



ARIES (MAR. 21- APRIL 20)

You can make headway in the workforce if you put your mind to it. Pleasure trips should be on your agenda. Your lucky day this week will be Saturday.



TAURUS (APR. 21- MAY 21)

Romantic encounters will develop through group activity. You may find that things are not being done the way you want. Your lucky day this week will be Friday.



GEMINI (MAY 22-JUNE 21)

You may be somewhat emotional concerning a rather private matter. You can expect insincere gestures of friendliness today. Your lucky day this week will be Thursday.



CANCER (JUNE 22-JULY 22)

You are best to get out of the house today. Your spouse will enjoy helping out. Don't make excuses. Your lucky day this week will be Wednesday.



LEO (JULY 23-AUG 22)

Don't draw too much attention to yourself at work. Your high energy will help you through this rather hectic day. Your lucky day this week will be Tuesday.



VIRGO (AUG. 23-SEPT. 23)

You really can't do anything to change matters today. Spend time with individuals who have more experience than you. Your lucky day this week will be Monday.



LIBRA (SEPT. 24-OCT. 23)

Try not to donate if you can hardly afford to take care of yourself. Go after your professional goals. Your lucky day this week will be Sunday.



SCORPIO (OCT. 24-NOV. 21)

You will be able to work in fine detail and present the best possible proposal. Don't expect support from your spouse. Your lucky day this week will be Friday.



SAGITTARIUS (NOV. 22-DEC. 21)

You will have to help family members sort out unfortunate difficulties. Digestive disorders will be a result of family squabbles. Your lucky day this week will be Monday.



CAPRICORN (DEC. 22-JAN. 20)

You may find yourself in an uncomfortable situation. Spend time with youngsters. Do not get involved in joint financial ventures. Your lucky day this week will be Thursday.



AQUARIUS (JAN. 21-FEB. 19)

Do not make large purchases or investments. It is a great day to attend social functions. Your lucky day this week will be Sunday.



PISCES (FEB. 20-MARCH. 20)

You can receive recognition for the work you've done. Drastic financial losses may be likely if you lend money. Your lucky day this week will be Monday.



HEALTH

Go nuts!

A NUT is a fruit composed of a hard shell and a seed and is generally edible. Nuts have different nutritional values and offer health benefits as well as help in losing weight. They are rich in calcium and protein, healthy unsaturated fat, fibre, vitamin E and B, etc. Since nuts are encased with nutrients, eating them on a regular basis can benefit your health. But one should be careful about nut allergies. Although nuts are high in calories, consuming nuts on a regular basis reduces risk of obesity. Nuts are also filling which helps one avoid overeating. Nuts are available at Lavender, Meena Bazaar, Agora, Almas, Unimart, New Market etc. Listed below are the properties of different kinds of nuts and some recipes.

ALMONDS

If you are avoiding dairy, almonds are a good option as they are rich in calcium. This ensures you are getting enough of this bone-building mineral. Almonds are also high in vitamin E which helps to improve the condition and appearance of your skin.

Honey crunch granola with almonds and apricots

Ingredients: 200g clear honey, 4tbs mild flavoured oil (sunflower or rapeseed), 300g rolled oats, 100g whole unbalanced almonds, 1 tsp ground cinnamon, 140g dried apricots (roughly chopped)

Method: Heat the oven to 160/180C. In a large pan, heat the honey and oil together until bubbling. Tip in the oats, almond and cinnamon. Stir well until oats are well coated, then tip onto 1-2 large baking sheets, spreading the mixture out. Bake 20-25mins, stirring halfway until golden. Next remove from the oven and while still hot stir in the apricots. Spread out and press down with a spatula to cool -- this will help it to clump together. Once cool, serve with yoghurt or milk and fruit.

BRAZIL NUTS

Very few people know that Brazil nuts are ideal for those with low thyroid function. They are a good source of the mineral selenium which is needed to produce the active thyroid hormone. Selenium helps wounds

to heal and boosts immunity.

Tropical treats with Brazil Nuts

Ingredients: 250g jumbo oats, 50g desiccated coconut, 25g dark Muscovado sugar, 59g pumpkin seeds, 100g mixture of chopped Brazils and whole raw cashews, 250g packet ready-to-eat tropical fruits, yoghurt, fresh blueberries, sliced bananas, honey to serve (optional)

Method: Pre-heat your oven to 200C. Put oats, coconut, sugar and pumpkin seeds on a large baking tray. Mix in sugar and break up lumps with your fingers then add nuts. Bake for 15 minutes, stirring every 5 minutes, until the sugar starts to melt and nuts are lightly toasted. Tip into a big bowl and leave to cool. Snip bite-sized pieces of tropical fruits into the mix. Serve with chilled milk, yoghurt and fruit.

WALNUTS & HAZELNUTS

Walnuts are useful in fighting against cancer. They are a good source of mono-unsaturated, heart-friendly fats and help to lower the bad form of cholesterol. Walnuts not only reduce the risk of prostate cancer, but breast cancer as well. They also benefit people with heart diseases or those who have increased risk of heart disease due to multiple cardiac risk factors. One of the lesser known benefits of walnuts is their impact on male fertility.

Hazelnuts are a good source of folate which plays a key role in keeping homocysteine, an amino acid which is associated with heart disease, within normal levels.

Chinese noodles with tofu and hazelnuts

Ingredients : 250g packet medium egg noodles, 2 tbsp olive oil, handful of coriander (roughly chopped), 300g mange tout, 1 red chilli, seeded and finely chopped, handful toasted hazelnuts (roughly chopped), 349g pack silken tofu, cut into cubes, 3 tbsp Chinese yellow beans sauce

Method: Drop the noodles into a pan of boiling water, cook for 4 minutes, then drain. Drizzle over a little oil and mix in half



the coriander. Heat a wok over in medium heat. Pour in the remaining oil, then throw in the mange tout and stir-fry for 2 minutes. Add the chilli and cook for 2 minutes more until the beans are just tender. Tip the hazelnuts, tofu and yellow bean sauce into the wok and stir to warm through. Finally, stir in the remaining coriander, season if you want to, and serve with the noodles.

CASHEW NUTS

Cashews are full of anti-oxidants, vitamins and minerals which are required for normal functioning of the body. Cashew nuts lower your blood pressure with the help of the magnesium present in them. It also helps to repair your hair. Copper is the mineral which helps your hair get that colour. So if you want black hair, buy cashew nuts that are full of copper content.

Chicken with cashew nuts

Ingredients: 1 tbs groundnut oil or sunflower oil, 340g pack of mini chicken breast fillets, 2 garlic cloves (sliced), 200g pack tender stem broccoli stems (halved if very long), 200ml chicken stock, 1 heaped tsp cornflour, 1 tbsp clear honey or 2 tsp golden caster sugar, the zest of half a lemon and the juice of a whole one, large handful of roasted cashews

Method: Heat the oil in a large frying pan or wok. Add the chicken and fry for 3-4 minutes until golden. Remove from the pan and add the garlic and broccoli. Stir fry for a minute or so then cover and cook for 2 minutes more, until almost tender. Mix the stock, cornflour and honey or sugar well, then pour into the pan and stir until it thickens. Tip the chicken back into the pan and let it heat through, then add the lemon zest and juice, along with the cashew nuts. Stir, then serve straight away with basmati rice or noodles.

By Mehnaj Kabir