

# Strawberry Banana Smoothie Recipe With Milk

# Strawberry Banana Smoothie



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This Strawberry Banana smoothie recipe is quick, healthy and easy to make smoothie. This smoothie is not only creamy & delicious but they are rich in vitamins, minerals and anti-

oxidants. You can also make strawberry banana smoothie with vanilla flavored yogurt. For vegan version, add almond milk or soy milk in place of yogurt or milk. If you like strawberries and banana, then you will definitely love this yumilicious smoothie. You can serve this low-fat refreshing drink for breakfast / lunch / dinner.

## **How to make Strawberry Banana smoothie recipe**

### **Ingredients for Strawberry Banana smoothie recipe with milk**

**Preparation Time: 10 mins   Blending Time : 5 mins   Serves: 2**

- 6 oz (170 gms) of Strawberries
  - 1 Ripe Banana
  - 2 Tsp of Honey
- 1/2 Cup of Full Fat Milk

### **Method for Strawberry Banana smoothie recipe with milk**

- Wash the strawberries.
- Place strawberries, banana, milk and honey in a blender. Blend it to smooth purée.
- Pour it into a serving glass.
- Yummy strawberry banana smoothie is ready to serve.

### **Tips**

- Serve with ice cubes or ice cream.
- If your smoothie is thick, add little more milk.
- If you got leftover shake, pour it into a pop mould or ice tray.
- Replace honey with sugar or agave or maple syrup

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## [Carrot Pineapple Ginger Juice Recipe / Detox Juice](#)



Carrot Pineapple Ginger juice is a super good and easy juice

recipe .Carrot and pineapple always go well together, they are rich in vitamin A and C. I added a bit of ginger to add a kick. This vibrant, fresh and delicious juice is one of my favorite juice recipe. This detox juice recipe is a sweet tasting, satisfying drink that cleanses the body and provides all vitamins and minerals. Enjoy a dose of vitamin A and C in the form of healthy drink.

## **Ingredients for Carrot Pineapple Ginger Juice Recipe**

**Preparation Time: 5 mins   Grinding Time: 5 mins   Serves: 1.5  
cup**

- 1 Big Carrot
- 7 gms of Ginger
- 130 gms of Pineapple
- 2 Tsp of Honey
- Water as required

## **Method for Carrot Pineapple Ginger Juice Recipe**

- In a blender, add carrot, pineapple, ginger and water, blend it and strain well using strainer.
- Add honey, taste it and adjust according to your taste and serve chill with ice cubes

### **Tips**

- Chill the veggie and fruit before juicing or serve chill before drinking
- You can also use orange or lemon for tangy taste.

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# Carrot Pineapple Ginger JUice

Tags :

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# 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



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](#).