

Summer Treat

RECIPES

**BY NUTRITIONIST
HARPREET PASRICHA**

WELCOME TO OUR SUMMER OASIS OF FLAVOR! DIVE INTO REFRESHING TREATS THAT EMBODY THE ESSENCE OF THE SEASON. FROM CREAMY DELIGHTS TO FRUITY SENSATIONS, SAVOR THE TASTE OF SUMMER WITH OUR COLLECTION OF IRRESISTIBLE RECIPES.



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1 Lactose-free Chocolate Ice Cream



INGREDIENTS:

- 3 ripe bananas, peeled, sliced, and frozen for 6 hours
- 1 tablespoon cocoa powder
- 2 teaspoons honey (optional)
- 10 almonds, soaked and peeled
- Almonds, chocolate chips, and blueberries for garnish

METHOD:

- After freezing the banana slices for at least 6 hours, remove them from the refrigerator.
- In a mincer or food processor, add the frozen banana slices, cocoa powder, honey (if using), and soaked, peeled almonds.
- Grind the mixture until smooth and creamy.
- Transfer the mixture into a bowl.
- Garnish with additional almonds, chocolate chips, and blueberries.
- Place the bowl in the freezer for at least 1-2 hours until the ice cream is firm.
- Once frozen, serve and enjoy your delicious lactose-free chocolate ice cream!

2

Cucumber Noodle Salad



INGREDIENTS:

- 1 cucumber, peeled and thinly sliced with a peeler into juliennes
- Any one fruit of your choice (mango, grapes, apple, or strawberry), sliced or chopped
- 3-4 basil leaves

DRESSING

- 1 teaspoon honey
- 2 teaspoons lime juice
- Salt and pepper, to taste

METHOD:

- In a large bowl, combine the julienned cucumber and fruit .
- Tear the basil leaves into small pieces and add them to the bowl.

DRESSING

- In a small bowl, whisk together the honey and lime juice until well combined.
- Season with salt and pepper to taste.
- Pour the dressing over the cucumber and fruit mixture and gently toss to coat evenly.
- Serve immediately as a refreshing and nutritious salad option. Enjoy!

3

Watermelon Sorbet



INGREDIENTS:

- 3 cups fresh seedless watermelon chunks
- 2 teaspoon freshly squeezed lime juice

METHOD:

- Freeze watermelon chunks overnight. In baking tray
- Place the frozen watermelon chunks in food processor along with lime juice, Blend until smooth.
- Scoop it and top with some dark chocolate chips & mint leaves
- Eat immediately for a softer texture, or transfer into a freezer-safe container and freeze for 3-4 hours or until firm.

4

Summer Refresher



INGREDIENTS:

- 4-5 Paan leaves
- 1 teaspoon fennel seeds (saunf)
- 1 cup coconut water
- 1 tablespoon lemon juice
- 1/2 teaspoon black salt
- Ice cubes

METHOD:

- Wash the Paan leaves thoroughly and chop them into small pieces.
- In a blender, add the chopped Paan leaves and fennel seeds with some water. Blend until they form a smooth paste.
- Strain the blended Paan and fennel seed mixture through a fine sieve into a glass.
- Add coconut water , lemon juice, black salt, to paan fennel mixture .
- Stir well & serve cold
- Enjoy your refreshing Summer Refresher with a unique twist!

5

Cucumber Rolls:



INGREDIENTS:

- 1 cucumber
- 2 tbsp of Thick hung curd
- 2 tbsp of chopped vegetables (such as bell peppers, carrots)
- 1 tbsp of boiled minced chicken (optional)
- 1/2 teaspoon chilli flakes
- Salt to taste
- Oregano to taste
- 1/2 teaspoon black pepper

METHOD:

- Start by preparing the cucumber. Peel the cucumber and slice it lengthwise into thin strips using a vegetable peeler or mandoline slicer. Pat the cucumber strips dry with a paper towel to remove excess moisture.
- In a mixing bowl, combine the thick hung curd, chopped vegetables, boiled minced chicken (if using), chilli flakes, salt, oregano, and black pepper. Mix well to combine all the ingredients evenly.
- Take one cucumber strip and place a spoonful of the curd mixture at one end of the strip.
- Carefully roll up the cucumber strip with the filling inside, creating a tight roll.
- Repeat the process with the remaining cucumber strips and filling mixture.
- Once all the cucumber rolls are assembled, arrange them on a serving platter.
- Garnish with mint leaves , if desired.
- Serve the cucumber rolls chilled as a refreshing appetizer or snack. Enjoy!

6

Summer Protein Power Shake



INGREDIENTS:

- 3 tbsp curd (yogurt)
- 1 tbsp Sattu powder
- Handful of fresh mint leaves
- Pinch of salt
- Pinch of jeera powder (cumin powder)
- 1 tbsp soaked Gond gatira (edible gum)

METHOD:

- Begin by soaking the Gond gatira in water for about 3-4 hours until it softens.
- In a blender, combine the curd, Sattu powder, mint leaves, salt, and jeera powder.
- Blend the ingredients until smooth and well combined.
- Pour the protein shake into a glass and add 1 tbsp of soaked Gond gatira.
- Serve chilled, optionally garnished with a mint leaf for presentation.
- Enjoy your refreshing and nutritious Summer Protein Shake!



**FOR AN ABUNDANCE OF SUCH
DELIGHTFUL AND APPETIZING RECIPES.**

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