

# Summer Drinks: Refreshing Homemade Sherbets to Beat the Heat

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**Online Desk:** The scorching heat of summer can be relentless, making it essential to find ways to stay cool and hydrated. While the allure of roadside summer drinks is undeniable, they often come with health risks due to questionable ingredients and hygiene standards. Fortunately, there is a safer and more delicious alternative – homemade sherbets. Let's explore 10 revitalising sherbet recipes to try this summer to fight heat related illnesses.

## 10 Homemade Sherbet Recipes to Beat Dehydration This Summer

### Raw Mango Sherbet

Aam Panna, or raw mango sherbet, is a quintessential summer drink in Bangladesh for combating the sweltering heat packed with both flavour and health benefits. Made from raw mangoes, it presents a tantalising blend of tartness and sweetness. This refreshing beverage is rich in vitamins A and C, essential for maintaining hydration and boosting immunity.

To make Aam Panna, simply blend raw boiled, peeled mangoes with mint leaves, roasted cumin powder, black salt, sugar, and water until smooth. To impart a smoky nuance, consider roasting the mangoes beforehand. Serve chilled over ice for a revitalising treat that not only quenches thirst but also replenishes electrolytes and provides a burst of tropical goodness.

### Tamarind Sherbet

Tamarind sherbet offers a tangy and refreshing escape from the scorching summer heat. Rich in vitamins and minerals, including vitamin C and potassium it offers a sweet-tart punch. It aids in replenishing electrolytes lost during sweating, thus combating dehydration.

To prepare this invigorating drink, combine tamarind pulp with water, sugar or honey, and a dash of salt. Allow the mixture to steep with a cinnamon stick, then strain and chill before serving over ice. Indulge in the zesty flavour and hydrating benefits of tamarind sherbet to stay cool and refreshed all summer long.

### Rose Petal Sherbet

Rose petal sherbet embodies a fragrant and floral essence, offering a delightful respite from summer's heat. While lower in electrolytes than some options, it can provide some hydration and is a lovely source of antioxidants. Rich in antioxidants and vitamin C, it supports hydration and boosts immunity.

To concoct this rejuvenating elixir, steep fresh rose petals in water, then strain and mix with sugar or honey and a splash of lemon juice. Serve chilled over ice for a cooling sensation that not only tantalises the taste buds but also replenishes vital fluids lost through perspiration. Sip on rose petal sherbet to invigorate your senses and combat dehydration effortlessly.

### Bael Sherbet

Bael sherbet, a summer delight, boasts a unique flavour and impressive health benefits. Made with the pulp of the wood apple (bael), it offers a sweet-tart taste with a hint of citrus. This golden drink is a powerhouse of Vitamin C, supporting immunity and fighting inflammation. But bael truly shines in its role against dehydration.

The pulp is rich in fibre and natural electrolytes, helping your body retain fluids and recover from sweat loss. To create this revitalising drink, simply mash the pulp of a ripe bael with water, strain, and add sugar or honey to taste. A pinch of salt and a squeeze of lemon juice complete this refreshing and rehydrating summer beverage.

### **Watermelon Sherbet**

Cool off with watermelon sherbet, a naturally hydrating summer treat. Made with blended watermelon, this refreshing pink drink is packed with water, making it a delicious weapon against dehydration.

Watermelon boasts vitamins A, B6, and C, as well as potassium and lycopene. It supports immunity and healthy vision. The recipe is simple: freeze seedless watermelon cubes, then blend them smooth with a touch of lime juice or honey for extra zing. Enjoy this refreshing sherbet for a hydrating and nutritious summer.



### **Orange Sherbet**

Orange sherbet offers a delightful burst of citrus to quench your summer thirst. Though reviving, it is lower in electrolytes compared to other options. However, oranges are a great source of Vitamin C, important for immunity.

To make a simple orange sherbet, blend fresh orange juice with water and a hint of honey or sugar. For a more intense flavour, add a touch of ginger. Chill the mixture thoroughly before serving over ice for a cooling treat with a burst of citrusy goodness to revitalise the body and mind.

### **Pineapple Sherbet**

Beat the heat with pineapple sherbet, a tropical twist on a classic summer treat. Blended frozen pineapple chunks create a vibrant yellow sherbet packed with water, aiding dehydration. Pineapples are a good source of Vitamin C, bromelain, and manganese, supporting immunity and healthy bones.

To create this refresher, simply blend frozen pineapple until smooth with a touch of sugar or honey for sweetness. To achieve a smoother consistency, incorporate a dash of coconut milk. Chill and enjoy this delicious and hydrating summer cooler.

### **Lemon Mint Sherbet**

Quench your thirst and beat the summer heat with a revitalising lemon mint sherbet. Lemon mint sherbet is a light and invigorating summer cooler. Bursting with citrusy zest and the cool essence of mint, this cool drink offers a stimulating punch while aiding hydration in the scorching sun.

Packed with vitamin C from fresh lemon juice and digestive benefits from mint leaves, it is a hydrating powerhouse. Simply blend the ingredients with water, chill, and serve over ice for an invigorating drink that perks up your senses and fights dehydration.

### **Cucumber Sherbet**

Cool off and hydrate with a revitalising cucumber sherbet. This delicious treat is packed with water, the key weapon against dehydration. Bursting with vitamins and minerals like vitamin K, potassium, and magnesium, cucumbers replenish electrolytes lost in the heat, while their high water content keeps you hydrated.

To make this delightful sherbet, blend seedless cucumber chunks with a touch of honey or lime juice for a balanced flavour. For a creamier option, add some yoghurt. Chill the mixture and enjoy this light and hydrating summer beverage that's perfect for beating the heat.

### **Papaya Sherbet**

Indulge in the tropical goodness of papaya sherbet, a hydrating delight that is perfect for beating the summer heat. This vibrant orange drink is over 80% water and loaded with vitamins A, C, and E, as well as potassium and fibre. Papaya replenishes electrolytes and aids digestion, making it an ideal choice for staying hydrated.

To create this tasty sherbet, blend frozen papaya chunks with a touch of lime juice or honey. For a creamier texture, add a banana or some coconut milk. Enjoy this delicious and hydrating summer cooler packed with vitamins.

### **Final Words**

This summer, skip the sugary and potentially harmful roadside drinks and opt for delicious and nutritious homemade sherbets instead. These mouth-watering summer drinks offer a plethora of health benefits besides pacifying the mind and body. You can try any of the above-mentioned 10 easy-to-make summer sherbet recipes. Thus, you can indulge in delightful flavours of the locally available summer fruits and vegetables and stay hydrated during heat waves. Beat the heat the healthy way with homemade sherbets!