

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.

“Be Vegetarian be Happy”

“Live and Let Live”

Recipe- Green Mango Chutney

Green Mango Chutney



Ingredients

Fresh Coriander Leaves 1 Bunch
Fresh Mint Leaves 0.5 Bunch
Green Mango 2 Medium (Chopped Roughly)
Ginger 1 Inch pc (Chopped Roughly)
Green Chili 5-6 nos (Chopped Roughly)
Jeera 1 tsp
Red Chili powder 1 tsp
Asafoetida/ Hing 1 pinch
Salt 1 tsp (or according to taste)

Method

- Wash coriander and mint leaves properly and soak in water for half an hour.
- In a grinding jar add coriander leaves, mint leaves, green mango, ginger, green chili, jeera, red chilli powder, hing and salt.
- Grind to a smooth paste with the help of little water.
- Refrigerate for 10-15 minutes and then serve.

Tips

Clean and wash coriander and mint leaves properly as it has a lots of dirt.

Use water in batches to grind it. (Do not use too much of water)

Adjust chilli as per your taste.

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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.
- witch 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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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.