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.

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Save Print
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
- ½ 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.



Godhuma Rava Pongal Recipe / Cracked Wheat Pongal



Godhuma Rava Pongal Recipe / Cracked Wheat Pongal / Broken Wheat pongal is a healthy breakfast dish for kids and adults. This wheat rava pongal is prepared with cracked wheat, moong dal spiced up with ginger, green chilly, pepper and cumin. This dish is very good for diabetes patients. You can have this samba rava pongal for breakfast or lunch or dinner, they are very filling and satisfying. I am not a upma lover and I particularly hate godhuma rava (cracked wheat) upma when I was a kid. As cracked wheat are good for health so my mom makes cracked wheat payasam or pongal made with broken wheat

once in a while. I enjoy to eat it as pongal because it tastes really yummy when compare to regular venpongal (ghee pongal). Serve this pongal with sambar or coconut chutney. Also check my other pongal recipes – oats pongal, venpongal, sweet pongal, rava pongal, samai (little millet) pongal, kalkandu pongal (rock candy pongal)

How to make Godhuma Rava Pongal Recipe

Godhuma Rava Pongal Recipe / Cracked Wheat Pongal



Save Print
Prep time
5 mins
Cook time
30 mins
Total time
35 mins

Godhuma Rava Pongal Recipe / Cracked Wheat Pongal is a healthy breakfast dish good for diabetes people. It goes well with sambar and chutney.
Author: Gayathri Ramanan
Recipe type: Breakfast
Cuisine: Indian
Serves: 2
Ingredients

- ¾ Cup of Cracked wheat / Broken wheat / Godhuma rava
- ¼ Cup of Yellow Moong dal
- 2 Tbsp of Ginger (Crushed)
- 1 Tsp of Black Pepper
- 1 Green Chilly
- 1.5 Tsp of Cumin
- Pinch of Asafoetida
- 2-3 Tsp of Ghee
- 2 Tsp of Oil
- Salt to taste

Instructions

1. Soak moong dal in water for 15 mins. Drain the water and wash it twice.
2. In a pressure cooker, add dal, roast it without oil, add 1.5 cups of water and cook it for 3 whistles.
3. Heat water in a pan. On the other side, heat another pan with oil and ghee, when it is hot, add ginger, green chilly, asafoetida, pepper and cumin, after it pops up.
4. Add cracked wheat, fry it for few secs.
5. Now add boiled water, stir well like we do for upma.
6. After all water got absorbed, add cooked moong dal, salt and mix everything well. Cook it for 2 mins, finally add a tsp of ghee and cashews. Mix well and remove from heat.
7. Godhuma rava pongal is ready to serve with sambar or coconut chutney.

Notes
Add any vegetables of your choice to make it healthy.
If you love you can add turmeric powder to this pongal.
Adding ghee gives a nice taste.



Tags: cracked wheat pongal recipe, godhuma rava pongal, godhuma rava pongal recipe, broken wheat pongal wheat rava pongal, samba godhumai pongal, pongal recipe for breakfast, south indian breakfast recipe, easy breakfast recipe, diabetic pongal recipe.

Yogurt Veg Sandwich / Curd Sandwich



Yogurt veg sandwich / curd sandwich / dahi sandwich are easy to make, healthy and filling vegetarian sandwich. Sandwiches are my favourite food and I make it often at home for breakfast or lunch or dinner. I love experimenting sandwiches with lot of vegetables. Use any vegetables or bread of your choice for this sandwich. Here I used European style bread which I got from Trader joes. This is a great vegetarian

sandwich for kids lunch box or to pack for picnic. You can find lot of sandwich ideas like on my blog like cucumber tomato sandwich, guacamole alfaalfa sprouts sandwich, ricotta cheese sandwich, rajma aloo cutlet sandwich, mint chutney cucumber sandwich, mushroom, cucumber,tomato sandwich, almond butter jelly sandwich

Yogurt Veg Sandwich / Curd Sandwich

4.0 from 1 reviews
Yogurt Veg Sandwich / Curd Sandwich



Save Print
Prep time
10 mins
Cook time
2 mins
Total time
12 mins

Yogurt veg sandwich / curd sandwich / dahi sandwich is a healthy, fresh, filling vegetarian sandwich. Great to pack for kids lunch box or picnic or get together.
Author: Gayathri Ramanan
Recipe type: sandwich

Cuisine: American
Serves: 2
Ingredients

- 2 German bread or any bread
- ¼ Cup of thick yogurt (curd)
- 2 Tbsp of carrots, finely chopped
- 2 Tbsp of cabbage, finely chopped
- 2 Tbsp of green capsicum (bell pepper), finely chopped
- 4 cherry tomatoes, chopped
- Salt and pepper to taste
- 2 Tsp of Honey

Instructions

1. Wash and chop all the vegetables(cabbage, carrots, tomato, capsicum)
2. In a bowl, mix vegetables, yogurt, salt, pepper and honey.
3. Toast the bread with ghee or butter or olive oil.
4. In a plate, place the bread, spread the yogurt-vegetable mixture on one bread.
5. Cover it with other bread.
6. Yogurt sandwich is ready to eat.
7. Serve it with tomato ketchup or soup.

Notes
Always use thick yogurt, otherwise sandwich will turn soggy.
Use any vegetables of your choice.
Use any bread preferably whole wheat bread .
Replace mayo instead of yogurt.



Tags: Yogurt Veg Sandwich, yogurt sandwich, yogurt sandwich recipe, Curd Sandwich, dahi sandwich recipe, sandwich ideas, vegetarian sandwich recipes, indian style sandwich recipe.