



THE BEST THIRST-QUENCHERS FOR HOT DAYS

Low-sugar summer drinks.



Delicious and
refreshing



© shersor/stock.adobe.com

REFRESHING

Lemon Iced Tea

Ingredients for 2 glasses:

- 600 ml black tea
- 2 handfuls of ice cubes
- 2 organic lemons
- 1 tsp panela sugar

1

Brew the black tea, stir in the sugar and leave to cool.

2

Squeeze the juice from one lemon. Wash the second lemon under hot water and slice it.

3

Divide the ice cubes between two large glasses and pour over the black tea and lemon juice. Add the lemon slices and enjoy.



Tip: You could also try a different tea, such as a fruit infusion (peach).



© Africa Studio/stock.adobe.com

REFRESHING

Coconut Water

Ingredients for 2 glasses:

- 400 ml coconut water
- 2 limes (juice)
- Optional: 1 tsp panela sugar
- 1 organic lime
- Ice cubes
- Optional: Fresh mint leaves

1

Wash the lime thoroughly and slice it.

2

Thoroughly mix the coconut water, lime juice and, if desired, sugar in a jug.

3

Divide the lime slices and ice cubes between two glasses and top up with the lime and coconut water. Add fresh mint if desired.



©Brent Hofacker/stock.adobe.com

NON-ALCOHOLIC

Hugo

Ingredients for 2 glasses:

- 2 tsp elderflower syrup
- 400 ml sparkling water
- 2 ice cubes
- Fresh mint
- Optional: 2 slices of lime

1

Divide the elderflower syrup between two glasses and top each up with 200 ml of sparkling water.

2

Add the ice cubes and garnish with fresh mint (and limes).



© Svetlana Chertyu/stock.adobe.com

Ginger Lemonade

WITH TURMERIC

Ingredients for 1 litre:

- 1 litre of water
- 1 piece of ginger, approx. 4 cm
- 1 tsp turmeric
- 1 organic lemon

1

Peel the ginger and cut it into small pieces. Grate the zest from the lemon and squeeze out the juice.

2

Bring the water to the boil in a saucepan. Add the pieces of ginger, turmeric and lemon zest, and leave to simmer for about 15 minutes.

3

Pour the ginger water through a sieve and leave to cool.

4

Stir in the lemon juice and chill until ready to serve.



© Ramil Gibadullin/stock.adobe.com

Iced Coffee

WITHOUT SUGAR

Ingredients for 2 glasses:

- 200 ml coffee (cold brew)
- 200 ml (oat) milk
- 1 banana (approx. 100 g)
- Optional: 1 tsp vanilla protein powder
- 3 ice cubes (made from coffee)

1

Peel the banana, cut it into small pieces and freeze it in a freezer bag for at least 5 hours.

2

Prepare the coffee, leave it to cool, then put it in the fridge for 4 hours. If you like, you can freeze another batch of coffee in an ice cube tray.

3

Put all the ingredients in a blender and blend well. Pour the iced coffee into two glasses and enjoy.



©nerudol/stock.adobe.com

HEALTHY

Protein Shake

Ingredients for 2 glasses:

- 100 g cottage cheese
- 50 g yoghurt
- 200 ml (oat/almond) milk
- 70 g berries (raspberries, blueberries, strawberries)
- 1 banana (ripe and peeled)
- Optional: 1 tsp chia seeds or flaxseeds

1

Place all the ingredients in a blender and blend until smooth.

2

Divide between two glasses and enjoy.



©Vasiliy/stock.adobe.com

NON-ALCOHOLIC

Mojito

Ingredients for 2 glasses:

- 2 organic limes
- Optional: 1 tsp panela sugar
- 150 ml sparkling water
- 150 ml light tonic water
- Crushed ice
- 10 mint leaves

1

Wash the limes under hot water and cut them into eighths. Divide the pieces between the two glasses, add the mint (and sugar), and use a cocktail muddler to crush and release the juice.

2

Top up with sparkling water and tonic water, then stir everything together with a spoon.

3

Finally, add some crushed ice and enjoy.



© vaaseena/stock.adobe.com

Cucumber Water

WITH LEMON

Ingredients for 1 litre:

- 1 litre of water
- half an organic cucumber
- 2 organic lemons
- 1 piece of ginger (approx. 4 cm)
- Fresh mint leaves

1

Pour water into a large pitcher.

2

Wash the cucumber and lemon thoroughly, and peel the ginger. Then slice everything into thin slices and add to the water. Add the mint leaves and leave to infuse in the fridge for at least two hours.

A good day starts with LaVita.

Every morning a glass of LaVita, every day complete support.
For more energy¹ and a support of the immune system.²



LaVita.
The micronutrient concentrate.

lavita.com
info@lavita.com



¹**Energy:** LaVita provides ample iron, folic acid, magnesium, niacin, vitamin C, vitamin B2, B12 and B6, which help reduce tiredness and fatigue. ²**Immune system:** With iron, vitamins C, A, D, B6, B12, folic acid, copper, selenium and zinc, LaVita contains all the relevant micronutrients that support the normal functioning of the immune system.

Imprint

Publisher:
LaVita GmbH, Ziegelfeldstr. 10, 84036 Kumhausen

Note: The texts in this e-book are based on current nutritional science principles. The publisher and its agents accept no liability for personal injury, property damage or financial loss. Reproduction is only permitted with the publisher's consent. Use or distribution by unauthorised third parties in any printed, audiovisual, acoustic or other media is prohibited.