

ABC Detox Nutri Juice

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Today I was in the mood for some fresh vegetable juice ..and scanning my fridge I found some apples, couple beetroot wedges and some carrots ..In they went into the blender and I added a pinch of sea salt and a touch of cinnamon powder, not just to spice things up, but also to keep blood sugar in check due to all the sweet veges being added. My vegetable cocktail was colorful, tasty and refreshing at the same time. By the way the concoction(ABC) I made which I thought was my accidental culinary discovery seemed to be a regular menu in most juice bars around the globe, which I later learnt as I was globe trotting ... This juice is a combination of 3 health boosting ingredients are apple, beetroot and carrot. This juice has got brilliant red color

and also it is good for health. This juice is a super detoxifier to body. "Drink it in the morning". So start your day with this delicious, filling & healthy drink..

Ingredients

**1/2 Beetroot, Cut to small chunks
2 Carrot, Cut to small chunks
1 Apple, Cut to small chunks
< 1/4 Tsp of Salt
< 1/4 Tsp of Cinnamon Powder
2 Cups of Water**

Method

- **Wash all produce in cold, running water.**
- **Chop into big pieces.**
- **Add everything in a blender or food processor, along with ground cinnamon, salt and water, blend until smooth.**
- **Serve Immediately.**



Tips

- You can use green apple instead of Red apple for sour taste.
- You can use a tsp of honey or sugar. I didn't add because beetroot and carrot itself has natural sugar in it.
- Adding ground cinnamon is to reduce blood sugar level.

Health Benefits of ABC Juice

Apples:

- Apples are rich in Vitamin A, which may help maintain healthy skin, body tissues and teeth; Vitamin C, which may help build and repair blood vessels and ligaments; and enzymes that fight inflammation, according to the National Institutes of Health.
- Apples may also help keep the mind sharp and ward off

Alzheimer's disease. A study by the Center for Cellular Neurobiology & Neuro degeneration Research at the University of Massachusetts

- Lowell found apple juice might prevent Alzheimer's by stopping the decline of a neurotransmitter called acetylcholine.

Beetroot

- Beet juice is best known for helping cleanse the liver, eliminate toxins from the bloodstream and helping the body build red blood cells, according to the California Department of Health.
- Researchers at Wake Forest University have also shown that beet juice and other food high in nitric oxides can help increase blood flow to the brain, slowing dementia.
- Other studies have shown beets may help lower blood pressure and cholesterol.

Carrot

- Carrots are well known for helping vision – Vitamin A is essential for proper night vision, and the lutein in carrots may fight macular degeneration according to researcher at the University of Wisconsin-Madison.
- Carrots are also rich in carotenoids – a photosynthesizing pigment that gives plants an orangish hue (such as sweet potatoes and autumn leaves).
- Carrots are rich in the carotenoid beta-carotene, which is an antioxidant.



Thandu Keerai / Mulai Keerai Poriyal

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Thandu keerai / mullai keerai are also known as Red Amaranthus in English. This tasty thandu keerai consumed extensively in Tamilnadu, southern part of India. I am big fan of all Greens because my mom used to make keerai(greens) twice or thrice a week as it was very good for our health. This thandu keerai is very rich in vitamins and minerals. Apart from that, mullai keerai cools and energizes the body, also very good blood cleanser. Try this healthy dish and enjoy your day.

Ingredients

- **1 Bunch of Thandu Keerai / Red Amaranthus**
- **1/4 Cup of Chopped Red Onion**
- **2 Garlic Cloves, Chopped**
- **1 Tbsp of Dry Coconut Flakes**
- **1/4 Tsp of Turmeric Powder**

- Salt to taste

To Temper

- 2 Tsp of Oil
- 1/2 Tsp of Mustard Seeds
- 1/2 Tsp of Urad Dal
- 1/2 Tsp of Cumin
- 2 Red Chillies
- Pinch of Asafoetida
- Few Curry Leaves

Method

- Wash the greens and chop it finely along with stems.
- Heat a pan with oil, add mustard, urad dal, cumin, asafoetida, curry leaves and broken red chillies, after they splutter, add chopped onion and turmeric powder, fry for 2 mins till golden brown.
- Add chopped garlic, fry for a min.
- Add chopped greens(keerai) and salt to it, saute well . Sprinkle little water and cover the pan with a lid and cook it for 3-5 mins.
- Add coconut flakes, Again mix well, check the salt and turn off the stove.
- Serve hot and enjoy.



Tips

- While Making this dish, don't add too much of water because the green itself has water content in it.
- You can also make this without onion and garlic.

Health Benefits of Thandu Keerai (Red Amaranthus)

- Rich in dietary fiber, so it enhances digestion.
- Good source of Vitamin A, B1, B2, B6, C, Iron and potassium
- Lowers the cholesterol.
- High in protein content.
- Rich source of folic acid, good for pregnant ladies.
- Good for patients with cardiovascular disease.
- Boost the immune system.

- Prevents the premature grey hair.
- Prevent women from ovarian cancer and miscarriages.



Tags : [mullai keerai](#), [thandu keerai](#), [thandu keerai poriyal](#), [mullai keerai poriyal](#), [red amaranthus stir fry](#), [keerai poriyal](#), [south indian keerai recipe](#), [prepare keerai poriyal](#)

[Peanut Rice Recipe / Verkadalai Sadam](#)

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peanut rice



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I love peanuts. Eating a handful of peanut daily is very good for the health. In fact, this is my daily evening snack. Also I love to eat peanuts either in the form of brittle or peanut butter or candy bars or rice. This rice is my mom's recipe. Peanut rice recipe / verkadalai sadam is an easy to make one pot meal in this busy world, rich in protein and other nutrients. Peanuts are best source of protein in plant kingdom. Peanuts provide 7 g of protein and 2 g of fiber per ounce. This dish is good to pack for lunch box. Try this peanut rice and let me know how it turned out..

Ingredients for peanut rice recipe

Preparation Time: 15 mins Cooking Time: 10 mins Serves: 2

To Grind

- 1/2 Cup of Roasted Peanuts
- Pinch of Asafoetida
- 2 Tsp of Urad Dal
- 1/2 Tsp of Sesame Seeds
- 2 Tsp of Dried Coconut Flakes
- 3 Red Chillies
- Salt to taste
- 2 Tsp of Sesame Oil / Ghee

To Temper

- 1 Tbsp of Sesame Oil / Ghee
- 1 Tsp of Mustard
- 1 Tsp of Urad Dal
- 1/4 Tsp of Cumin
- Few Curry Leaves
- 1/4 Cup of Chopped Onion

Other Ingredients

- 2/3 Cup of Rice

Method for peanut rice recipe

- Soak the rice for 20 mins, wash the rice and cook it in pressure cooker by adding required water for 3 whistles. once it done, turn off the stove. Let it cooled down for 15 mins.
- Heat a pan with oil, roast the sesame seeds, red chillies, urad dal, coconut flakes, asafoetida and salt, fry till it turns golden brown. Let it cooled down for sometime.
- Grind all the roasted items and roasted peanuts into a coarse powder.
- Heat a pan with oil and temper it with mustard, urad dal, cumin and curry leaves, after they splutter, add onion, fry until golden brown and turn off the stove.
- Take a wide bowl, add cooked rice, roasted, ground powder and tempering items. Mix gently.
- Enjoy peanut rice with vadam, chips or any spicy vegetable fry.



Tips

- While mixing don't add hot rice, because it can make the rice soggy.
- You can add green chillies while tempering, for more spicy taste.
 - Adding onion is optional.
- Do not grind peanuts for a long time, it should be coarse.

Health Benefits of Peanut Rice

- Helps to promote fertility because of folate in it.
 - Rich in protein and fiber.
- Aids in blood sugar regulation because of unsaturated fat in it.
 - Helps to prevent gall stones
 - Boost memory power
 - Lower risk of heart disease.
 - Cancer protection.

Tags- [peanut rice](#), [verkadalai sadam](#), [easy variety rice recipe](#), [one pot meal south indian](#).