

Turmeric Milk – Home Remedy for Cold



Turmeric is one of my favorite spice in Indian Cooking because of its color and its amazing health benefits. Turmeric milk (Haldi ka doodh) is an ayurvedic drink to boost your health. It is usually taken at night before going to bed. This turmeric milk treats the lot of ailments like cold, cough, indigestion, IBS (Irritable bowel syndrome), crohn's disease and headaches. Also it fight against various types of cancers and improves blood circulation.

To make turmeric milk, you need milk, turmeric, pepper and palm sugar. Key ingredient in turmeric called curcumin which has anti-oxidant, anti-septic and anti-inflammatory properties. Adding black pepper to turmeric spiced food enhances the bioavailability of by 1,000 times, due to black pepper's hot property called piperine. By mixing turmeric and black pepper together, you increase your body's absorption of the turmeric by 2000 %

With winter and flu season around corner, try this amazing drink – turmeric milk and let me know how it turned out.

Ingredients for Turmeric Milk

- 1 Cup of Milk
- 1/2 Tsp of Turmeric Powder
- 1/2 Tsp of Black Pepper Powder
- 1/8 Tsp of Cardamom Powder
- 1/4 Tsp of Palm Sugar

Method for Turmeric Milk

- Heat milk in a sauce pan for 5 mins, when it is hot, transfer it to a cup.
- Add turmeric powder, black pepper, cardamom powder and palm sugar. Mix well with a spoon until it get completely dissolved.
- Serve hot and enjoy.

Tips

- You can use whatever milk. you prefer. If you are vegan, use almond milk or coconut milk.
- Use agave or honey to sweeten. I used palm sugar.

Tags: [turmeric milk](#), [turmeric milk recipe for cold and cough](#), [how to make turmeric milk](#), [home remedy for cold and](#)

cough, ayurvedic drink

NELLIKAI JUICE / GOOSEBERRY JUICE



Nellikai juice / gooseberry juice / Amla Juice is a refreshing juice good for weight loss. Regular intake of this nellika juice helps to control blood sugar level.. This gooseberry juice is good for diabetes patients. So I call this juice as Anti-diabetic juice. In nellikai juice, for sweetness, you can add sugar or jaggery or brown sugar in place of honey.

During my childhood memories, let me tell you how I eat, dipping gooseberries in red chilly powder and salt mix, is just tastes awesome. Also I enjoy the gooseberry sweet taste that dances in my tastebuds along with water. Let us learn how to make gooseberry juice at home.

Health Benefits Of Gooseberry Juice

- Rich in vitamin C, a powerful antioxidant which helps to prevent lot of diseases.
- Helps in digestion, glowing skin, hair growth and improves eye sight.
- Improves protein metabolism.

How to make gooseberry juice / amla juice at home

Preparation Time : 10 mins Cooking time : 10 mins Serves : 2

Ingredients for nellikai juice

- 10 Gooseberries, Chopped
- 1/2 Inch of Ginger
- Pinch of salt
- 1 Tsp of Honey or to taste
- Water as needed

Method to make gooseberry juice

- Wash and chop the gooseberry into pieces. Remove the seed from the fruit.
- Place the chopped gooseberry pieces, ginger into blender and add little water, grind it until smooth.
- Strain the juice through strainer. Press the pulp using spoon and remove as much juice as possible.
- Add honey and salt to the juice and mix well.
- Serve gooseberry juice immediately.



Tags : [gooseberry juice](#), [amla juice recipe](#), [nellikai juice](#), [nellikai juice recipe](#), [how to make gooseberry juice at home](#), [prepare amla juice at home](#), [make nellikai juice](#), [juice for weight loss](#), [juice for diabetic patients](#), [juice recipe for party](#), [healthy ayurvedic drink](#).

[Aloe Vera Juice Recipe / How To Make Aloe Vera Juice](#)



Aloe vera juice recipe is easy and simple to make juice at home. This healthy aloe vera juice has tons of health benefits like it helps to detoxify your body, improves blood circulation and digestion and regulates blood sugar levels and helps to loss weight by accelerating metabolism. Adding aloe vera juice to your daily diet make your body fresh, energetic and rejuvenate the body. Since it is loaded with nutrients and goodness, it is called magical plant. This juice is a blend of all tastes like spicy taste from ginger, sweet taste from jaggery, sour taste from lemon and little salt, this will knock out the unpleasant aloe flavour (bitter taste) in juice. As jaggery is a better substitute for sugar, this juice is good for diabetic people too. So here is the juice recipe for weight loss, do make your own aloe vera juice recipe at home and enjoy its all health benefits.

Ingredients

- 1 Medium Size Aloe Vera Leaf
- 1 Tsp of Grated Ginger
- 1/2 Lemon juice
- 2 Tsp of Jaggery
- Little Pinch of Salt

Method

- Cut one of the leaf closer to the ground.
- Wash one or two times in running tap water. Cut them into pieces.
- Take a knife, carefully remove the thorny edges and the outer peel from both the sides of leaf and separate the gel, wash again in cold water.
- In a blender (mixie), place grated ginger, jaggery, lemon juice. Grind it and filter it to a bowl.
- In the same blender, add aloe vera gel, blend it and filter it in the same bowl. Add little pinch of salt. Mix well with a spoon.
- Your delicious glass of aloe vera juice is ready to

enjoy.

Tips

- Drink this juice in the morning.or evening.
- You can use sugar or honey or agave in place of jaggery.

