

Apple Milkshake Recipe- How to make Apple Milkshake



An "Apple" was in fact the very first word when I was a kid learning my Alphabets.

Apple is one of the popular fruits containing an impressive list of Phyto nutrients, antioxidants and essential nutrients for a good health.

" An Apple a day keeps the doctor away " This smooth and delicious beverage, one should take every day as it boost the immune system. You can make this milkshake with any kind of apple like Granny Smith apple or Fuji or golden delicious or gala apple. Try this easy and tasty milk shake and share your comments.

Ingredients

1 Organic Fuji Apple, Chopped

1 Cup of Cold Milk (Full Fat)
1 Tbsp of Sugar
4-5 Ice Cubes

Method

- **Cut the apple into small pieces.**
- **Blend the milk, apple, sugar and ice cubes in a blender to a smooth puree.**
- **Now pour the shake into the glass and serve it chilled.**



Tips

- **Don't peel the apple skin, as they are rich in vitamins, fiber and antioxidants.**
- **Adjust sweetness according to your taste.**
- **You can add a pinch of cinnamon powder, as it controls sugar level.**
- **You can also add vanilla ice cream or nuts (Almond,**

cashews), for a richer taste.

Health Benefits of Apple

- Eating apple reduces cardiovascular disease, cancers and cholesterol
- Boosts the immune system.
- Aids in dental health and weight loss.
- Detoxify your liver.



SOUTH INDIAN FILTER COFFEE

USING ITALIAN MOKA POT



I'm not a big coffee lover until my college days. But now I'm trying different coffee with different coffee maker with my husband who is a coffee geek. Lately I stumbled upon Italian Moka pot and I wanted to give it a try. Though there are lot of bad reputation of using a moka pot, I really love the flavor and the intensity it delivers. Here is my own twist and my recipe for a good latte which can soothe you any time of the day.

Moka pot are also known as a stove top espresso machine, is a coffee maker which produces coffee by passing hot water pressurized by steam through ground coffee. It is very popular in Latin America and Europe.

Mechanism of Italian Moka Pot Coffee Maker



The boiler (marked A) is filled with water almost up to the safety release valve and the funnel shaped metal filter (B) is inserted. Finely-ground coffee is added to the filter.. Then the upper part (C, which has a second metal filter at the bottom) is tightly screwed onto the base.

A gasket ensures a tightly closed unit and allows for pressure to safely build up in the lower section, where a safety valve provides a necessary release in case this pressure should get too high (with clean filters, that should not happen). One preferred method of preparation states that the entire filter should be filled with coffee and placed over medium to lower heat

The steam eventually reaches a high enough pressure to gradually force the surrounding boiling water up the funnel through the coffee powder and into the upper chamber (C), where the coffee is collected. When the lower chamber is almost empty, steam bubbles mix with the up streaming water, producing a characteristic gurgling noise.

Hope my video helps you to brew and enjoy a better cup of joe (Coffee). Here is the link

South Indian Filter Coffee by using Italian

Moka Pot



Health Benefits of Drinking Coffee

- **Rich in anti-oxidants.**
- **Good for diabetic patients.**
- **Good for your brain**
- **Good for liver function**

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MOKAPOT COFFEE

sending recipe to [cook like a celebrity chef 5](#)



Pome – Lemonade



Pomegranate is a super magic fruit- rich in antioxidant , fiber, vitamin B5 and C. This tasty and flavorful drink is perfect to relax, sit back and watch a beauty of sunset.

Ingredients

- 1 Pomegranate**
- 1 Tbsp of Lemon Juice**
- 1/2 Cup of Water**
- A Pinch of Salt**
- 1-2 Tbsp of Sugar**
- Ice Cubes or Ice water**

Method

- Remove the seeds from the pomegranate without the white pith.
- In a blender or mixie puree the pomegranate with water.
- Transfer to a container then strain using fine strainer if desired.
- Now add lemon juice, sugar and salt.
- Transfer to a glass with ice cubes.

Tips

- Adding 1/4 cup of soda or spirit gives extra twist to the drink.
- Try not to filter it before you drink because the white part we filter has more nutrient in it.



Health Benefits of Pomegranate Juice

- **It promotes heart health.**
- **Lowers blood pressure and stroke risk.**
- **Fight against prostate cancer.**
- **It kills harmful bacteria.**