

HOLI SPECIAL – ALMOND MILK THANDAI

Step 1: Ingredients for thandai masala:

- ▶ 1/4 cup pistachio(unsalted)
- ▶ 1/4 cup mix of walnuts and cashew nuts (unsalted)
- ▶ 1 tablespoon poppy seeds
- ▶ 1 tablespoon sesame seeds
- ▶ 2 tablespoons melon seeds
- ▶ 2 tablespoons fennel seeds
- ▶ 10 pods green cardamom, seeds only
- ▶ 2 tablespoons dried rose petals
- ▶ 1 teaspoon black peppercorns
- ▶ 1/4 teaspoon nutmeg
- ▶ 1/4 teaspoon saffron

Step 2:

- ▶ Place all the ingredients in a clean, dry coffee/ masala grinder.
- ▶ Grind the above ingredients to a fine powder.
- ▶ Leave the mixture to a little chunky in texture
- ▶ Store in air tight jar and refrigerate.

Step 3: Preparation of homemade almond milk:

Soak 10-12 almonds overnight. Next day, discard the water and blenderize the soaked almonds using a bit of water to make a fine paste. Then add a glass of water to get a thin consistency milk. Do not sieve (keep the fiber intact).

Step 4:

Blend a glass of almond milk, some organic jaggery or raw unpasteurized honey as per your choice, and according to your taste and 2 teaspoons of thandai masala in a blender. Taste and adjust for sweetness. Serve in a glass or even better, a kulhad and garnish with dried rose petals/ saffron / chopped pistachios. Enjoy chilled!

Notes:

- ▶ Thandai is a traditional cooling and refreshing drink made with dried nuts, seeds and flavorful spices. It's perfect to keep body cool during the beginning of summer months.
- ▶ Small amount of poppy seeds in thandai help relieve gastrointestinal irritation and also prevent constipation.
- ▶ Fennel seeds and rose petals have a cooling effect and improve the digestive health.
- ▶ Adding nuts and seeds make it a natural energizer.
- ▶ Spices like peppercorns boost immunity and have anti-inflammatory properties.
- ▶ Saffron has antidepressant and anti-oxidative properties.
- ▶ Almond milk is naturally rich in several vitamins and minerals, especially vitamin E.

Happy Holi!!

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