



LADY IN RED Watermelon cooler

by Shella Grover

Every night once the house goes to rest, I like to spend a few moments of solace in my balcony. Alone with myself and the creator.

The 12th floor balcony overlooks the Morogoro mountains which are visible during the day, but at night its nothing but hoards of lights that are man made – mostly yellow, with speckles of red and blue at places, and beyond these lights and right above me is the light that God has made. The moon shines straight on top of me as bright as a torch from heaven, covering everything below in a silvery cool aura. Its almost ethereal to look above and then look in front of me to see the contrast. Thousands and thousands of lights, some moving some still, providing light to the immediate user and one big light more brighter than any

other enough to cover everything below in its shimmer.

At that elevation the winds are cooler than below and it soothes like none other. All senses are rested in the hope of a new day the next morning and something to look forward to.

All senses, except the sense of taste of course. So lets get onto satisfying that very vital "sense" too.

Water melons are aplenty in Dar. Though the ones available these days are not too sweet and also a lot more with seeds. What to do?? Ok, here's the recipe, and I want to know how you liked it. And to tell me that you will have to make it and write to me.

Prep Time – 5 minutes

Blending and Straining – 10 minutes

Make about 8-10 juice glasses

Ingredients

1 big water melon

1 cup mint leaves

1 big piece ginger

¼ cup sugar (this is optional, or you can increase or decrease as you wish)

Recipe

Remove the water melon from the shell and blend it with the ingredients along with about 2 glasses of water. Strain and serve

Tip:

- You can freeze the juice in ice trays and add to your drinks or water to give a lovely effect
- Try adding some pineapple juice to it

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Fruit-Infused Water

Stay Cool with this water-based cooler!



by Jessie Bryson

Shella's watermelon smoothie is one way to stay cool in Dar's warm climate. But if you're in a pinch, you may also try out our recipe for a fruit-infused water. Cut, soak, and drink—tasty, refreshing, and oh-so-easy, you'll wonder why you haven't always done this before!

Plus, by adding a few slices of fruit, vegetable, herbs, or spices into our daily intake of water, we can benefit the mind, body, and soul at the same time. Adding pieces of fruit and vegetables adds trace amounts of minerals and vitamins that our bodies can easily and quickly absorb. At

the same time these flavorsome waters are so delicious that it may enable you to drink more water than usual, leaving you hydrated and energized.

At the heart of it, by consuming an extra liter or two of water a day, we are purifying the body by flushing out whatever 'toxins' exist. With these fruit-infused coolers, we can sustain as a daily mini-detox practice in what is the crazy marathon called life.

3 detox waters to try:

Cucumber, raspberry, grape



Cucumber is hydrating and flushes out toxins, Raspberries have anti-inflammatory properties, and grapes contain cancer-fighting and cleansing compounds.

Rhubarb, apple, cinnamon



Rhubarb contains vitamin K to help with blood clotting, apples have a slew of

benefits including maintaining bone and tissue health, and cinnamon is one of the most efficient boosters of metabolism.

Pineapple and mint



Pineapple is an anti-inflammatory that helps relieve joint pain and arthritis, and mint supports the digestive system by activating salivary glands and digestive enzymes.

Instructions to make Detox Water:

Slice fruits or vegetables of your choice into bite-sized pieces.

In a 1 liter jar, place sliced fruits at the bottom of the jar. Cover to the rim with ice.

Pour water until full (approximately 1 cup) and seal with a lid. Let sit in the refrigerator for at least thirty minutes so flavors can seep into the water.

Keeps in the fridge up to two days, water is most refreshing when cold.

Granted, you're not going to get your daily dose of recommended nutrients just by drinking a detox water...but every little bit helps!