

# How to make Yummy Dates Cocoa Truffles Recipe

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*Did you like this truffles ? Yesterday I made [dates syrup](#) at home, so I got some leftover date meat which has more fiber and nutrients in it..I don't want to waste that so my husband gave me this idea. Believe me, the taste was too good..They are quick to make, so sweet and tasty and easy to pop in your mouth one after the other! They are naturally delicious as they are – just dates, cocoa and coconut. Simply perfect! They come together in minutes. If you get sugar cravings, this is a best solution. Try this truffles and let me know your feedback.*

## Ingredients

- 1/2 Cup of Date Meat or Whole Dates
- 1/4 Cup of Sweetened Coconut Flakes
- 1 Tbsp of Cocoa Powder, I used Swiss Mix
- 1/4 Tsp of Vanilla Essence
- Few Cashew Nuts
- 2 Tbsp of Dates Syrup



## Method

- Combine date meat, cocoa powder, vanilla extract and sweetened coconut flakes in a bowl. Use your hands and roll the mixture into a round balls. Add a tablespoon of milk or water if it does not blend well.

- **Garnish with cashews and top it up with a spoonful of dates syrup. Yummy !!!**



### **Tips**

- **You can use fresh dates or leftover date meat.**
- **You can add honey or sugar or agave or condensed milk for extra rich and sweet taste.**
- **Garnish it with cashews or walnuts or almonds.**
- **Also try my [dates syrup recipe](#)**



## Health Benefits of Dates

- High in Iron content and Florine
- Rich in vitamins and minerals and dietary fiber which prevents LDL cholesterol absorption from the gut..
- They are great energy boosters as they contains sucrose, fructose and Glucose. To get more advantage, add dates to the milk, to make it more nutritious.
- Cures abdominal cancer and constipation.
- It helps in weight gain.
- Good for heart, brain and nervous system.
- Treats anemia.



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## [Lychee \(Lichi\) Milk Shake – Lichi Drink Recipe](#)

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## Cardamom flavored Lychee Milk Shake



*Lychee or Litchi is a powerful fruit. Besides being delicious in taste, it is packed with numerous healthy nutrients. I love all kinds of fruits, but my favorites are lichi, kiwi and apple. Fruits are very good for our health as it contains fibers, vitamins, minerals and anti-oxidants. Also it protects you from diseases, aging and increases your immunity. I always eat one fruit daily to maintain a good health and to get away from the diseases. Coming to this recipe, this is a creamy and delicious milk shake. I love cardamom flavor, so I added to it, believe me it taste absolutely yummy and you don't feel hungry for next 3 hours.*

### Ingredients

- 12 Lychee Fruits
- 2/3 Cup of Chilled Milk

**2 Tsp of Sugar**  
**1 Green Cardamom**  
**3-5 Ice Cubes**

## **Method**

- **Wash all the fruits in cold, running water.**
- **Peel the lychee skin and take out the fleshy part of the fruit and remove the seed.**
- **Open the cardamom and collect the seeds.**
- **Add everything in a blender, lychee fruits, cardamom seeds, sugar and chilled milk, blend until smooth in a whip mode.**
- **Transfer the juice to a glass with ice cubes.**
- **Serve Immediately or refrigerate for 1 hour and then drink it.**



## **Tips**

- **Lychee is sweet in nature, so adjust the amount of**

sweetness according to your taste buds

- If you don't have whole cardamom, just add a pinch of cardamom powder.
- If you want thick milk shake, just add milk. If you want it thin, you can add little water to it.

### Health Benefits of Lychee / Litchi

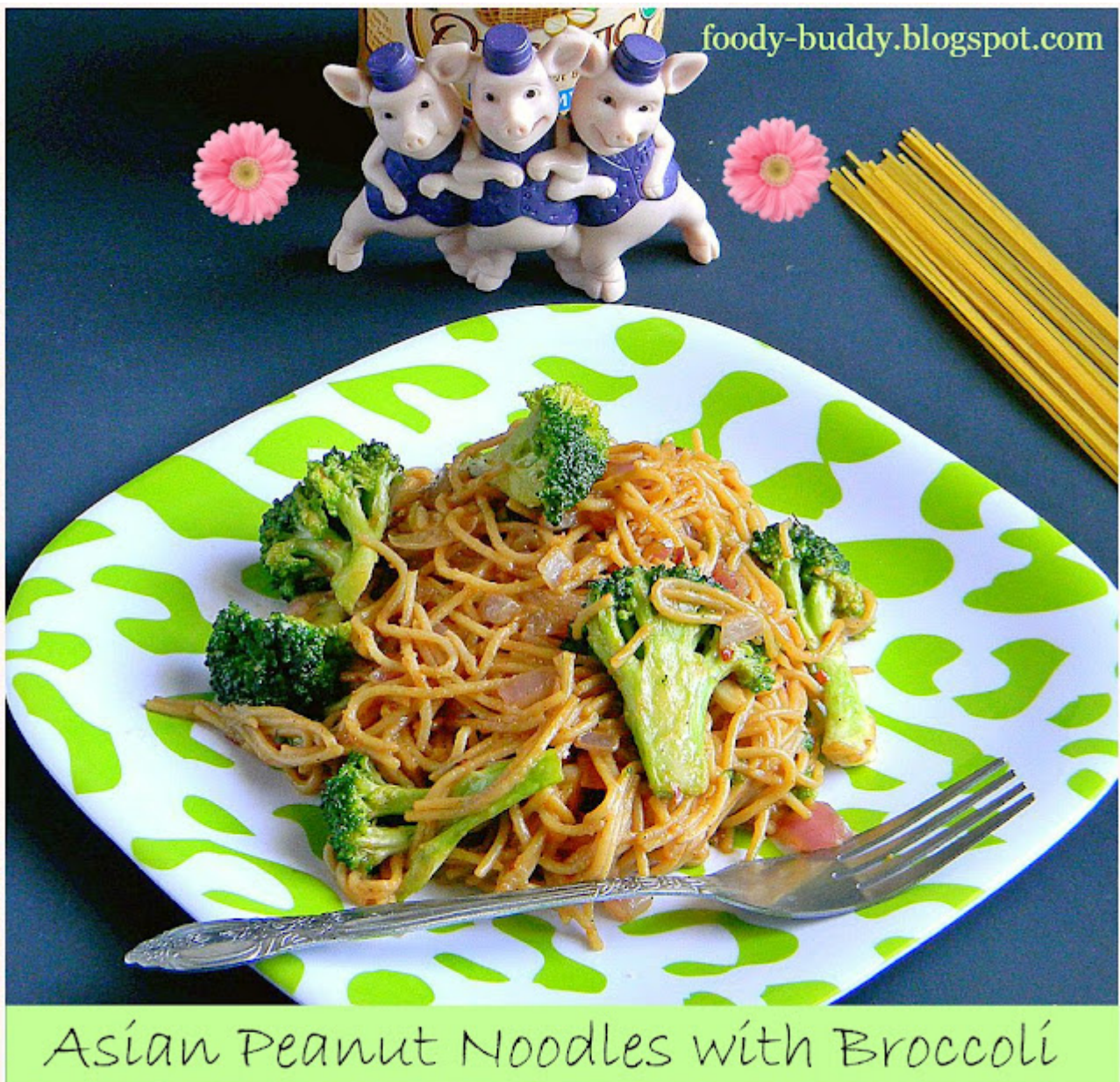
- Prevents the growth of cancer cells.
- Rich in vitamin C, calcium, phosphorous and magnesium.
- Good for digestion, bone and skin health.
- It is used to relieve stubborn cough.
- Increase people energy levels.
- Increases immunity level.



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# Asian Peanut noodles with Broccoli

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*This yummy pasta is very simple to make, rich in taste and very filling. It is made with peanut butter, spaghetti, broccoli and seasonings. You can eat this noodles for*

*breakfast or lunch or dinner. Great recipe to pack for lunch box and your kids will love this noodles.*

## **Ingredients**

**1 Cup of Cooked Spaghetti Noodles**  
**2 Tbsp of Chopped Red onion**  
**1/2 Tsp of Red Chilly Flakes**  
**2 Garlic Cloves, Finely Chopped**  
**5-7 Broccoli Florets**  
**2 Tsp of Oil, I used Canola Oil**

## **To Make a Sauce**

**1 tbsp + 1 tsp of Soy Sauce**  
**1 tbsp of Peanut Butter**  
**1 Tsp of Sugar**  
**Dash of Salt and Pepper**



## Method

- Cook spaghetti according to package directions. Make sure don't overcook the pasta. Drain the water and keep this aside.
- In a bowl, add all the ingredients listed under " To make a sauce". Mix well with a spoon or fork.
- Heat oil in a pan, add red chilli flakes, chopped onion and garlic, saute for 1-2 mins .
- Add broccoli and little water, cover the pan with a lid and cook it for 2-3 mins in medium high flame.
- Add the cooked spaghetti noodles and sauce to a pan, toss well. Taste the noodles. Adjust salt and pepper accordingly. Turn off the flame.
- Serve warm immediately or store it in the fridge and eat

it cold.



### Tips

- You can follow the same recipe with any pasta.
- To make it more nutritious, add vegetables like carrots, bell pepper, tofu, mushroom , corn or peas along with broccoli.
- Try with almond butter or cashew butter instead of peanut butter.
- If you want more spicy, add Sriracha hot chilli sauce to the noodles.

### Health Benefits of Peanut noodles

- Peanut butter are rich sources of iron, zinc, folate, vitamin B6.
- Peanut butter lowers the risk of heart disease.
- Try to use whole wheat or multi grain pasta as it has more nutritional benefits.

