

# Recipe- Lemon Cucumber Cooler

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# Recipe- Fruit Punch

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# 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”**

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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”**