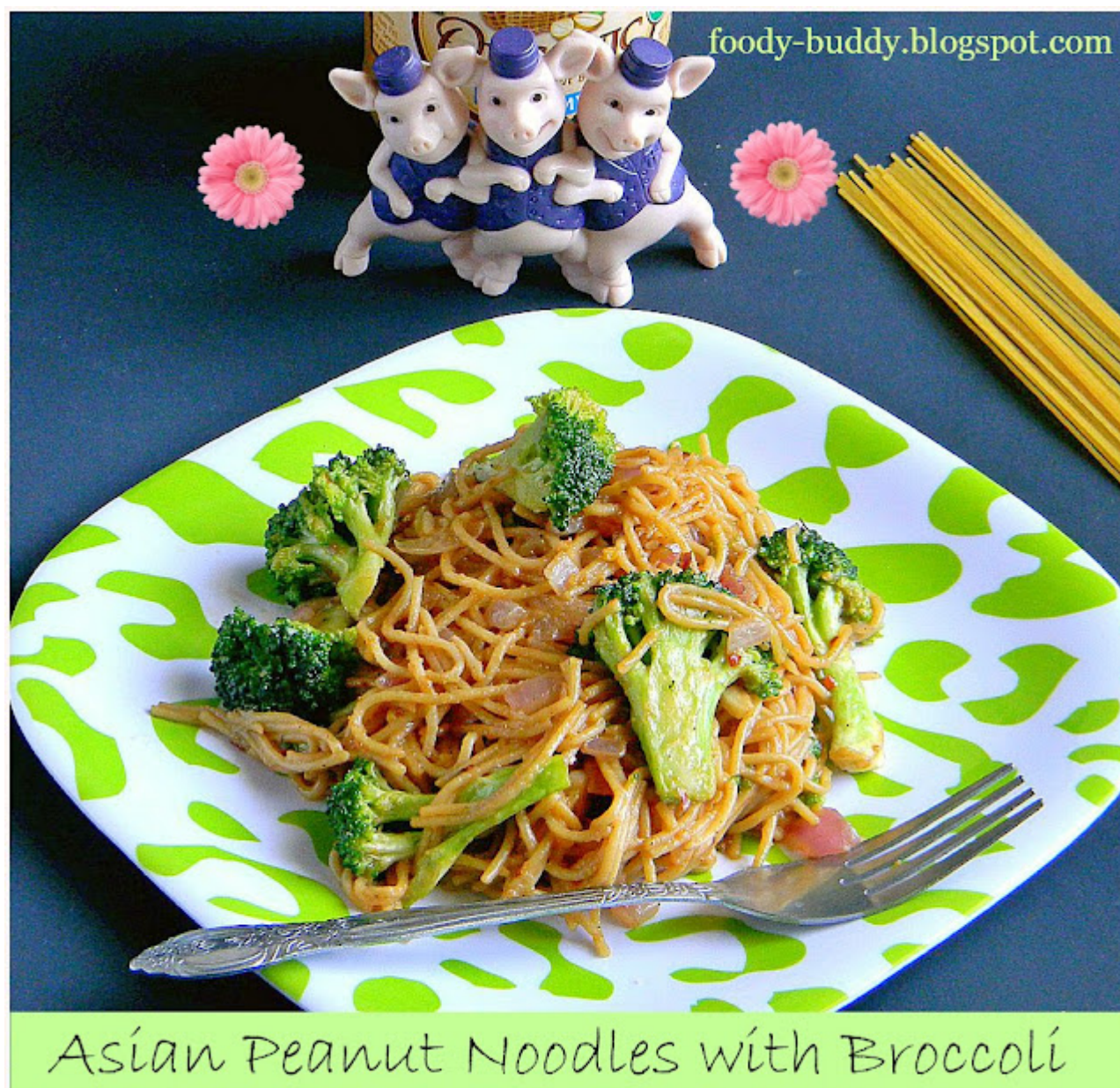


Asian Peanut noodles with Broccoli

Pinit



This yummy pasta is very simple to make, rich in taste and very filling. It is made with peanut butter, spaghetti, broccoli and seasonings. You can eat this noodles for breakfast or lunch or dinner. Great recipe to pack for lunch box and your kids will love this noodles.

Ingredients

1 Cup of Cooked Spaghetti Noodles
2 Tbsp of Chopped Red onion
1/2 Tsp of Red Chilly Flakes
2 Garlic Cloves, Finely Chopped
5-7 Broccoli Florets
2 Tsp of Oil, I used Canola Oil

To Make a Sauce

1 tbsp + 1 tsp of Soy Sauce
1 tbsp of Peanut Butter
1 Tsp of Sugar
Dash of Salt and Pepper



Method

- Cook spaghetti according to package directions. Make sure don't overcook the pasta. Drain the water and keep this aside.
- In a bowl, add all the ingredients listed under " To make a sauce". Mix well with a spoon or fork.
- Heat oil in a pan, add red chilli flakes, chopped onion and garlic, saute for 1-2 mins .
- Add broccoli and little water, cover the pan with a lid and cook it for 2-3 mins in medium high flame.
- Add the cooked spaghetti noodles and sauce to a pan, toss well. Taste the noodles. Adjust salt and pepper accordingly. Turn off the flame.
- Serve warm immediately or store it in the fridge and eat it cold.



Tips

- You can follow the same recipe with any pasta.

- To make it more nutritious, add vegetables like carrots, bell pepper, tofu, mushroom , corn or peas along with broccoli.
- Try with almond butter or cashew butter instead of peanut butter.
- If you want more spicy, add Sriracha hot chilli sauce to the noodles.

Health Benefits of Peanut noodles

- Peanut butter are rich sources of iron, zinc, folate, vitamin B6.
- Peanut butter lowers the risk of heart disease.
- Try to use whole wheat or multi grain pasta as it has more nutritional benefits.



Banana Peanut Butter Ice Cream Recipe without an ice cream maker



Happy Walnut Day



Ice cream is a frozen dessert usually made from dairy products. But in this recipe, no dairy products added, only two important ingredients. They are Banana and peanut butter. Everyone love this combination because of banana sweetness and peanut butter creamy texture. This 2 great buddies always gives a great taste either in the form of sandwiches or cakes or smoothies. If you have ripe bananas sitting on the table, then you should try this recipe. This banana peanut butter ice cream recipe is simply magical, easy to make, great in taste, no colourings added and very good for lactose intolerant . Try this easy ice cream without ice maker and enjoy your day.

Ingredients

2 Ripe Bananas
2 Tbsp of Creamy Peanut Butter
1 Tbsp of Honey
Few Walnuts

Method

- **Peel the banana skins, slice them and place the slices on a plate or a tray. Freeze for at least 2 hrs.**
- **Put frozen banana slices, in a food processor or in a powerful blender. When banana are smooth and creamy, add peanut butter, blend them again.**



- **Transfer this pur'ee to a plate or a tray and freeze it again for 40 mins.**
- **Scoop the ice cream and serve it in a bowl. Top it up with honey and walnuts and enjoy....**



Tips

- If you find hard to blend it in a blender, in that case add 2 tbsp of milk or water. Make sure use a powerful blender.
- You can add almond butter or cashew butter instead of peanut butter.
- You can garnish with any nuts of your choice.
- Add sugar, for an extra sweet taste.

Healthy Benefits of Peanut Butter and Banana

- Both are good in fiber, vitamins and minerals.
- Bananas are good sources of potassium, vit C and magnesium.

- Peanut butter lowers the risk of heart disease and colon cancer.



Sparkling Kiwi Lemonade – Drink Recipes





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

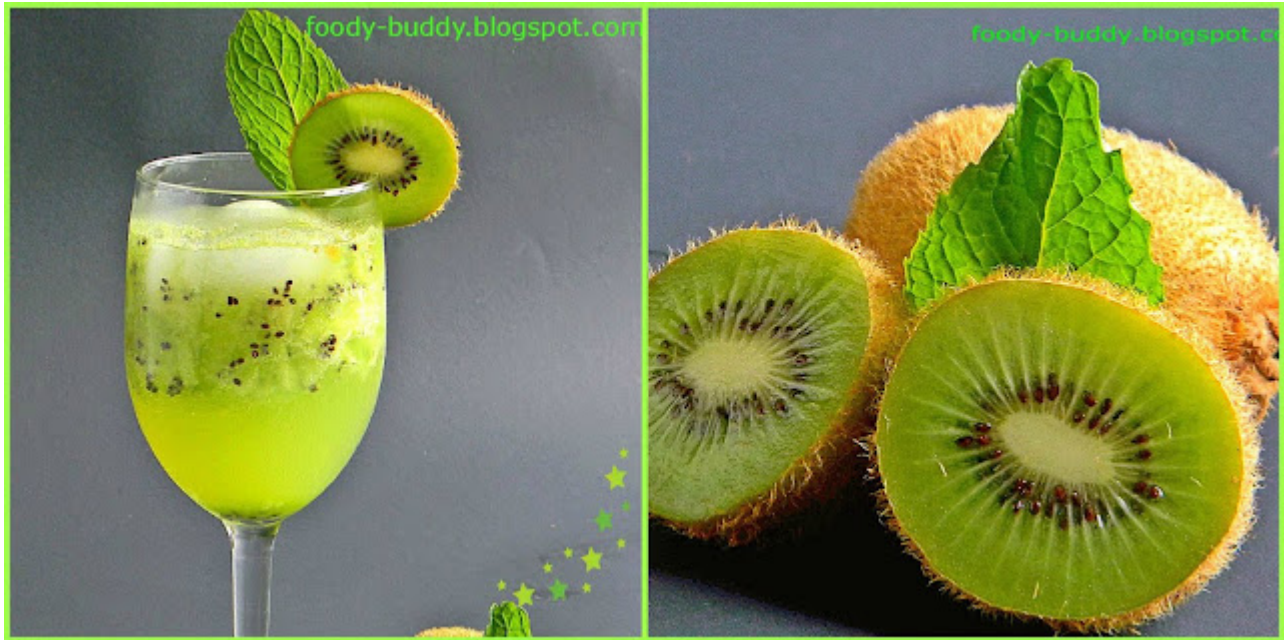
1 Big Kiwi Fruit
1 Tsp of Lemon Juice
1/2 Cup of Spirit Soda
1 Tsp of Sugar
Pinch of Salt
5 – 7 Ice Cubes

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](#)





sparkling kiwi lemonade



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