

REFRESH!

MIND · BODY · SOUL

Get It While It's Cold

When temperatures drop and the blahs set in, hip juice bars like New York City's Juice Generation see a surge in orders for smoothies and wellness tonics spiked with cayenne pepper. The ingredient could do more than make you feel warm and cozy: "It's a natural source of capsaicin, a compound that may rev up metabolism, and it also supports the immune system with antimicrobial compounds and antioxidants that help protect healthy cells from viruses and bacteria," says Ali Miller, registered dietitian and author of *Naturally Nourished*. If you could use a little kick, try Miller's simple recipe for a satisfying spicy drink: To a high-speed blender, add $\frac{3}{4}$ cup water, $\frac{1}{2}$ cup frozen pineapple, 1 cup spinach leaves, $\frac{1}{2}$ cup ice, $\frac{3}{4}$ cup roughly chopped cucumber, $\frac{1}{3}$ cup coconut milk, a pinch of ground ginger, a pinch of cayenne (or 2 if you like it hot), and 2 Tbsp. hempseed and puree until smooth. Craving something steamier? Sip on David'sTea's soothing new sweet-tart lemon cayenne tea, infused with apple and citrus peels (\$29 for 3.9 ounces loose leaves; davidstea.com).

—CATHRYNE KELLER

