Good Bad Ugly Box Office Collection

Ground Zero Movie

## Kombucha to pickled cucumber: Probiotic-rich foods that deserve a spot on your plate

Beat the summer heat with fermented delights! This season, explore probiotic-rich drinks and treats like

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Kombucha To Pickled Cucumber: Probiotic-Rich Foods That Dese...

creamy yoghurt, discover cool and delicious ways to stay hydrated and healthy all summer long. Summer calls for cool sips and gut-friendly treats

kombucha, chaas, and kefir to refresh and boost gut health. From tangy drinks to crunchy pickled cucumbers and



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these are sure to add a twist to your summer palate. From the zing of kombucha to the cool comfort of chaas, these not only refresh but also boost gut health. Here's how to eat and sip your way through the heat in style!

and fermented drinks are stealing the spotlight.

Fizzy, tangy, and packed with probiotic goodness,

#### Kefir is a tangy, yoghurt-like fermented milk drink made with kefir grains that are packed with gutfriendly bacteria.

Why it's a summer hero:

#### Cool ways to have it:

Dheeraj Mathur, cluster executive chef, Radisson Blu, Kaushambi, Delhi NCR, says, "It can be

Creamy, fizzy, probiotic-rich — great after a heavy meal or when the heat's got you down.

#### consumed as smoothies, salad dressing, summer salads, popsicles and spreadable cheese."

Kombucha

What is it:

Think of it as iced tea with an edge that brings tang and a slightly sweet finish to your glass. Why it's a summer hero:

#### "It hits the soda craving without the guilt! Hydrating, gut-loving, and oh-so-cool," says Ashlesha Joshi, senior nutritionist, Tone 30 Pilates.

Cool ways to have it: Sip it chilled straight from the bottle or jazz it up with fresh fruit and herbs.



enhancer maintaining digestive comfort, hydration, and internal balance."

### A timeless Indian favourite, chaas is made by blending curd with water and a dash of digestive spices

Why it's a summer hero:

Dr. Piyali Saha, senior mentor at Dr Batra's Healthcare, says, "This drink serves as a natural health

### Cool ways to have it:

- a humble hero in summer heat.

turmeric lattes or chaas mocktails," suggests Chef Jasjit Singh Keer, Oh! My Sauce.

"Flavour it with mint, ginger or green chilli. Use it in doughs, blend it into smoothies or popsicles, try

## Kanji

## A tangy, old-school cooler brewed with rice, ragi, lentils or black carrots — fermented calm in a cup.

What is it:

Anshul Singh, team leader, clinical nutrition and dietetics department, Artemis Hospitals, says, "Easy to

# make and store, it cools, detoxes, and gives your gut a probiotic boost."

Cool ways to have it:

Why it's a summer hero:

Dr Malini Saba, cookbook author and founder of the Saba Family Foundation, says, "Spin it as a base for chilled summer soups, stir into cooked millet or broken wheat, or blend with herbs like mint, curry leaves, or ginger."

## What is it:

**Pickled Cucumber** 

## Why it's a summer hero:

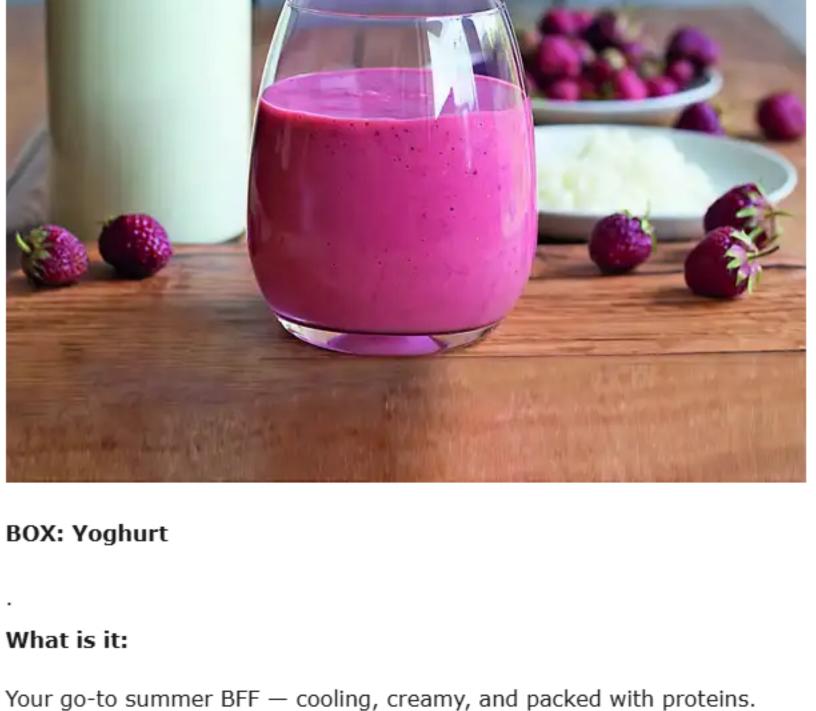
Mugdha Pradhan, functional nutritionist and founder of iThrive, says, "When naturally fermented, cucumbers fuel your body with hydration, electrolytes and gut-loving goodness. Pro tip: While pickling,

Cool, crunchy, and a little tangy — these bring a probiotic punch with every bite.

### use pink salt instead of table salt for a healthier twist" Cool ways to have it:

or blend it with mint, curd, and lemon for a zesty summer sipper."

Chef Ashish Singh, Café Delhi Heights, says, "Toss into salads, wrap in sandwiches, top your yoghurt,



Suman Agarwal, founder & nutritionist, SelfCare by Suman, says, "This a perfect light and filling midmeal snack that's refreshing and protein-rich, keeping you hydrated with its water and electrolyte boost."

## Chef Sreyashi Dey, owner of Seasalt Patisserie, says, "Toss it in your midday routine pairing it with

Cool ways to have it:

Why it's a summer hero:

