

Recipe- Lemon Cucumber Cooler

Recipe- Fruit Punch

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.

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Recipe- Mango Banana Smoothie

Mango Banana Smoothie



Ingredients

Mango 1 medium

Cold Milk 1 cup

Sugar 3 tsp (optional)

Method

- Wash and peel mango, Cut the pulp into small cubes.
- Peel Banana and cut in to slices.
- Deep freeze mango cubes and banana slices for an hour.
- Now in a blending jar take frozen banana and mango.

- Add sugar and 1tbsp cold milk, blend till smooth.
- Now add rest of the cold milk blend well.
- Take a drop of smoothie on your finger tip and apply on outer rim of your glass.
- Take some sugar in a wide plate and turn your glass down and dip in sugar so that the sugar sticks on the rim of glass.
- Pour smoothie inside the glass.
- Garnish with mango and banana slices.
- Serve immediately.

Tips

Adjust sugar as per taste.

You may also omit sugar as mango and banana are natural sweetener.

If you want real chill, while blending add some ice cubes.

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Recipe- Mango Surprise

Mango Surprise

(Eggless also Gelatin free)

Ingredients

Milk 0.5 liter

Sliced Pistachio 1 tbsp

Saffron 1 pinch

Green Cardamom Powder 0.5 tsp

Fresh Mangoes 3 medium

Whip Cream 4 tbsp

Sugar 2 tbsp

Method

- Take milk in a heavy bottom or non stick pan.
- Let it boil on high flame.
- Once milk starts boiling turn the flame to low.
- Partially cover the pan and keep stirring at regular intervals.
- When milk is reduced to 3/4 add green cardamom powder and sliced pistachio.
- Soak saffron in a tbsp of cold milk and add to the milk mix well.
- Add sugar and let it cook for further 15 minutes on low flame.
- Keep stirring and scrapping the side at regular intervals.
- Switch off the flame and let it cool down to room temperature.
- Refrigerate for around one hour.
- Meanwhile clean and wash mangoes properly.
- Cut the top and keep aside (you no need to discard that as we will use it later)
- Now squeeze each mango a bit to soften.
- seed (hard part in side the mango or Guthli).
- Keep aside and do the same with each mango.
- Now take a spoon and scoop out mango pulp leaving a thin layer inside the mango.
- Collect all the pulp from the seed as well in a bowl.
- Take small glasses and let mango shells stand on each glass.
- Add whipped cream and beat with hand mixer on high for 4-5 minutes.
- Now add mango pulp and again beat for another 4-5 minutes.
- Now pour this mango milk mix in to mango shells very carefully and cover with a top part of mango you cut before.
- Deep freeze for atleast 3-4 hours.
- Now before serving remove mangoes from freezer and keep in refrigerator for 15 minutes.
- Now cut the mango lengthwise and Serve chill.

Tips

Keep stirring and scrapping the side at regular intervals otherwise milk might burn.

Refrigerate only when milk is at room temperature.

For the smooth creamy texture keep mangoes in refrigerator for 10-15

minutes before serving from deep freezer.
Adjust sugar as per your taste.

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