

Lychee (Lichi) Milk Shake – Lichi Drink Recipe

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Lychee or Litchi is a powerful fruit. Besides being delicious in taste, it is packed with numerous healthy nutrients. I love all kinds of fruits, but my favorites are lichi, kiwi and apple. Fruits are very good for our health as it contains fibers, vitamins, minerals and anti-oxidants. Also it protects you from diseases, aging and increases your immunity. I always eat one fruit daily to maintain a good health and to get away from the diseases. Coming to this recipe, this is a creamy and delicious milk shake. I love cardamom flavor, so I added to it, believe me it taste

absolutely yummy and you don't feel hungry for next 3 hours.

Ingredients

12 Lychee Fruits
2/3 Cup of Chilled Milk
2 Tsp of Sugar
1 Green Cardamom
3-5 Ice Cubes

Method

- **Wash all the fruits in cold, running water.**
- **Peel the lychee skin and take out the fleshy part of the fruit and remove the seed.**
- **Open the cardamom and collect the seeds.**
- **Add everything in a blender, lychee fruits, cardamom seeds, sugar and chilled milk, blend until smooth in a whip mode.**
- **Transfer the juice to a glass with ice cubes.**
- **Serve Immediately or refrigerate for 1 hour and then drink it.**

Lychee



Tips

- Lychee is sweet in nature, so adjust the amount of sweetness according to your taste buds
- If you don't have whole cardamom, just add a pinch of cardamom powder.
- If you want thick milk shake, just add milk. If you want it thin, you can add little water to it.

Health Benefits of Lychee / Litchi

- Prevents the growth of cancer cells.
- Rich in vitamin C, calcium, phosphorous and magnesium.
- Good for digestion, bone and skin health.
- It is used to relieve stubborn cough.
- Increase people energy levels.
- Increases immunity level.



Asian Peanut noodles with Broccoli

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Asian Peanut Noodles with Broccoli

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.



[Red Aval Kozhukattai Recipe](#)





Red rice flakes are made from a red rice. It is more common to find the flakes (poha) made of white rice. Rice flakes has an earthy flavor, chewy texture and light rose in color. Healthy alternative to white rice flakes, having a high nutritional contents. This red aval kozhukattai recipe are healthy breakfast recipe because of high in fiber & nutrition. You can pack this red aval kozhukattai for kids and adult lunch box. Try this easy red aval kara kozhukattai recipe at home and enjoy.

Ingredients for red aval kozhukattai recipe

- 1 and 1/4 Cup of Red Poha/ Sivappu Aval/ Flattened Rice

- Salt to Taste

To Tempering

- 2 Tsp of Vegetable/ Canola Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- 2 Red Chillies
- Pinch of Hing/Asafoetida
- 5-7 Curry Leaves
- 2 Tbsp of Dried Coconut Flakes

Method for aval kozhukattai recipe

- Wash the poha/aval and soak it in water for 20 mins. After that, drain the water. To the soaked poha/aval, add salt and knead well with hand or mash it with a masher.
- Heat oil in a pan, add mustard, urad dal, red chillies(break it), curry leaves and hing. After mustard seeds crackles and dal changes color. Add this tempering to the mashed poha/aval.
- Add coconut flakes to the mashed poha and mix well with a spoon or by hand.
- Take a small portion of dough and make an oval shaped kozhukattai / dumplings.
- Arrange it in a greased idly plate and steam cook it for 5-10 mins.
- Serve with any chutney of your choice. I had with podukadalai chutney.



Tips

- You can use green chillies instead of red chillies.
- You can also add bengal gram in tempering.
- You can also use white aval instead of red aval.
- You can make kozhukattai in any shape of your choice.
- For extra health benefits, add grated carrot or beetroot.

Health Benefits of Sivappu Aval /Red Flakes

- Red rice flakes are very good for the people with heart disease, diabetes and weight loss.
- Low in cholesterol, high in fiber, vitamins and minerals.



AVAL KOZHUKATTAI

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