

# Recipe - Blackberry Frozen Yogurt

## Frozen Yogurt



### Ingredients

Blackberries 7-8 nos

Ripe Banana 1 large

Sugar 3 tbsp

Thick Curd 2 cups

Milk 1 tbsp

### Method

- Wash and cut the blackberries and deep freeze for an hour.
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- to a smooth paste.
- Add thick curd and blend well.
- Pour in to an airtight jar and deep freeze for 3-4 hours.
- Now before serving remove from freezer and keep in refrigerator for 15 minutes.
- This will help easy scooping.
- garnish with banana and berries.
- Serve chill.

### Tips

You may choose your choice of fruits or berries, like strawberry, blueberry, mango, kiwi, banana etc.

Adjust sugar as per your taste.

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# Recipe- Choley

## Choley



### Ingredients

Chickpeas/ Choley 1 cup (Soaked overnight)

Salt 1 tsp (or according to taste)

Amla Powder 1 tsp

Ghee 1 tbsp

Asafoetida/ Hing 1 pinch

Jeera 1 tsp

Onion 1 medium

Green Chili 5 medium

Ginger Garlic Paste 2 tsp

Tomato puree 1 cup

Red Chili 1 tsp (or as per your taste buds)

Chole Masala 3 tsp (Store brought)

### Method

- Wash and drain choley properly.
- Take a pressure cooker and boil choley with 1 tsp salt and 1 tsp amla powder.
- When done mash choley a little bit with a heavy spoon (Fig 1).
- Now take 1 tbsp ghee in another pan and heat on high flame.
- When ghee is hot enough add jeera and hing, let it cracker.
- Then add chopped onion and fry untill pink in color.
- Add Ginger garlic paste and fry.
- Add green chili and fry (Fig 2).
- Add tomato puree and fry til it starts leaving sides (Fig 3).
- Add red chilli powder and chola masala, fry for few minutes.

- Reduce the flame to low and cover the pan for 5 minutes.
- Add boiled choley and mix well.
- Cover and cook on low flame for another 10 minutes.
- Garnish with onion, ginger and green chilis.
- Serve hot with rice, bhature or chapati.



### Tips

If you do not eat onion you may omit this from recipe and follow the procedure.

While boiling choley add amla powder, it will give dark color as well you may not need to put extra aamcur powder.

Mash them a bit for the gravy texture.

Adjust the chilis according to your taste.

**“Be Vegetarian be Happy”**

**“Live and Let Live”**

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# Recipe- Creamy Curd Dip

## Creamy Curd Dip



### Ingredients

Curd 2 cups  
Ginger 1 tsp (Grated)  
Green Chili 0.5 tsp (Grated)  
Roasted Jeera Powder 1 tsp  
Red Chili powder 0.5 tsp  
Dry Mint Leaves Powder 2 tsp  
Salt 0.5 tsp (or according to taste)

### Method

- Hand curd in a muslin cloth for 1 hour so that all water/ whey gets drained from it.
- Remove the hung curd in another bowl.
- Add grated ginger, green chili, roasted jeera powder, red chili

powder, dry mint leaves powder and salt, mix well.

- Refrigerate for 10-15 minutes.
- Garnish with jeera powder, red chilli powder and dry mint leaves powder and serve.

**Tips**

Adjust chilli as per your taste.