rosehip tea etc are some of the examples of herbal tea. It is known for its benefits of stress-relieving and fighting a cold. We will have a brief look at various types of herbal teas.

1. CHAMOMILE TEA

Chamomile tea is derived from daisy flowers and as it is a herbal tea, it is caffeine-free. It is used for its various health benefits because of its anti-inflammatory properties and is used as a sleeping aid.



2. PEPPERMINT TEA

Peppermint tea is obtained from the peppermint herb from the mint family. Similar to chamomile tea, Peppermint tea helps cure insomnia or lack of sleep. Peppermint tea provides great health benefits like reducing menstrual cramps, helping reduce headaches, aiding digestion, and fighting internal bacterial infections.



3. HIBISCUS TEA

Hibiscus tea is made out of crimson or deep-magenta coloured hibiscus flowers. Whatever the season-summer or winter, hibiscus tea can be enjoyed every time as it can be served hot or cold. It helps in weight loss, controls high blood pressure and high cholesterol.



4. ROSEHIP TEA

Rosehip tea is derived from the fruit of the rose plant. It helps prevent vitamin C deficiencies and has the ability to treat constipation, kidney disorders, diarrhoea and high cholesterol. Rosehip tea is great for the skin as it helps fight skin aging and improves the elasticity of the face.



5. CHRYSANTHEMUM TEA

Chrysanthemum tea is obtained from the chrysanthemum plant. The spectrum of its bloom ranges from palest yellow to bright red. Drinking chrysanthemum tea provides relief from sore throat and is a good detoxifying agent for the liver.



6. ROOIBOS TEA

Rooibos tea is made of the South African plant Rooibos. It too can be drunk hot or cold just like hibiscus tea. It is beneficial for heart patients, diabetics and helps treat asthma and prevents premature aging.



BLACK TEA

Black tea- the most consumed beverage in the world comes from the *Camellia Sinensis* plant and contains the highest amount of caffeine as compared to other teas. Black tea boosts heart health, helps reduce blood pressure and also helps reduce the risk of cancer.

Earl Grey is one of the most popular black teas which is made of a unique blend of bergamot and black tea. Earl Grey boosts immunity, protects oral health and improves digestion.

YELLOW TEA

Yellow tea is obtained from the *Camellia Sinensis* plant just like black tea, green tea, and white tea. It goes through a slow drying process which gives it a mellow flavour and removes the grassy smell and taste related to green teas. Yellow tea promotes weight loss, is beneficial for the liver, prevents diabetes and also has anti-aging properties.








WHITE TEA

White tea is not oxidised and is harvested before the leaves of the tea plant are opened fully. White tea can encourage good cardiovascular health and fight against skin aging.

PU'ERH

Pu'erh tea is fermented tea that is produced in the Yunnan province of China. Just like wine, Pu'erh also tastes better when it has aged longer. Pu'erh helps in weight loss, relieves stress, increases energy, and promotes good heart health.

A close-up photograph of a traditional Japanese tea ceremony setup. In the foreground, a rustic, textured ceramic cup is filled with a pale green tea. To its right, a dark, metallic teapot with a lid is visible, its surface glistening with water droplets. A wooden scoop is tipped, spilling a pile of vibrant green, needle-shaped tea leaves onto a dark, slate-like surface. The background is softly blurred, showing another similar cup.

I am sure this blog would have made you want a cup of tea. Who are you waiting for? Go ahead and make yourself a searing and ecstatic cup of tea.

SENCHA

Sencha is the most popular green tea in Japan which too is derived from *Camellia Sinensis* plant. Sencha tea is efficient in fighting free radicals, reducing bad cholesterol and improving oral health.

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