

Roja Poo Kashayam / Rose Petal Tea / Herbal Drink for Sore Throat



Roja poo kashayam / Rose Petal tea is a decoction prepared by boiling rose petals either dried or fresh is effective home remedy against sore throat for both adults and kids. Roses are grown in our country not only for its beauty but also for its medicinal properties. It has got lot of health benefits and they are mainly used to cure stomach ache, intestinal infections, eliminate the wastes through kidney, irregular periods, anaemia, skin allergies, good for gall bladder and

liver, helps to improve bile secretion. This rose petal tea helps in alleviating **mild sore throats and bronchial infections**. Rose leaves are used to prepare gulkand and rose waters. Use **paneer rose** to make this roja poo kashayam. Don't use any other rose variety to make this kashayam. Try this at your home, it will definitely cure your mild sore throat.

Paneer Rose



Image source – Google

Check other herbal drink for cold and cough – [Turmeric milk](#), [kollu soup](#)

How to make Roja poo kashayam

Roja Poo Kashayam / Rose Petal Tea / Herbal Remedy for Cough



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Prep time

2 mins

Cook time

7 mins

Total time

9 mins

Roja pookashayam is a decoction prepared by boiling rose petals either dried or fresh is effective home remedy against sore throat.

Author: Gayathri Ramanan

Recipe type: Drinks

Cuisine: Indian

Serves: 2

Ingredients

- Petals from 3 roses (fresh or dried)
- 3 Green cardamom
- Panang kalkandu (Palm candy crystals) to taste
- 1 Cup of Water

Instructions

1. Heat a pan with water, rose petals, cardamom and palm candy crystals.
2. Boil this for 5 -7 minutes and turn it off.
3. Filter it and drink it warm before going to bed.

Notes

You can use either fresh or dried petals.
Fresh petals gives lighter decoction.
Here I used dried petals so I got dark decoction.
If you don't get palm candy crystals, add honey for sweetness.
Use paneer rose to make this tea. Don't use any other rose to
make this kashayam.



Banana Blueberry Smoothie

Recipe



Banana Blueberry Smoothie Recipe with yogurt is a creamy, healthy drink. This banana blueberry fruit combo drink rich in vital nutrients and a nice energy booster after work out or have it for breakfast. You can use frozen banana and berries to make this yummy smoothie. For vegan, use almond milk instead of yogurt. Try this blueberry banana smoothie at home, you will love it.

Also check [strawberry banana smoothie recipe](#), [Chocolate banana smoothie](#), [Anti-aging berry medley smoothie](#), [Power Berry Smoothie Recipe / Post Workout Smoothie](#).

Banana Blueberry Smoothie Recipe

Banana Blueberry Smoothie Recipe



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Prep time

2 mins

Cook time

2 mins

Total time

4 mins

Banana Blueberry Smoothie Recipe with yogurt is a creamy, healthy drink. This fruit combo rich in vital nutrients and a nice energy booster.

Author: Gayathri Ramanan

Recipe type: Drinks

Cuisine: american

Serves: 1

Ingredients

- 1 Ripe Banana
- 20 Blueberries
- $\frac{1}{2}$ Cup of Yogurt or Greek yogurt
- Honey to taste

Instructions

1. Wash the blueberries and chop the banana.
2. Place banana, blueberries, honey and yogurt into blender and blend until smooth or desired consistency, scraping sides occasionally.
3. Pour into glass and serve!

Notes

You can use any berries, if you don't get blueberry.
For sweetness, use sugar or honey or agave.
For vegan, use almond milk instead of yogurt.



Chocolate Banana Nut Shake Recipe



Chocolate Banana Shake

This chocolate banana nut shake is a great recipe for quick

breakfast. I love milk shake and smoothies as they are rich, delicious and healthy. I have previously shared some recipes like [anti-aging berry medley smoothie](#), [strawberry banana smoothie](#), [avocado milk shake](#). After my workout, when I get home, I will make some smoothie or milk shake to drink. Yesterday I made this chocolate banana shake with walnuts. Oh my, it was so good & yummy. Try this easy chocolate banana nut shake at home and let me know how it turned out.

How to Make Chocolate Banana Nut Shake Recipe



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Ingredients for Chocolate Banana Nut Shake Recipe

Preparation Time : 2 Mins Grinding Time : 2 mins Serves:1

- 1 Small Banana
- 1/2 Cup 2% Milk
- 2-3 Tsp of Cocoa
- 2 Tsp of Sugar or to taste
- 3/4 Tsp of Vanilla Extract
 - Few Walnuts pieces
- Chocolate Shaving to garnish

Method for Chocolate Banana Nut Shake Recipe

- Combine banana chunks, milk, cocoa, vanilla extract and sugar in a blender and blend until everything mixed together.
Make sure there are no lumps in it.
- Taste the shake, if desired add extra tsp of sugar and blend again.
- Pour the shake into serving glass and nuts, mix well with spoon. Garnish with chocolate shavings and sliced banana.



Chocolate Banana Nut Shake

Tags: [Chocolate Banana Nut Shake Recipe](#), [chocolate banana shake](#), [chocolate shake](#), [chocolate milk shake](#), [banana chocolate shake](#), [how to make Chocolate Banana Nut Shake Recipe](#), [prepare Chocolate Banana Shake](#), [milk shake recipe](#), [breakfast drink recipe](#), [after workout milk shake](#)