

# [Power Berry Smoothie Recipe / Post Workout Smoothie](#)

# Power Berry Smoothie



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I have loved smoothie these days. I wanted to try different smoothie with available seasonal fruits. This power berry smoothie recipe is a delicious and very quick to make

smoothie, they are packed with fruits like blueberries, blackberries, banana and apple. When you sip this smoothie, you feel relaxed and you can enjoy all the flavors. I really like the tartness of berries, sweetness from honey, banana and apple adds creaminess to smoothie. You can have this smoothie for breakfast or as an evening snack. It's a perfect post workout smoothie.

## Power Berry Smoothie Recipe / Post Workout Smoothie



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Prep time

5 mins

Cook time

5 mins

Total time

10 mins

Power berry smoothie are packed with blueberries, blackberry, banana and apple. Start your day with this power packed smoothie, also it is a great post workout smoothie.

Author: gayathri ramanan

Recipe type: smoothie

Cuisine: American

Serves: 1 glass

Ingredients

- 25 Blueberries
- 15 Blackberry
- $\frac{1}{2}$  Apple
- $\frac{1}{2}$  Banana
- 3 Tsp of Honey or to taste
- $\frac{1}{2}$  Cup of Milk

## Instructions

1. Place all the ingredients in a blender and blend it until it turns smooth.
2. Add honey and mix well with spoon.
3. Pour into a glass and serve for breakfast or as evening snack.

## Notes

You can add greek yogurt in place of milk.

Add sugar or agave instead of honey.

For vegan version, add almond milk or soy milk.

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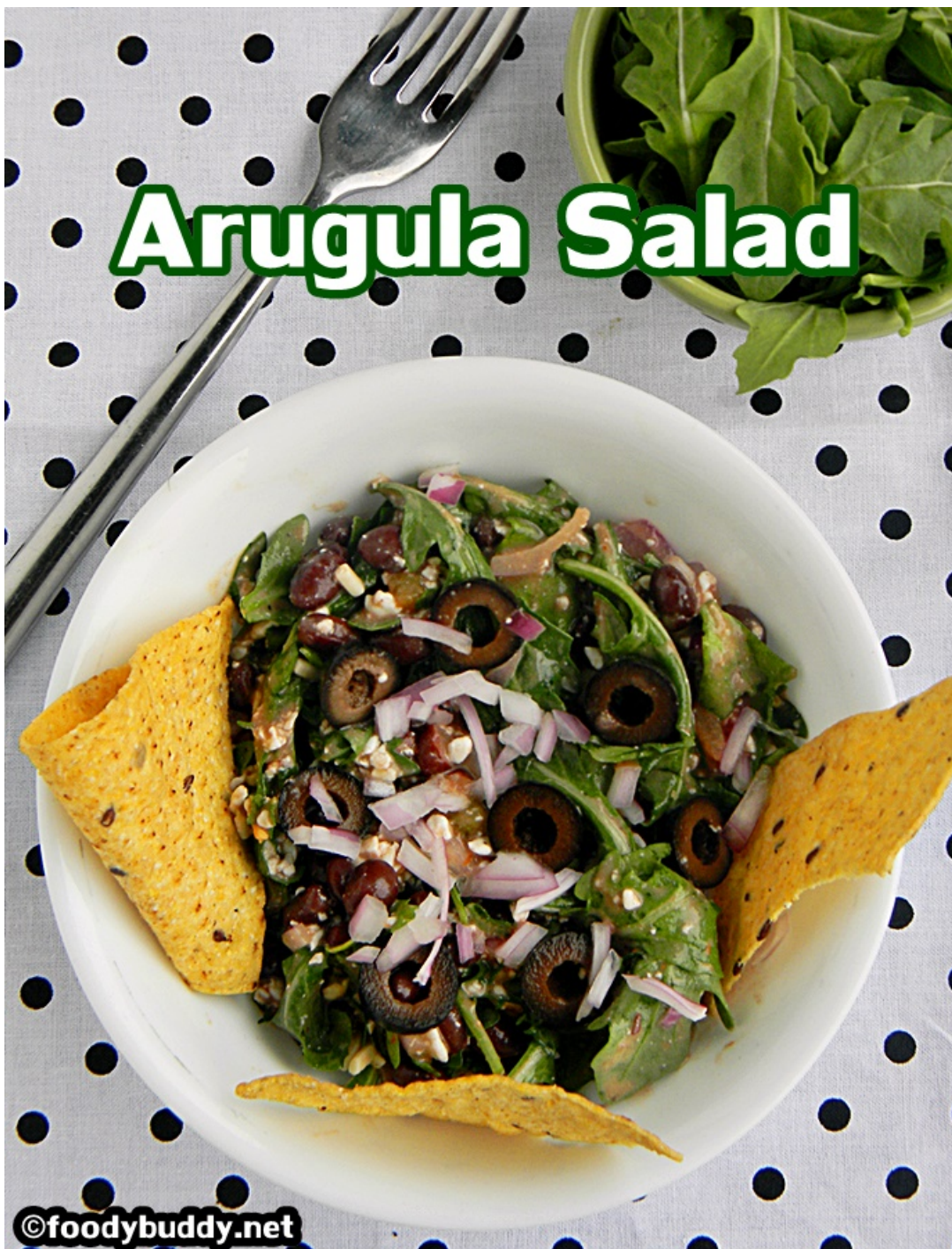
Berry Smoothie

Tags: [power berry smoothie](#), [power berry smoothie recipe](#), [berry smoothie](#), [smoothie recipe](#), [smoothie recipe ideas](#), [how to make berry smoothie](#), [prepare smoothie at home](#), [post workout](#)

[smoothie recipe](#), [breakfast smoothie](#).

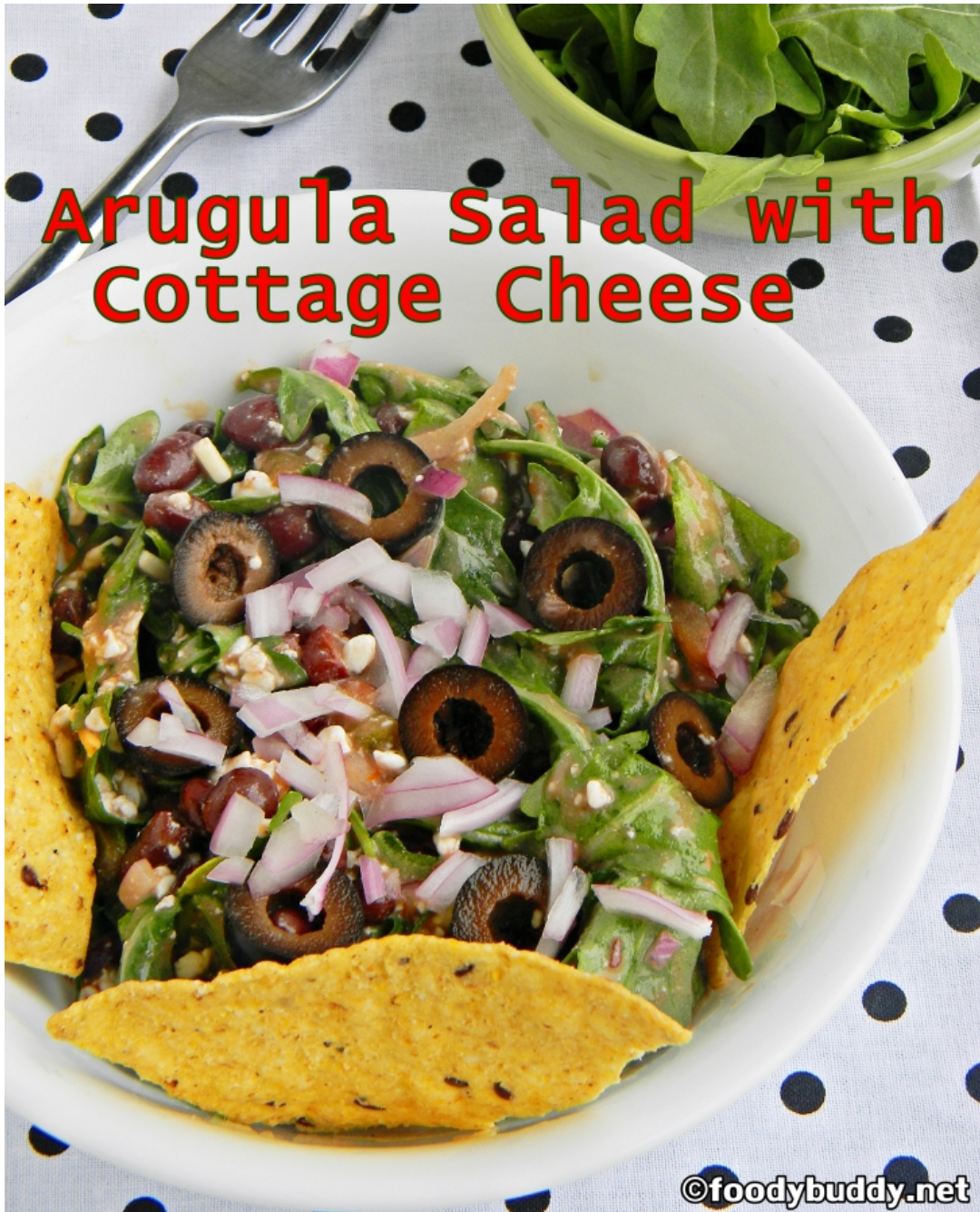
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## [Easy Arugula Black Bean Salad With Cottage Cheese](#)



This easy arugula black bean salad with cottage cheese is an elegant, healthy and refreshing dish. Arugula is a leafy vegetable low in calories and high in calcium and vitamins. This is a first time, I tried arugula green in my life. It doesn't taste good on its own but the dressing and the cheese compliment well with peppery arugula. This simple arugula salad has a perfect mix of all tastes and flavors, bitter (arugula), sour (salsa and red wine vinaigrette), sweet (honey) and rich and creamy (cottage cheese, cheddar cheese and Parmesan cheese) and crunchy taste (tortilla chips) makes a full and satisfying salad. If you love nuts, you can top the salad with pine nuts or peanuts or pecans. Serve as a first course or as an accompaniment for [pizza](#) or [pasta](#) for dinner. For more salad recipes, refer my [recipe index](#).

## How to make Arugula Salad Recipe



Easy Arugula Black Bean Salad With Cottage Cheese



[Save Print](#)

Prep time

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10 mins

Easy arugula black bean salad with cottage cheese is an elegant, healthy and refreshing dish. Serve as a first course or as an accompaniment for pizza or pasta for dinner.

Author: Gayathri Ramanan

Recipe type: Salad

Cuisine: American

Serves: 2

Ingredients

- 2 Handfuls of Arugula
- 6 Tbsp of Canned Black Beans
- 2 Tbsp of Red Onion, Chopped
- 1 Tsp of Salsa
- 1 Tbsp of Olive Oil
- $\frac{1}{4}$  Tsp of Honey
- 2 Tsp of Red Wine Vinaigrette
- 8 Black Olives, Chopped
- Salt and Pepper to taste
- 3 Tbsp of Cottage Cheese
- 2 Tsp of Cheddar Cheese
- Parmesan Cheese to taste
- Tortilla Chips as needed

## Instructions

1. Wash the arugula. Chop the onion finely and slice the black olives.
2. In a mixing bowl, combine arugula, black beans, red onion, salsa, honey, olive oil, red wine vinaigrette, black olives, cottage cheese, cheddar cheese, Parmesan cheese, salt and pepper. Toss well with fork or spoon.
3. Garnish with tortilla chips and serve as an accompaniment for pizza or pasta for dinner.

## Notes

Use aged gouda cheese or feta cheese instead of cottage cheese and parmesan cheese.

If you love nuts, you can top the salad with pine nuts or peanuts or pecans.

If you have love cherry tomatoes, add it to the salad and avoid salsa.



Tips: [Easy Arugula Black Bean Salad with cottage cheese](#), [easy arugula salad](#), [arugula salad](#), [arugula salad recipe](#), [salad recipe](#), [summer salad recipe](#), [black bean salad](#)

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# 10 Mins Garlic Rice / Garlic Chickpeas Rice / Poondu Sadam



Do you believe you can make this garlic chickpeas rice in 10 mins ? Yes, you can do it with peeled garlic and canned chickpeas in hand. 10 mins Garlic rice recipe /Poondu Sadam is very close to my family and this is my mom's own recipe. We travel a lot during school and college days so we reach home

very late at night. So my mom makes this quick garlic rice with ingredients available in pantry. This is yummy and simple to make rice dish with just 5 ingredients but it is of less protein so I added some canned chickpeas to make the rice more nutritious and healthy. Mormilagai ( Buttermilk Soaked chilies) and cumin used in tempering adds a nice flavor to this garlic rice. Serve this hot garlic rice with [lemon pickle](#) and appalam, it tastes heavenly ☐ Even bachelor can make this so easily and a perfect rice to pack for lunch boxes. If you are a garlic lover, give it try, you will love this for sure.

## How to make 10 mins Garlic Rice

### Ingredients for 10 mins Garlic Rice

**Preparation Time: 5 Mins    Cooking Time:10 mins    Serves:2**

- 1 Cup of Rice (Raw or Parboiled Rice), I used Kerala Matta Rice
- 16 Big Garlic
- 5 Mormilagai (Buttermilk Soaked chilies)
- 2 Tsp of Cumin
- 1/2 Cup of Canned Chickpeas(optional)
- 1 Tsp of Oil
- 1 Tsp of Ghee or Butter
- Salt to taste
- Few Curry Leaves

### Method

- Soak the rice for 15 mins, drain the water, wash it and keep it aside.
- Peel the garlic and keep it aside.

- Heat the cooker with oil and ghee, add mormilagai, cumin and curry leaves, after it pops up, add garlic, saute it for a min, add rice, chickpeas, salt and 2 cups of water, pressure cook it for 3 whistles and turn off the stove.
- Serve hot and delicious garlic chickpeas rice with appalam (Papad) and [lemon pickle](#).

### **Tips**

- If you dont have mormilagai (Buttermilk Soaked chilies), add red chilies.
- If you are conscious about weight, just add oil and avoid butter.

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## Garlic Chickpeas Rice

Tags: [10 mins garlic rice](#), [garlic rice recipe](#), [garlic chickpeas rice](#), [poondu sadam](#), [how to make garlic rice recipe](#), [prepare garlic rice](#), [lunch box rice recipe](#), [bacheolar rice recipe](#), [Indian style garlic rice](#)