

Lychee (Lichi) Milk Shake – Lichi Drink Recipe

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Lychee or Litchi is a powerful fruit. Besides being delicious in taste, it is packed with numerous healthy nutrients. I love all kinds of fruits, but my favorites are lichi, kiwi and apple. Fruits are very good for our health as it contains fibers, vitamins, minerals and anti-oxidants. Also it protects you from diseases, aging and increases your immunity. I always eat one fruit daily to maintain a good health and to get away from the diseases. Coming to this recipe, this is a creamy and delicious milk shake. I love cardamom flavor, so I added to it, believe me it taste

absolutely yummy and you don't feel hungry for next 3 hours.

Ingredients

12 Lychee Fruits
2/3 Cup of Chilled Milk
2 Tsp of Sugar
1 Green Cardamom
3-5 Ice Cubes

Method

- **Wash all the fruits in cold, running water.**
- **Peel the lychee skin and take out the fleshy part of the fruit and remove the seed.**
- **Open the cardamom and collect the seeds.**
- **Add everything in a blender, lychee fruits, cardamom seeds, sugar and chilled milk, blend until smooth in a whip mode.**
- **Transfer the juice to a glass with ice cubes.**
- **Serve Immediately or refrigerate for 1 hour and then drink it.**

Lychee



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Tips

- Lychee is sweet in nature, so adjust the amount of sweetness according to your taste buds
- If you don't have whole cardamom, just add a pinch of cardamom powder.
- If you want thick milk shake, just add milk. If you want it thin, you can add little water to it.

Health Benefits of Lychee / Litchi

- Prevents the growth of cancer cells.
- Rich in vitamin C, calcium, phosphorous and magnesium.
- Good for digestion, bone and skin health.
- It is used to relieve stubborn cough.
- Increase people energy levels.
- Increases immunity level.



[Sparkling Kiwi Lemonade – Drink Recipes](#)

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Sparkling kiwi lemonade provides refreshing, healthy treat in a summer heat. This drink is a combination of all flavors. You can feel tangy taste from kiwi fruit and lemon, sweet taste from sugar and from the addition of soda and salt. I always love this fruit from my childhood as it gives loads of health benefits. Also my family favorite fruit. I love to eat as a whole fruit sometimes also I prefer to juice but without sugar. For a change, I tried this drink, it was too good and an amazing thirst quencher.. So enjoy this easy to make and tasty drink on a hot summer evening and enjoy..

Ingredients

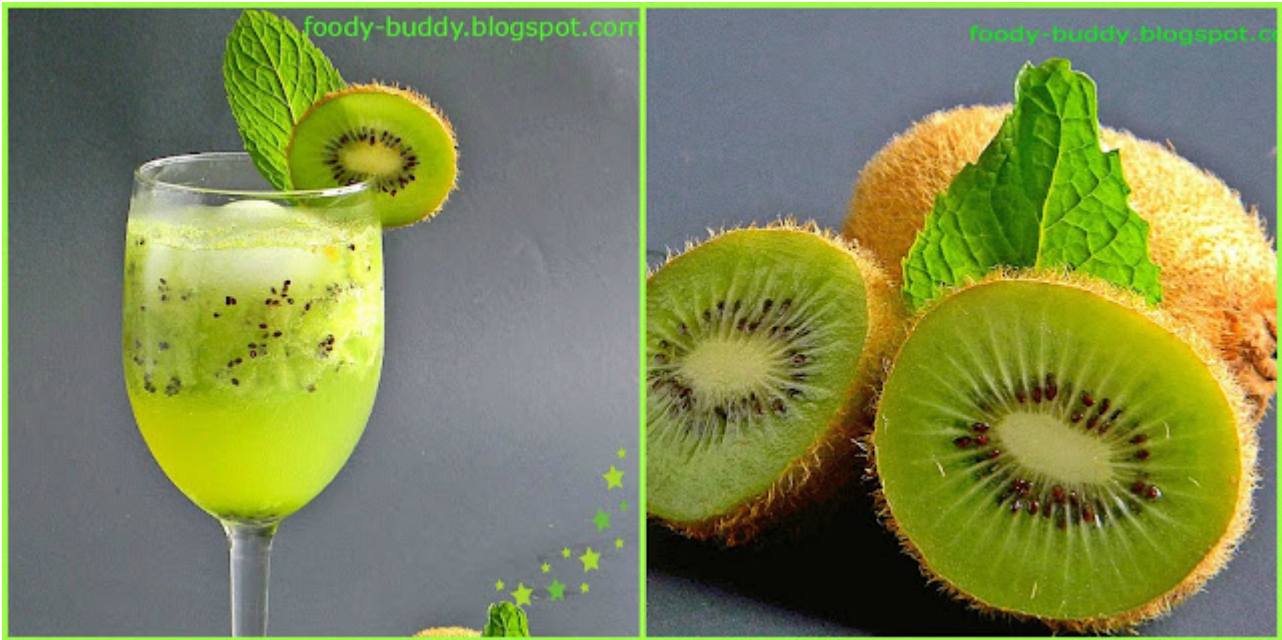
1 Big Kiwi Fruit
1 Tsp of Lemon Juice
1/2 Cup of Spirit Soda
1 Tsp of Sugar
Pinch of Salt
5 – 7 Ice Cubes

To Garnish

A Slice of Kiwi
Few Mint Leaves

Method

- **Peel the skin of the kiwi fruit and mash it well in a bowl. To that add salt, sugar and lemon juice, give a quick stir.**
- **In a serving glass, add ice cubes, kiwi flesh and spirit soda, give a stir.**
- **Finally garnish with a slice of kiwi and mint leaves.**
- **Enjoy this drink on a hot summer evening.**



Tips

- Adjust sweetness according to your taste buds.
- Try kiwi mint lemonade by adding some mint leaves.

Health Benefits of Kiwi

- Kiwi contains a remarkable amount of vitamin C, a water soluble antioxidant that has been proven to fight against cardiovascular disease and cancer.
- High in fiber content which helps improve diabetes, controls blood sugar and protects against colon cancer.
- More in potassium than a banana, ideal for fluid and electrolyte

balance and energy during exercise.

- One of the fat free sources of Vitamin E, a powerful antioxidant that helps boost immunity and helps lower cholesterol. **Good source of zinc and folate important for pregnant women.**

sending this recipe to [Zesty southIndian kitchen](#)





[ABC Detox Nutri Juice](#)





Today I was in the mood for some fresh vegetable juice ..and scanning my fridge I found some apples, couple beetroot wedges and some carrots ..In they went into the blender and I added a pinch of sea salt and a touch of cinnamon powder, not just to spice things up, but also to keep blood sugar in check due to all the sweet veges being added. My vegetable cocktail was colorful, tasty and refreshing at the same time. By the way the concoction(ABC) I made which I thought was my accidental culinary discovery seemed to be a regular menu in most juice bars around the globe, which I later learnt as I was globe trotting ... This juice is a combination of 3 health boosting ingredients are apple, beetroot and carrot. This juice has got brilliant red color and also it is good for health. This juice is a super detoxifier to body. "Drink it in the morning". So start your day with this delicious, filling & healthy drink..

Ingredients

1/2 Beetroot, Cut to small chunks
2 Carrot, Cut to small chunks
1 Apple, Cut to small chunks
< 1/4 Tsp of Salt
< 1/4 Tsp of Cinnamon Powder
2 Cups of Water

Method

- **Wash all produce in cold, running water.**
- **Chop into big pieces.**
- **Add everything in a blender or food processor, along with ground cinnamon, salt and water, blend until smooth.**
- **Serve Immediately.**



Tips

- You can use green apple instead of Red apple for sour taste.
- You can use a tsp of honey or sugar. I didn't add because beetroot and carrot itself has natural sugar in it.
- Adding ground cinnamon is to reduce blood sugar level.

Health Benefits of ABC Juice

Apples:

- Apples are rich in Vitamin A, which may help maintain healthy skin, body tissues and teeth; Vitamin C, which may help build and repair blood vessels and ligaments; and enzymes that fight inflammation, according to the National Institutes of Health.
- Apples may also help keep the mind sharp and ward off

Alzheimer's disease. A study by the Center for Cellular Neurobiology & Neuro degeneration Research at the University of Massachusetts

- Lowell found apple juice might prevent Alzheimer's by stopping the decline of a neurotransmitter called acetylcholine.

Beetroot

- Beet juice is best known for helping cleanse the liver, eliminate toxins from the bloodstream and helping the body build red blood cells, according to the California Department of Health.
- Researchers at Wake Forest University have also shown that beet juice and other food high in nitric oxides can help increase blood flow to the brain, slowing dementia.
- Other studies have shown beets may help lower blood pressure and cholesterol.

Carrot

- Carrots are well known for helping vision – Vitamin A is essential for proper night vision, and the lutein in carrots may fight macular degeneration according to researcher at the University of Wisconsin-Madison.
- Carrots are also rich in carotenoids – a photosynthesizing pigment that gives plants an orangish hue (such as sweet potatoes and autumn leaves).
- Carrots are rich in the carotenoid beta-carotene, which is an antioxidant.

(A)pple (B)eetroot (C)arrot Juice



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