

**Recipe- Grape Soda Water/  
Juice**

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**Recipe- Banana Cranberry Milk  
Shake**

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**Recipe- Lemon Cucumber Cooler**

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**Recipe- Fruit Punch**

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**Recipe- Aamras**

**Aamras**



## Ingredients

Mango Pulp 2 Bowl

Sugar 4 tsp

Saffron 2 Pinch

Green Cardamom 4 nos

Nutmeg/ Jaiphal Powder 0.5 pinch

Fresh Milk 1 tbsp

## Method

- Grind mango pulp with sugar well and keep aside.
- Crush saffron and green cardamom seeds well in a traditional grinding stone (Fig 1).
- Add milk and grind well again (Fig 2).
- Mix this with mango pulp.
- Sprinkle a pinch of nutmeg powder and mix well.
- Pour in a serving dish and garnish with some saffron and cardamom seed.
- Serve with puri, rice or paratha.



## Tips

Do not add nutmeg powder more than half a pinch otherwise it may dominate the taste of mango.

Use sweet mango otherwise the taste would not be good.

Vegan may substitute cow milk with any vegan/almond/ coconut milk.

Adjust sugar as per the sweetness of mango.

**“Be Vegetarian Be Happy”**

**“Live and Let Live”**

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# Recipe- Aam Panna (Raw Mango Squash)

## Aam Panna (Raw Mango Squash)

### Ingredients

Raw Mango 3 medium

Sugar 3 tbsp

Fresh Mint Leaves 15 nos

Hing /Asafoetida 0.5 tsp

Salt 1 tsp (or as per taste)

Black Salt 0.5 tsp

Roasted Jeera Powder 1 tsp

### Method

- Take washed raw mangoes in a microwave cooking bowl.
- Fill it upto half with water and put 0.5 tsp salt.
- Cover and microwave for 7-8 minutes.
- Once boiled let it cool down.
- When cooled enough take the pulp in a blender jar.
- Add sugar, mint leaves, salt, hing and black salt.
- Blend roughly for 1-2 minutes.
- Add roasted jeera powder and microwave for 1 minute.
- Now you can refrigerate this in a airtight glass jar.
- Before serving, take 2-3 tbsp of aam panna in a serving glass and mix with water.
- Put 2-3 ice cubes and garnish with mint leaves and Serve chill.
- You can also serve this in a soda water.
- For that take 3-4 tbsp aam panna in a serving glass and add little water and mix well.
- Now pour soda water and 2-3 ice cubes and garnish with

mint leaves.

- Serve immediately.

### **Tips**

While boiling in microwave check after 7-8 minutes if not boiled keep for another 1-2 minutes.

Adjust sugar as per your taste and sourness of mango.

Its a perfect drink for summers.