



DESHI MIX  
BY SALINA PARVIN



## Guilt-free pleasures

### Chocolate mango smoothie

Smoothies are a thick, smooth drink of fresh fruit puréed with milk, yoghurt or ice cream. In addition to fruit, many smoothies include crushed ice, honey or canned syrup. Comparatively smoothies are thicker, which makes them different from other drinks.

#### Ingredients:

1 cup mango (cut into small cubes)  
1 cup yoghurt  
2 tbsp grated pistachio  
1 tbsp grated chocolate  
1/4 tbsp sugar  
1 cup water  
Ice (crushed/cube)

#### Method:

Blend together mango, yoghurt, sugar, pistachio and water in food processor. Make it smooth and thick. Now pour in the glasses and add ice to it. Garnish with the grated chocolates and serve.

### Chickpea chat with vegetables

Chickpeas have a delicious nut-like taste and texture. With a buttery taste it is widely known as one of the best sources of protein. Chickpeas are rich in both soluble and insoluble dietary fibre, protein, manganese and iron.

#### Ingredients:

1 cup boiled chickpeas

#### 1/4 cup potato cubes

1/4 cup carrot cubes  
1/4 cup capsicum cubes  
1/4 cup tomato cubes  
1/2 cup chopped onion  
1 tsp red chilli powder  
1/2 tsp turmeric powder  
1 tsp chat masala powder  
1 tbsp coriander leaves  
1 tbsp tamarind paste  
2 tbsp oil  
Salt to taste

#### Method:

Heat oil in a pan. Fry onion until



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