

# Avocado Milk Shake Recipe / Butter Fruit Milk Shake

I love avocado..In India, they are called Butter fruit. I usually make [guacamole](#), [guacamole sandwich](#), [avocado pasta](#) with avocado. But yesterday I tried avocado milk shake recipe / Butter fruit milk shake they are so creamy, yummy and tasty. The creaminess of avocado blends so perfectly with milk. You can also condensed or evaporated milk to make avocado milk shake. To make vegan version of milk shake, add coconut milk or almond milk. Try this amazing milk shake with avocado for summer and enjoy.



## *Avocada Milk Shake*

**Preparation Time : 10 mins**

**Cooking Time : 5 mins**

**Serves : 2-3 people**

## **Ingredients for Avocado Milk Shake**

- 1 Big Ripe Avocado
- 1 Cup of Milk
- 2 Tsp of Honey
- 4-5 Tbsp of Sugar
- 1/2 Cup of Ice Cold Water
- Few Pomegranate Seeds to garnish

## **Method**

- Slice the avocado and scoop the flesh and add all the ingredients to the blender.
- Blend it to smooth consistency..
- Transfer them to a glass and serve immediately.

## **Tips**

- You can use coconut milk or almond milk for vegan version.
- You can skip honey and add sugar alone or use agave.

---

**[Jigarthanda Recipe Using](#)**

# Badam

# Pisin | Madurai

## Jigarthanda

Hi Readers and Friends...Hope everyone is doing good...Thank you so much for keeping this space live. I am back to my blogging after a long break ....I am very much eager in posting and sharing various recipes and I just cant wait to get started ...Wish me luck guys and I am also looking forward to read all my co bloggers posts !

Here I am with yumilicious thirst quencher recipe – Jigarthanda ( A Famous South Indian Drink). Jil Jil Jigarthanda / Jigarthanda means cooling the heart. Jigarthanda is very popular among southern part of TamilNadu especially Madurai and Dindugul. I have tasted this drink in both places but I love the taste of madurai jigarthanda. Here I prepared this jigarthanda using badam pisin which is a gum obtained from the bark of almond tree. This is one of my favourite summer drink and they are natural and healthy too. Speciality of this drink is the addition of badam (Almond) pisin and nanari syrup. Both are very good for our body as they are natural coolant. Making this drink at home is very easy, just soak the almond pisin in water for overnight, next day you can see the magic, it just blooms and doubles in volume. Finally mix everything in a bowl – milk, pisin, nanari syrup, rose syrup, sugar and semiya. Refrigerate this drink and enjoy with a dollop of ice cream on top.



A Famous South Indian Cold Beverage

Preparation Time : 8 hrs

Cooking Time : 30 Mins

Servings : 3

### **Ingredients**

- 2 Tbsp of Badam Pisin (Almond Tree Edible Gum)
- 5 Cups of Full Fat Milk
- 2 Tbsp of Semiya (vermicelli)
- 2 Tbsp of Nannari Syrup
- 3 Drops of Rose Essence
- 1/2 Cup of Sugar or to Taste
- 2 Scoops of [Ice Cream](#) ( Here I used Strawberry and Mango Flavour)

### **Method**

- Soak the badam pisin ( Almond Tree Edible Gum) in water for overnight.
- Boil the milk in heavy bottomed pan in a low heat, add sugar and wait until it get reduced to half the quantity. Let it cool down for 1/2 hr and now keep it in refrigerator for 1/2 hr.
- Meanwhile, dry roast the semiya in a sauce pan, add enough water, cook it for 10 mins until the semiya turns soft.
- In a mixing bowl, take badam pisin, add milk, semiya, nanari syrup, rose essence, mix well with spoon.
- Serve it in a glass with a scoop of ice cream on top. Now tasty and creamy jigardhanta drink is ready .

### **Tips**

- Garnish it with nuts of your choice.
- You can use condensed milk in addition to whole milk.
- Use sago in place of semiya.
- You can also add basunti to this drink.
- If you don't get nanari syrup, add rose essence alone.
- Adjust the amount of sugar according to your taste.

### **Health Benefits of Jigarthanda**

- Badam pisin is a natural coolant which helps to reduce the body heat.
- Nannari is an ayurvedic herb, which helps to reduce burning sensation, dysentary and diarrhoea, strengthen the immune system and treat urinary infections.



Jighardhanda Recipe  
Using Badam Pisin



---

## Best Antioxidant Drink / Blueberry Pomegranate Cooler

# Blueberry Pomegranate Cooler



Anti-oxidants are specialized plant nutrients (photochemicals). These nutrients proven to support human health and wellness and prevent a myriads of diseases. They work by combating the natural process of oxidation in the body that creates free radicals. Free radicals attacks the cells , thereby increases the risk of serious diseases like cancer. With a diet rich in antioxidants, you can reduce the risk of diseases.

Coming to the recipe, here I have used three magical super fruits, blueberries, pomegranate and grapes. I blended together the sweet, juicy blueberries and ripe pomegranate and

delicious grapes. This juice is really so beautiful to look, great in taste and simply superb. So start you day with this filling and healthy drink and get your daily dose of all vitamins and antioxidants. Here I am sharing you some pictures which I took during my recent trip to blueberry farm and vineyard.



Blueberry Plant



Unripe Grapes



## Ingredients

3/4 Cup of Pomegranate Seeds  
1/2 Cup of Red Grapes  
1/2 Cup of Blueberries  
4 Tbsp of Sugar or to Taste  
1/2 Cup of Water  
Ice Cubes as Needed

## Method

- Wash all the fruits in a running tap water.
- Remove the seeds from pomegranate without white pith.
- In a blender, add pomegranate seeds, grapes, blueberries and sugar, blend it to a smooth puree.
- Use a mesh strainer and strain the juice to a container.
- Use the back of a spoon to push against the pulp and extract as much as juice as possible.
- Now pour the juice to a serving glass and serve it with ice cubes.

## Tips

- Adjust the amount of sugar according to your taste.
- You can also have juice without straining.

### **Health Benefits of Blueberry, pomegranate and grapes**

**Blueberry** : High in anti-oxidants, reducing belly fat, good for digestion, heart and brain.

**Pomegranate** : High in anti-oxidants, Good for heart, lowers the blood pressure and stroke, prevents prostate cancer, kills harmful bacteria.

**Grapes** : High in anti-oxidants, good for heart, brain and skin, weight loss, fight against diabetes.

