

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- Whole Wheat Cake

Eggless Whole Wheat Choco Walnut Cake in Microwave



Buttermilk 1 cup

Method



- Take a wide and deep microwave safe bowl and grease well with oil or butter.
- In another bowl Sift Aata + Chocolate Powder + Baking Soda + Baking Powder for 3 times.
- In the third time add walnuts while sifting so that walnuts gets the coating of aata.
- By this all the dry ingredients will go down and the aata coated walnuts will remain in the strainer. Keep aside.
- Now in another bowl take oil and buttermilk, Mix well.
- Add sugar and mix well.
- Now add the dry ingredients and mix well.
- Add coated walnuts and mix well.
- Now pour this in to greased bowl and microwave for 10 minutes on high.
- Check with the help of knife or tooth pick, if not cooked keep it for another 2-3 minutes.
- Now with the help of a sharp knife remove the cake

from the sides of the bowl.

- Flip over a wired rack or grill and tap a bit the cake will come out easily.
- Let it cool for 5-10 minutes.
- Cut when cool enough.
- Serve warm.

Tips

Check if your baking powder is not too old otherwise cake will not rise well.

You may top the cake with chocolate sauce as well while serving.