

**Recipe- Sabudana Khichdi/
Poha**

**Recipe- Whole Wheat Walnut
Chocolate Brownie Cake
(Eggless)**

Recipe- Dry fruit Mawa Laddu

**Recipe- Banana Cranberry Milk
Shake**

Recipe- Olive Bread

Recipe- Mango Shrikhand

Mango Shrikhand



Ingredients

Mango Pulp 1 Bowl

Hung Curd 1 Bowl

Sugar 6 tsp

Saffron 2 Pinch

Green Cardamom 4 nos

Nutmeg/ Jaiphal Powder 1 pinch

Fresh Milk 1 tsp

Method

- Grind mango pulp and hung curd with sugar, keep aside.
- Crush and grind well saffron, green cardamom seeds, nutmeg powder and milk in a traditional grinding stone (Fig Below).
- And mix this with mango pulp and hung curd mix.
- Pour in a serving dish and garnish with some saffron and cardamom seed.
- Refrigerate for an hour.
- Serve chill.



Tips

Use sweet mango otherwise the taste would not be good.

Adjust sugar as per the sweetness of mango.

“Be Vegetarian”

“Live and Let Live”