

# Apple Milkshake Recipe- How to make Apple Milkshake



*An "Apple" was in fact the very first word when I was a kid learning my Alphabets.*

*Apple is one of the popular fruits containing an impressive list of Phyto nutrients, antioxidants and essential nutrients for a good health.*

*" An Apple a day keeps the doctor away " This smooth and delicious beverage, one should take every day as it boost the immune system. You can make this milkshake with any kind of apple like Granny Smith apple or Fuji or golden delicious or gala apple. Try this easy and tasty milk shake and share your comments.*

## **Ingredients**

**1 Organic Fuji Apple, Chopped**

**1 Cup of Cold Milk (Full Fat)**  
**1 Tbsp of Sugar**  
**4-5 Ice Cubes**

### **Method**

- **Cut the apple into small pieces.**
- **Blend the milk, apple, sugar and ice cubes in a blender to a smooth puree.**
- **Now pour the shake into the glass and serve it chilled.**



### **Tips**

- **Don't peel the apple skin, as they are rich in vitamins, fiber and antioxidants.**
- **Adjust sweetness according to your taste.**
- **You can add a pinch of cinnamon powder, as it controls sugar level.**
- **You can also add vanilla ice cream or nuts (Almond,**

cashews), for a richer taste.

### Health Benefits of Apple

- Eating apple reduces cardiovascular disease, cancers and cholesterol
- Boosts the immune system.
- Aids in dental health and weight loss.
- Detoxify your liver.



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[Bajra Dosa / Kambu Dosa /](#)

# Pearl Millet Dosa – Dosa Recipes



*Bajra or Kambu is a pearl millet widely grown in India which is high in nutritional contents. Bajra/Millet are rich in protein, iron and vitamin B. There are two methods to make bajra dosa, one is by soaking whole bajra seeds, rice and urad dal to make bajra dosa batter. Other method is by combining bajra flour and dosa batter flour. I don't get whole bajra seeds in my place. All I get is bajra flour so I have some left over dosa batter at home, so I added bajra flour to*

***make a healthy and nutritional dosa. Here is a recipe and enjoy ☐***

### **Ingredients**

**1 Cup of Bajra Flour  
2 and 1/4 Cups of Dosa Batter  
Salt to taste  
Oil and water as needed  
1 Medium Size Onion, Finely grated**

### **Method**

- **In a bowl, add bajra flour, dosa batter, grated onion and salt.**
- **Add water little by little and mix well without forming lumps.**
- **Batter should not be thick but little thin in consistency.**
- **Heat a dosa pan or griddle, pour a ladleful of butter and spread it like dosa. Drizzle some oil over dosa or in sides. Cook both sides until it turns crisp.**
- **Bajra dosa is ready to serve.**



### **Tips**

- **Serve this dosa with tomato chutney or Onion chutney or Green Chutney.**
- **You can add grated carrots and curry leaves to the batter.**
- **You can grind and add green chillies, if you want spicy side.**

### **Health Benefits of Bajra**

- **Eating bajra provides us with disease fighting phytochemicals that lower cholesterol, antioxidants, plenty of fibre, folate, iron, magnesium, copper, zinc, vitamins-E and B-complex, thiamine, riboflavin and niacin. It is a gluten free grain.**
- **Good for diabetic patients.**
- **Helpful for cardiovascular health.**



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**SOUTH INDIAN FILTER COFFEE**  
**USING ITALIAN MOKA POT**



*I'm not a big coffee lover until my college days. But now I'm trying different coffee with different coffee maker with my husband who is a coffee geek. Lately I stumbled upon Italian Moka pot and I wanted to give it a try. Though there are lot of bad reputation of using a moka pot, I really love the flavor and the intensity it delivers. Here is my own twist and my recipe for a good latte which can soothe you any time of the day.*

Moka pot are also known as a stove top espresso machine, is a coffee maker which produces coffee by passing hot water pressurized by steam through ground coffee. It is very popular in Latin America and Europe.

**Mechanism of Italian Moka Pot Coffee Maker**



The boiler (marked A) is filled with water almost up to the safety release valve and the funnel shaped metal filter (B) is inserted. Finely-ground coffee is added to the filter.. Then the upper part (C, which has a second metal filter at the bottom) is tightly screwed onto the base.

A gasket ensures a tightly closed unit and allows for pressure to safely build up in the lower section, where a safety valve provides a necessary release in case this pressure should get too high (with clean filters, that should not happen). One preferred method of preparation states that the entire filter should be filled with coffee and placed over medium to lower heat

The steam eventually reaches a high enough pressure to gradually force the surrounding boiling water up the funnel through the coffee powder and into the upper chamber (C), where the coffee is collected. When the lower chamber is almost empty, steam bubbles mix with the up streaming water, producing a characteristic gurgling noise.

Hope my video helps you to brew and enjoy a better cup of joe (Coffee). Here is the link

[South Indian Filter Coffee by using Italian Moka Pot](#)



### **Health Benefits of Drinking Coffee**

- **Rich in anti-oxidants.**
- **Good for diabetic patients.**
- **Good for your brain**
- **Good for liver function**

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# TIJOKAPOT COFFEE

sending recipe to [cook like a celebrity chef 5](#)

