

# Recipe- Strawberry Oats Breakfast Smoothie

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## Recipe- Apple Yogurt

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## Recipe- Cake Bites

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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”**

# **Recipe- IceCream Fry Eggless**

## **IceCream Fry**

Eggless and gelatin free)



## **Ingredients**

Eggfree and gelatin free)

Corn Flakes 1 cup

Oil to deep fry

## Method

- Deep freeze ice cream scoops for half an hour.
- Meanwhile roughly crush corn flakes in a wide bowl (Fig1).
- Now after half an hour roll ice cream scoops one by one in crushed corn flakes (Fig 2).
- And deep freeze again for an hour.
- After an hour take it out and give a ball like shape by pressing gently in between your palms.
- Deep freeze again for half an hour.
- Roll again in roughly crushed corn flakes (Fig 3) and deep freeze for another 1 hour.
- Now crush the corn flakes finely (Fig 4) and roll the balls again (Fig 5) and deep freeze for at least 1 hour (Fig 6).
- Now when you want to serve, heat the sunflower oil on high and fry for 8-9 seconds (Fig 7).
- Serve immediately.



## Tips

Do not fry for more than 10 seconds, it may melt inside the oil. If it starts melting inside oil, switch off the flame and remove from gas. And be careful oil might spit on you. You may keep it ready in your deep freezer and use as a quick dessert anytime.

**“Be Vegetarian be Happy”**