

# Knol Kohl Avarampoo Soup Recipe / Diabetes Control Soup



Going beyond blood sugar ? Looking for a soup to control diabetes ??? Here is the diabetic friendly soup – Knol Kohl

Avarampoo soup recipe. Kohl rabi soup is an awesome soup packed with full of nutrients and fresh flavors. I used two main ingredients. One is Knol kohl is also called kohl rabi / German cabbage. Appearance is almost look like a cross between cabbage and turnip. I usually make kootu, stir fry and sambar with knol kohl. Knol kohl is rich in vitamin A, B, C and dietary fiber. It has anti-cancer and anti-diabetic properties.

The second one is avarampoo also called Cassia auriculata in English, Tangedu in Telugu and Taravar in Hindi.. This flowers are yellow in colour and is widely grown in remote areas. If you cannot find in your place, you can find dried form of avarampoo in ayurvedic medicinal shops (Nattu Marundhu kattai). You can make lot of recipes with avarampoo like kootu, tea, stir fry and soup. Avarampoo has lot of health benefits like it treats skin problems, cure body odour and it controls blood sugar (Diabetes). Both knol kohl and avarampoo are good for circulatory system.

To make knol kohl diabetic friendly soup, you need knol kohl, avarampoo, onion, garlic, tomatoes and spices. Spices added a nice flavor to soup.

Try to include this ayurvedic soup – knolkohl avarampoo soup once a week and it helps to reduce the blood sugar level.

## **Ingredients for Knol Kohl Avarampoo Soup Recipe**

- 3 Knol Kohl, roughly Chopped
- Handful of Small Onion (10 nos)
- Handful of Avarampoo (Fresh or Dried)
- 7 Garlic Cloves
- 1 inch of Ginger
- 1 Tomato ( Medium Sized)
- 1 Tsp of Cumin

- 1 Tsp of Black Pepper
- Salt to Taste
- 5 Cups of Water

## Method for Knol Kohl Avarampoo Soup Recipe

- Clean and wash the Knol kohl and Avarampoo.
- In a blender, add all the ingredients, grind it to a smooth paste with 1 cup of water.
- Heat a pan, add the remaining water, add ground mixture, let it comes to a rolling boil and then reduce the flame and wait till it reduces to 3 cups of soup.
- Adjust the salt and pepper and turn off the flame.
- Hot, yummy Knol kohl soup is ready to serve.

### Tips

- If you don't get Knol Knol, replace it with turnip.
- Don't omit small onion and garlic, they add a nice taste and medicinal value.
- You can find dried form of avarampoo in nattu marundhu kadai or else you can find lot of these flowers in remote villages.

# Khol Rabi Soup



Tags: knol kohl soup, knol kohl avarampoo soup recipe, avarampoo soup recipe, diabetic friendly soup recipe, siddha treatment to control diabetes, Indian style medicine to control diabetes, soup recipe, health benefits of kohl rabi, health benefits of avarampoo, cassia soup, kohl rabi soup, how to make knol kohl soup recipe.



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# Turmeric Milk – Home Remedy for Cold



Turmeric is one of my favorite spice in Indian Cooking because of its color and its amazing health benefits. Turmeric milk (Haldi ka doodh) is an ayurvedic drink to boost your health. It is usually taken at night before going to bed. This turmeric milk treats the lot of ailments like cold, cough, indigestion, IBS (Irritable bowel syndrome), crohn's disease

and headaches. Also it fight against various types of cancers and improves blood circulation.

To make turmeric milk, you need milk, turmeric, pepper and palm sugar. Key ingredient in turmeric called curcumin which has anti-oxidant, anti-septic and anti-inflammatory properties. Adding black pepper to turmeric spiced food enhances the bioavailability of by 1,000 times, due to black pepper's hot property called piperine. By mixing turmeric and black pepper together, you increase your body's absorption of the turmeric by 2000 %

With winter and flu season around corner, try this amazing drink – turmeric milk and let me know how it turned out.

## **Ingredients for Turmeric Milk**

- 1 Cup of Milk
- 1/2 Tsp of Turmeric Powder
- 1/2 Tsp of Black Pepper Powder
- 1/8 Tsp of Cardamom Powder
- 1/4 Tsp of Palm Sugar

## **Method for Turmeric Milk**

- Heat milk in a sauce pan for 5 mins, when it is hot, transfer it to a cup.
- Add turmeric powder, black pepper, cardamom powder and palm sugar. Mix well with a spoon until it get completely dissolved.
- Serve hot and enjoy.

## **Tips**

- You can use whatever milk. you prefer. If you are vegan, use almond milk or coconut milk.
- Use agave or honey to sweeten. I used palm sugar.

Tags: turmeric milk, turmeric milk recipe for cold and cough, how to make turmeric milk, home remedy for cold and cough, ayurvedic drink