



Strawberry Mojito

A Kamalaya guest favourite, this mocktail is rich in antioxidants, enzymes and vitamin C.

Ingredients

Fresh green apple juice	160 ml
Fresh pineapple juice	150 g
Fresh lime juice	40 g
Medium sized strawberries	5 g
Handful of mint leaves	small

Method

1. Blend all ingredients with a few ice cubes until strawberries are liquefied. Serve in a tall glass.

Recipes for Healthy Living

"Let food be thy medicine and medicine be thy food." Hippocrates

Simply following a healthy diet on a regular basis can significantly improve our wellbeing. Kamalaya's inspired healthy cuisine combines the ancient healing traditions of China and India with current medical research to create delicious, nutritious cuisine that supports optimal health. See more healthy recipes here: www.kamalaya.com/recipes.htm

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