



# A HEALTHY SEHRI

Every person needs good, nutrient-rich food that provides sufficient energy for day to day activities, and in no other time of the year is it more important than during Ramadan.

A few tips would be to not eat processed food, it is better to avoid high-fructose corn syrup and MSG during your fast. Fried foods are heavy in oil and that makes them harder to digest, especially when they're the first foods to be eaten after a long fast, try baking instead of frying them.

Here are my recipes for Sehri that will keep you healthy, hydrated and hopefully full through the day.

## MANGO AND CARROT SMOOTHIE

There are a lot of people who wake up during sehri only to drink a glass of water and go to sleep. This is extremely unhealthy and will keep you uncomfortable for the rest of the day. Drink this mango carrot smoothie instead; you can have this made and kept in the fridge.

Mangoes are a super fruit loaded with antioxidants and more than 20 different vitamins and minerals. The following recipe will serve one person.

### Ingredients:

- 1 cup milk
- ½ tablespoon almond butter (recipe below)
- ½ cup grated carrot
- ¾ cup fresh mango
- 5 ice cubes

### Method:

Place all ingredients in blender and puree until smooth.

### ALMOND BUTTER

It is packed with protein and very delicious!

### Ingredient:

- 3 cups almonds

### Method:

Place the almonds in a food processor fitted with an "S" blade. Secure the lid and allow to whisk for 20-30 minutes, stopping and scraping down the sides as needed. (You can also do this with a blender, it might take a little longer). The almond butter is ready when the oils have released and the resulting butter is very smooth and creamy-- this takes more time than you'd expect, so be patient! Transfer the almond butter to a sealed glass

jar, and store in the fridge for best shelf life.

### BEST OATMEAL

#### Ingredients:

- 6 cups water
- 2½ cups oats (dried, rolled, steel cut)
- ½ cup frozen cranberries (available at Agora, Meena Bazaar and other superstores)
- ½ cup dried apricots, chopped
- ¼ teaspoon salt, or to taste

#### Method:

Combine water, oats, frozen cranberries, dried apricots and salt in pan over low heat. Put the lid on and cook until the oats are tender and the porridge is creamy.

### SPINACH MUSHROOM WRAP

#### Ingredients:

- 1 seven-inch lal atta roti
- ¼ cup sliced mushrooms
- ¼ tsp black pepper
- 2 cups fresh spinach
- 1 large egg, plus 1 egg white, lightly whisked
- 2 tbsp crumbled, low-fat feta cheese (or cottage cheese if you like)
- 1 tbsp tomatoes, chopped



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FOR NATURALLY HEALTHY &amp; GLOWING SKIN



## Pollution এর Solution

বোরো প্লাস অ্যান্টি পলিউশন ফেসওয়াশ দূষণ থেকে ত্বককে রক্ষা করে আপনাকে করে আরো সুন্দর ও মোহনীয়। আর বোরো প্লাস অয়েল কন্ট্রোল ফেসওয়াশ তৈলাক্ত ত্বকের যত্ন নিয়ে ত্বককে করে তোলে সজীব।

