

# [Yummy Strawberry Lemonade Iced Tea](#)

Pin it



*Strawberry season is here, it coincides with the days of summer. I just loved, how beautiful this strawberry iced tea looks. This healthy, refreshing iced tea has a nice flavor of fresh and sweet strawberries and tartness of lemon. Enjoy this cold iced tea on a summer evening , it makes you relax and feels energetic.*

## **Ingredients**

**10 Strawberries**  
**3 Lipton Bags**

**3 Cups of Water**  
**3 Tsp of Lemon Juice**  
**3-4 Tbsp of Sugar or to taste**  
**Ice Cubes**

## **Method**

- **Boil 3 Cups of water in a kettle, pour this hot water to the tea pot. Put 3 tea bags to the tea pot. Cover the tea pot and leave it for 5 mins. After that remove the tea bags from the tea pots. Let it cool down for 10 mins.**
- **In a blender, add strawberries, blend it to a smooth paste without adding water.**
- **Strain the purred berries and discard the seeds.**
- **In a pitcher, Mix together the purred strawberries, tea, sugar and lemon juice. In this stage, you can add more water if you want.**
- **Transfer this to a serving glass with ice cubes or refrigerate it for 15 mins.**
- **Garnish with sliced strawberry and enjoy.**



### Tips

- Adjust the level of sweetness according to your taste.
- You can use Stevia instead of regular white sugar.
- If you find your ice tea is thick, make it thin by adding more water.
- Use chilled club soda in place of water for a different taste.
- You can add mint for a extra flavor.



### **Health Benefits of Strawberries**

**Source : [Healthdiaries.com](http://Healthdiaries.com) and [Besthealthmag.ca](http://Besthealthmag.ca)**

- **The fiber in strawberries helps to keep digestion regular and lowers the blood pressure.**
  - **High in anti-oxidants and excellent source of vitamin C.**
  - **It boosts the immunity.**
  - **It has anti-cancer and anti-inflammatory properties.**
  - **Good for eyes and bone health.**
-

# Eggless Vanilla Sponge Cake Using Yogurt / No Egg No Butter Recipe / Step by step Procedure

Pin it



*Eggless vanilla sponge cake using yogurt / no egg no butter cake recipe is very easy to make cake for birthday parties. Last week was my friend's birthday, so I surprised her by baking this Eggless vanilla sponge cake. She was really amazed and happy to see the vanilla sponge cake. She tasted it*

*and said it was “out of the world”. This recipe is originally by Nita Mehta and has been blogged by many bloggers. I really love this cake recipe as it was egg free and no butter added. Also it turned super soft and moist. Try this egg less cake recipe and let me know your feedback.*

## **Ingredients**

**1.5 Cups of Maida/ All Purpose Flour**  
**1 Cup of Thick Yogurt or Curd**  
**1 Cup of Sugar**  
**1/2 Tsp of Baking Soda**  
**1 and 1/4 Tsp of Baking Powder**  
**1/2 Cup of Cooking Oil**  
**1 and 1/2 Tsp of Vanilla Essence**  
**1 Tbsp of Milk for brushing the top.**

## **Method**

- **In a bowl, add sugar and curd/yogurt, wait until all sugar completely dissolves. Now add baking powder, baking soda to the sugar-curd mixture and stir well.**



- **Keep it aside for 3 – 5 mins and you can able to see the bubbles appears at the top. Now add the vanilla essence, cooking oil and stir well.**
- **Add maida/ All Purpose Flour, slowly to the sugar – yogurt mixture. Beat well with a whisk or forks until it turns thick and creamy as you see in the pic.**



- **Preheat oven to 350 degree F. Meanwhile grease the pan with oil and all purpose flour and pour the batter to the baking pan. I used 8" \* 8" square pan.**



- **Bake it in preheated oven for 30-35 mins.**



- Check it by inserting fork or tooth prick in the center of the cake, if it comes out clean, then your cake is ready. Just brush the top of the cake with 1 tbsp of milk, 10mins before the ending time to get a nice polishing glaze.
- Allow the cake to cool down for 10mins, then carefully take it out from the pan and enjoy !!!!



## **Tips**

- **Don't keep the batter to sit for long time after mixing, as baking soda reacts faster and makes your cake harder.**
- **Always use curd at room temperature and curd should be thick.**
- **If your cake turns browning too much on the top, just cover it with aluminium coil and bake it for another 5 mins, it comes out good.**
- **You can refrigerate the cake and keep it for 2-3 days.**
- **You can also add nuts to the batter, for extra richness and crunchy taste.**

## **Health benefits of Vanilla**

- **Vanilla extract contains small amounts of B-complex groups of vitamins such as niacin, pantothenic acid, thiamin, riboflavin and vitamin B-6.**
- **Reduces anxiety and stress**
- **Vanilla extract has been used to help calm patients with queasy stomachs.**



# Simple Peruvian (Mayocoba) Beans Salad

[Pin it](#)



*Peruvian beans are also called Mayocoba beans/ Canary beans, they are ivory yellow beans which is popular in Jalisco as well as much in Southern Mexico. I got this beans in bulk in nearby Mexican Grocery store. As I am vegetarian, I always includes lentils /beans in my diet to get a protein. As far as the protein profile, it is similar to pintos in that essential amino acids missing for a complete nutritional protein are MET/CYS. The missing ones can be obtained by eating grains such as rice or corn. That is why rice and beans is such an healthy combo. Coming to this recipe, it is simple, healthy*

*and absolutely yummy. This salad features Peruvian beans, onion, tomato, tangy lime juice, salt and pepper. They are high in fiber and protein taste great when served with chips, or lunch served with fresh tortillas. This salad is low in fat and loaded with antioxidants.*



## **Ingredients**

### **To Cook Peruvian Beans**

- 1 Cup of Dried Peruvian Beans ( Frijoles peruanos)**
- 3.5 Cup of Water**
- 1/2 Tsp of Salt**
- 1 Tbsp of Canola/ Vegetable Oil**
- 1/2 Medium Size White Onion**

## To make a salad

- 1/2 Cup of White Onion, Finely Chopped
- 1 Roma Tomato, Finely Chopped
- 1 Tbsp of Jalapenos, Chopped
- Dash of Pepper
- Dash of Salt
- 1 Tbsp of Lemon Juice
- 1 Tbsp of Olive Oil or Chipotle Mayonnaise



## Method

### To Cook Peruvian Beans

- Check for any stone before cooking. Wash and rinse the

dried beans in cold tap water. In a pan, add water, chopped onion, Peruvian beans, oil and salt and wait for rolling boil temperature. Transfer the beans to cooker or crock pot and set in high and cook it for 4 hrs. Peruvian beans is ready.

To make a salad

- Combine all the ingredients in a large bowl and mix well.
- Cover and chill it for 15 mins.
- If you don't get peruvian beans, try the same recipe with chick peas/chenna, rajma etc..
- Simple Peruvian Beans salad is ready to serve. Enjoy



## Tips

- **Serve it with tortilla chips.**
- **You can also add mashed avocado, after refrigerating.**
- **Use red onion instead of white onion.**
- **If you don't get Peruvian beans, try the same recipe with rajma or chenna/chickpeas.**
- **You can garnish with cilantro or green onion or any tomato salsa.**
- **Use canned beans, instead of dried beans.**
- **If you want to use cooker, soak the beans for overnight. Add the beans, oil, salt and enough water. Cook for 3 whistles, then simmer it for 40 mins in low flame. Then turn off the flame. Beans is ready to use.**



## Health Benefits of Peruvian / Mayocobo Beans

- 1/4 Cup of beans is equal to 8 g of protein.
- High in fiber, iron, calcium and vitamins.
- Lowers cholesterol levels.

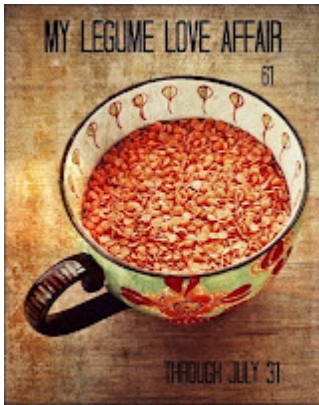
Also check my other salad recipes

- [Black beans Salad](#)
- [Vegetarian Taco Salad](#)
- [Potato Salad](#)



sending this recipe to [Archana Kitchen](#), [Event by Archana's](#)

## Kitchen – Summer Fiesta



“My Legume Love Affair” and contain links to [this announcement post](#), [Lisa’s MLLA information page](#) and to [Susan’s MLLA page](#)

[Enveetu kitchen cuponation](#)