

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.



Beetroot Pulao- Lunch Box

Recipe



Beetroot Pulao is one of my favorite rice which is super nutritious, delicious and beautiful to look rice. Beetroot rice is a one pot meal made with onion, tomatoes and aromatic Indian spices. This is my mom's recipe and I do this flavorful dish for lunch. Good to pack for lunch box. It goes well with raita (onion or carrot or cucumber) and appalam or rice crackers.

Ingredients

- 1 Cup of Basmathi Rice**
- 1 Large Beetroot, Diced**
- 1 Large Onion, Finely Chopped**
- 2 Green Chillies, Finely Chopped**

2 Medium Size Tomatoes, Puree
1 Tsp of Red Chilly Powder, Heaping
1/2 Tsp of Garam Masala Powder
2 Tbsp of Yogurt/ Thick Curd
2 Garlic Cloves, Crushed
1/2 " Ginger, Crushed
5-6 Mint Leaves
1 Tbsp of Lemon Juice
1 and 1/2 Cup of Water
Salt to taste

To Temper

3 Tsp of Oil or Ghee
1/2 Tsp of Fennel / Sombhu
1 Medium Size Cinnamon
2 Cloves
1 Cardamom

To Garnish

Few Sprig of Cilantro / Coriander leaves, Chopped

Method



- Soak rice for 30 mins, wash and drain it. Keep this aside.

- Heat oil / ghee in a cooker, add all the ingredients listed under " To Temper " add one by one and fry for a min.
- Add ginger- garlic paste, fry until raw smell vanishes.
- Add chopped onion, green chillies, mint and little salt, fry for 1-2 mins until it turns golden brown color.
- Add chopped tomatoes and fry until oil separates.
- Add chopped beetroot, mix well with the onion and tomatoes and cook for 1-2 mins by adding little water.
- Add sambhar powder and garam masala, saute it for 1-2 mins with onion-tomato- beetroot mixture.
- Add thick curd to it and mix well.
- Add soaked and washed rice, to it and fry well masala.
- Add required water and salt. Cover the cooker with a lid and pressure cook for 2 whistles and switch off the stove.
- Finally add some lemon juice to the rice and mix well.
- Garnish it with chopped cilantro / Coriander leaves.



Tips

- Serve this dish with onion or carrot raita.
- Rice and water ratio is 1 : 1.5 Cups of water or coconut milk.
- You can use fried onion instead of raw onions.
- Adjust spicyness according to your taste.
- Adding ghee gives a nice flavor to the rice.

Health Benefits of Beets

- They are zero in saturated fat and trans fat.
- They are high in carbohydrates.
- Rich in vitamin A, C, sodium, magnesium, iron, phosphorous and folic acid.
- Beet has a natural pigment called betacyanin, helps to fight against cancer.

- **Blood purifier.**



Spicy Diamond Crackers /
Diamond Cuts/ Savory Maida
Biscuits / Tukda



Diamond cuts / crackers are made from maida / all purpose flour in which spices are added, kneaded and then deep fried. This evening time snack tastes really great with hot cup of tea.

Ingredients

- 1 Cup of Maida / All Purpose flour
- 1 Tbsp of Butter
- 1 Tsp of Red Chilly Powder
- A Pinch of Asafoetida
- Less Than 1/4 Tsp of Baking Soda
- Water for Kneading
- Salt to Taste
- Oil for Deep Frying

Method



- In a mixing bowl, add maida, baking soda, butter, red chilly powder, asafoetida, salt and water for kneading. Mix all the ingredients well.
- Knead the dough until it is soft.
- Cover and let it rest for 30 mins.
- Divide the dough into equal balls.
- Roll into thin chapathi's and cut into vertically and diagonally with one inch space between each lines to get diamond shapes.
- Heat oil in a deep frying pan, fry the diamonds in a medium flame until it turns golden brown on both sides. Let it cool down and store them in a airtight container.
- Spicy diamond cuts are ready.



Tips

- You can also add ajwain and cumin, if you prefer.
- Adjust the spicyness according to your taste.
- Don't worry if diamonds are together, if you drop in oil, it will separate.

Spicy Diamond Crackers



foody-buddy.blogspot.com