

Diet recipes



APPLE BANANA SMOOTHIE

INGREDIENTS:

- Apple – 1nos
- Banana- 2nos
- Milk- 1cup
- Honey- 2tsp

PROCEDURE:

- Peel the apple & cut it into small pieces.
- Slice the banana into small pieces.
- Add apple & banana into a jar and add milk and honey and then blend it.
- Pour it into a jar and drizzle honey and serve it.

INDICATIONS:

- Immune booster
- Constipation



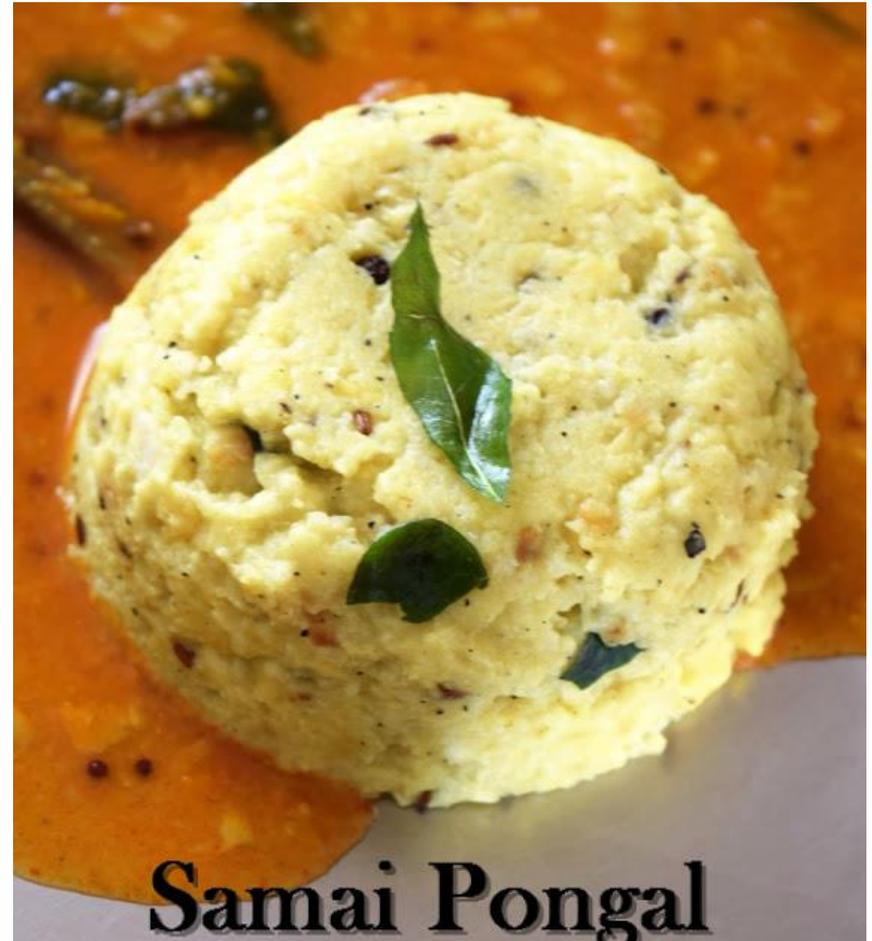
SAMAI PONGAL (LITTLE MILLET)

INGREDIENTS:

- Samai- ½ cup
- Moong dhal – 2 tbsp
- Ginger – ½ inch piece crushed
- Ghee – as needed
- Black pepper- 1tsp
- Jeera- ¾ tsp
- Curry leaves – 1 sprig
- Asafetida- a pinch

METHOD:

- Heat a mud pan with ghee, first pop pepper, add jeera and chilly and give a stir. add ginger, moong dhal and fry for a minute. Wash samai, add it into the mud pan.
- Add 2 cups water, salt and mix well. Boil it for few minutes and mash well. For ½ cup samai, 2 cup water is perfect. If it is too dry . mix 1/8 cup hot water & mix.



THUTHUVALAI(SOLANUM)TULSI SOUP

INGREDIENTS:

- Thuthuvalai- ½ cup
- Tulsi – ½ cup
- Garlic- 4 pieces
- Onion- ½
- Tomato – ½
- Black pepper – 2tbsp
- Fennel- 1tsp
- Water- 2 ½ cup

PROCEDURE:

- Clean the leaves & fry them with ghee in pan. Add garlic, onion & tomato after chopping it finely. Fry them until it becomes golden color and add salt, pepper & fennel. Now grind all the ingredients with little amount of water. Heat until it becomes half. Serve hot.

INDICATIONS:

- Asthma, Bronchitis
- Cold & cough



CURRY LEAF AND GARLIC CURRY

INGREDIENTS:

- Curry leaves – 2 cups
- Garlic cloves – 1 cup
- Tomato – 2 nos
- Onion – 2 nos
- Ginger paste – 1 tsp
- Tamarind paste – 100 ml
- Jaggery – 50 gm
- Mustard seeds – 1 tsp
- Cumin seeds – 1 tsp
- Salt, oil – as req.
- Turmeric powder – as req.

PREPARATION:

- Take a pan add little oil and add 1 tsp of mustard seeds, cumin seeds, finely chopped onions and sauté it until it becomes translucent, add ginger garlic paste, turmeric powder and little salt .add chopped tomato and sauté it. Add curry leaf & garlic paste and stir . Add tamarind paste & required amount of water.. Keep it in slow flame for 10-15mins . Add jaggery to it and serve it with rice/chapati.

INDICATIONS:

- Anemia, Atherosclerosis, Hair growth



MUSKMELON JUICE

Ingredients:

- 1 muskmelon
- 1 cup of water
- 1 cup of milk
- 5 spoons of jaggery
- 3 spoons of honey

Procedure:

- Peel & cut off the muskmelon & remove all the seeds.
- Put cut slices of fruit in to the juicer.
- Add 1 cup of water&1 cup of condensed milk& 5 spoons of jaggery.
- Then grind well and pour it into a jar, drizzle honey and serve.

Indication:

- Ulcer,
- Constipation,
- Immune booster

