

Vanilla Strawberry Mug Cake / Eggless Microwave Cake Recipe



Guess what ? you can make this vanilla mug cake in 2 minutes in microwave. Now days, I am big fan of cake in mug recipes. Sometimes, I crave for dessert, that time I prepare this mug cake with available ingredients in pantry. This eggless instant vanilla strawberry mug cake are so simple and quick to make cake recipe, they are so soft, moist and yummy. With a slight variation, you can make chocolate mug cake, by adding

1/4 tsp of cocoa to the batter. If you want vanilla mug cake, just avoid strawberries. Try this vanilla strawberry mug cake and surprise your loved one with this instant cake. Serve it with ice cream or cream cheese on top.

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2. [SINGLE SERVING EGGLESS CHOCOLATE CAKE](#)
3. [Eggless Dates Walnut Cake Recipe](#)
4. [Eggless Vanilla Sponge Cake Using Yogurt](#)
5. [How to make Eggless Vanilla Strawberry Mug Cake / Microwave Eggless Cake Recipe](#)

Ingredients for Vanilla Strawberry Mug Cake

Preparation Time : 5 mins Cooking Time: 2 mins Serves:1

- 1/4 Cup of Maida (All Purpose Flour)
 - 2 Tbsp of Powdered Sugar
 - Pinch of Salt
 - 1/4 Tsp of Baking Powder
 - Pinch of Baking Soda
 - 1 Tbsp of Butter or Oil
 - 4 Tbsp of Milk
- 1/4 Tsp of Vanilla Extract
 - 2 Strawberries, Diced

Method for Vanilla Strawberry Mug Cake

- Add all the dry ingredients together in a bowl.
- In another bowl, add milk, oil and butter, mix well.
- Mix both dry ingredients and wet ingredients, gently fold in the strawberries and pour this mixture to a mug.
- Microwave it for 2 mins. If the cake is not completely cooked, bake for 15 seconds intervals until it is done.
- The cake will rise to the top of the mug and will come down later.
- Allow it to cool and enjoy yummy and soft vanilla strawberry mug cake.

Tips

- Microwave cooking time varies, so I suggest you to stand in front of microwave the entire time.
- If you want chocolate mug cake, just add 1/4 tsp of cocoa to the batter.
- If you want vanilla mug cake, just avoid strawberries.

Vanilla Strawberry Mug Cake



Tags: [vanilla strawberry mug cake](#), [vanilla mug cake recipe](#), [eggless vanilla mug cake recipe](#), [eggless mug cake recipe](#), [eggless strawberry mug cake](#), [mug cake recipes](#), [eggless cake in microwave](#), [microwave mug cake recipes](#), [microwave cake recipe](#), [no chocolaty mug cake](#). [how to make vanilla mug cake](#), [prepare eggless mug cake](#), [2 mins mug cake](#).

Grilled Granny Smith and Swiss Cheese Sandwich

Granny Smith & Swiss Cheese Sandwich



I love to eat grilled cheese sandwich recipe for breakfast. Grilled granny smith and swiss cheese sandwich drizzled with honey is a comfort breakfast food in which the tangyness of the green apple that complements with sweet blueberry preserve or honey and with a backdrop of creamy swiss cheese marks a savory and sweet taste. This granny cheese sandwich is one of our family favourites and I got this recipe from my husband.

Granny sandwich tastes so delicious particularly with whole wheat bread. Here I used granny smith (green apple) for sandwich, you can also use any variety of apple. You can have the sandwich for breakfast or lunch or as evening snack. Here comes the recipe for Grilled Granny Smith and Swiss Cheese Sandwich

Check out my other sandwich recipes

1. [Grilled cheddar cheese sandwich](#)
2. [Caramelized onion cheese sandwich](#)
3. [Grilled Guacamole sandwich](#)
4. [Almond butter jelly sandwich](#)
5. [Mushroom, tomato and cucumber sandwich](#)

How to make Grilled Granny Smith and Swiss Cheese Sandwich

Ingredients for Grilled Granny Smith and Swiss Cheese Sandwich

Preparation Time : 5 Mins Cooking Time:

10 mins Serves: 1

- 2 Slices of Bread
- 1/2 of 1 Granny Smith Apple,
Sliced
- 1 Slice of Swiss Cheese
- 2 Tsp of Honey
- 2 Tsp of Blueberry Jam (optional)
- 1 Tbsp of Butter
- Dash of Salt and Pepper

Method for Grilled Granny Smith and Swiss Cheese Sandwich

- Brush one side of each slices of bread with butter and toast the bread in bread toaster.

- Lightly spread the other side of one bread with honey. Spread the other side of second bread with blueberry jam.

- Place the sliced apple evenly over the top of honey. Keep the swiss cheese over the apple then sprinkle some salt and pepper. Finally top with the remaining slice of bread, butter side up. Diagonally slice the bread and serve.

- Yummy grilled granny smith swiss cheese sandwich is ready to go.

Tips

- If you are weight conscious, use olive oil or earth balance for vegan instead of butter.

- If don't get granny smith, use jonathan apple.

- You can skip blueberry jam, if you dont like. Recipe calls for honey but I customized the recipe and used jam.

- I recommend you to use whole wheat bread.

Grilled Granny Smith Cheese Sandwich



tags: [granny smith swiss cheese sandwich](#), [grilled granny smith swiss cheese sandwich](#), [Grilled granny cheese sandwich recipe](#), [grilled cheese sandwich](#), [sandwich recipe](#), [american breakfast sandwich](#).

Knol Kohl Avarampoo Soup Recipe / Diabetes Control Soup



Going beyond blood sugar ? Looking for a soup to control diabetes ??? Here is the diabetic friendly soup – Knol Kohl

Avarampoo soup recipe. Kohl rabi soup is an awesome soup packed with full of nutrients and fresh flavors. I used two main ingredients. One is Knol kohl is also called kohl rabi / German cabbage. Appearance is almost look like a cross between cabbage and turnip. I usually make kootu, stir fry and sambar with knol kohl. Knol kohl is rich in vitamin A, B, C and dietary fiber. It has anti-cancer and anti-diabetic properties.

The second one is avarampoo also called Cassia auriculata in English, Tangedu in Telugu and Taravar in Hindi.. This flowers are yellow in colour and is widely grown in remote areas. If you cannot find in your place, you can find dried form of avarampoo in ayurvedic medicinal shops (Nattu Marundhu kattai). You can make lot of recipes with avarampoo like kootu, tea, stir fry and soup. Avarampoo has lot of health benefits like it treats skin problems, cure body odour and it controls blood sugar (Diabetes). Both knol kohl and avarampoo are good for circulatory system.

To make knol kohl diabetic friendly soup, you need knol kohl, avarampoo, onion, garlic, tomatoes and spices. Spices added a nice flavor to soup.

Try to include this ayurvedic soup – knolkohl avarampoo soup once a week and it helps to reduce the blood sugar level.

Ingredients for Knol Kohl Avarampoo Soup Recipe

- 3 Knol Kohl, roughly Chopped
- Handful of Small Onion (10 nos)
- Handful of Avarampoo (Fresh or Dried)
- 7 Garlic Cloves
- 1 inch of Ginger
- 1 Tomato (Medium Sized)
- 1 Tsp of Cumin

- 1 Tsp of Black Pepper
- Salt to Taste
- 5 Cups of Water

Method for Knol Kohl Avarampoo Soup Recipe

- Clean and wash the Knol kohl and Avarampoo.
- In a blender, add all the ingredients, grind it to a smooth paste with 1 cup of water.
- Heat a pan, add the remaining water, add ground mixture, let it comes to a rolling boil and then reduce the flame and wait till it reduces to 3 cups of soup.
- Adjust the salt and pepper and turn off the flame.
- Hot, yummy Knol kohl soup is ready to serve.

Tips

- If you don't get Knol Knol, replace it with turnip.
- Don't omit small onion and garlic, they add a nice taste and medicinal value.
- You can find dried form of avarampoo in nattu marundhu kadai or else you can find lot of these flowers in remote villages.

Khol Rabi Soup



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Tags: knol kohl soup, knol kohl avarampoo soup recipe, avarampoo soup recipe, diabetic friendly soup recipe, siddha treatment to control diabetes, Indian style medicine to control diabetes, soup recipe, health benefits of kohl rabi, health benefits of avarampoo, cassia soup, kohl rabi soup, how to make knol kohl soup recipe.