

OKRA WATER RECIPE

A nutrient-rich drink to keep your sugar levels in check

Servings: 1 glass

INGREDIENTS

- 4-5 okra pods medium-sized
- 1 cup water
- salt (optional)
- pepper

INSTRUCTIONS

1. Take 4-5 medium-sized okra pods and wash it thoroughly.
2. Cut both ends of the pods, and slice them in half. You can also use a knife and pierce each side of the pods.



3. Now, take a cup filled with water and immerse the pods in it.



4. Keep the pods soaked in water for 8 hours. Note that you can also keep it soaked in water for 24 hours if you prefer to do so.
5. Next morning, or after 24 hours, release the leftover sap into the water from the okra pods by squeezing it. You can throw the pods away once you do so.
6. Pour the water into a glass and drink the nutrient-rich beverage. You can also season the drink with salt and pepper, should you find it bland.

- Alternatively, to cut down on the time, boil the okra pods instead of keeping them soaked in water overnight. Once boiled, you can blend the slimy okra pods with water. Either, have it warm as a soup, or wait for it to cool down to have it as okra water.



NOTES

If you don't enjoy the taste of okra water, you can blend the soaked vegetable with an orange and make a flavourful juice out of it. You can add ice cubes to it if you want to have it chilled. This blend will aid in digestion.