



teed to keep your spirits up throughout the day.

Make your own!

If you're feeling too lazy to go out of the house, whip up your own delicious iced coffee frappe with this simple recipe!

Ingredients:

- 1¼ cups ice cubes
- ¾ cup extra-strong brewed coffee
- ½ cup milk
- 1 tbsp sugar

Whipped cream and chocolate shavings to garnish (optional)

Method:

Combine the ice, strong coffee, milk and sugar in a blender and pulse until frothy and the ice is completely crushed. Taste and adjust sweetener if desired. Pour into a tall glass or jar and serve with a straw.

Optional: Top with whipped cream and shaved chocolate.

By Maisha Rumelia Rahman

Photo: Sazzad Ibne Sayed

Frappe: Columbus Cafe

BITTERSWEET CAFÉ'S COFFEE MILKSHAKE MADE WITH A SHOT OF ESPRESSO

The espresso can definitely be tasted in this one, in the most delectable way. This creamy drink strikes the perfect balance in sweetness and is light and refreshing. The aftertaste of espresso it leaves in your mouth will keep you thinking about it all the way back home.

GLORIA JEAN'S COFFEES' HAZELNUT MOCHA CHILLER

According to Raiyan, who was seen enjoying a frappe at Gloria Jean's said that this was her "favourite drink from Gloria Jean's Coffees and is her 'usual'". According to her this drink has the perfect blend of hazelnut and just the right amount of coffee. Topped off with whipped cream, it's a heavenly formula.

COFFEE WORLD'S CHOCOLATE CHIP FRAPPE

You can never go wrong with this classic chocolaty potion. Nabeela, who frequents Coffee World, admits it's her favourite and that she enjoys the wonderful creaminess of the milk. The chocolate is delicious and far from overbearing. If you're feeling particularly indulgent, give yourself a treat by topping off this drink with fluffy whipped cream.

COLUMBUS COFFEE'S FROZEN CRIMSON CUP MOCHA

The strong coffee flavour in this drink is in perfect harmony with the delicious creaminess of it. It is light and frothy and leaves a lovely bitter aftertaste of coffee. Wonderfully cold and refreshing, this frappe is guaran-

THE DARK SIDE

Though these marvellous drinks taste delicious and can give you that boost of energy that you need, most of these can be rather unhealthy. The calories in frappes range from 200 to a whopping 800 calories, based on the size of the drink. The range of recommended calories is from 1,600 to 2,400 calories per day for adult women and 2,000 to 3,000 calories per day for adult men, depending on age and physical activity level. Thus, one frappe itself could eat up a huge portion of your daily calorie intake! So, if you are watching your silhouette, beware! I would recommend you reach for a healthy smoothie instead and leave the frappe as a reward for shedding a few pounds...



Hi. I'm a 19 year old. I got my keloid on my ear as a result of a bad piercing. I went to my doctor and she said she won't treat it with a steroid injection as I have acne problem which can get worse after injection. Why did I get keloid? What do you recommend for my treatment?

-Mashiyat, Uttara

Dear Mashiyat,
Keloids of the ear and earlobe from piercings are quite common. Keloids are the result of abnormal wound healing. Usually they occur at the site of skin damage spontaneously after acne, burns, chicken pox, cuts, insect bites, piercings, surgery, tattoos or vaccinations.



Whether or not a keloid will form is not determined by the severity of the wound but due to deformed healing process, even from a minor skin abrasion.

A mainstay for both treatment and prevention is the injection of steroids such as triamcinolone directly into the keloid but patients with acne or menstrual irregularities may face that the situation is getting worse sometimes, so better to avoid in such cases.

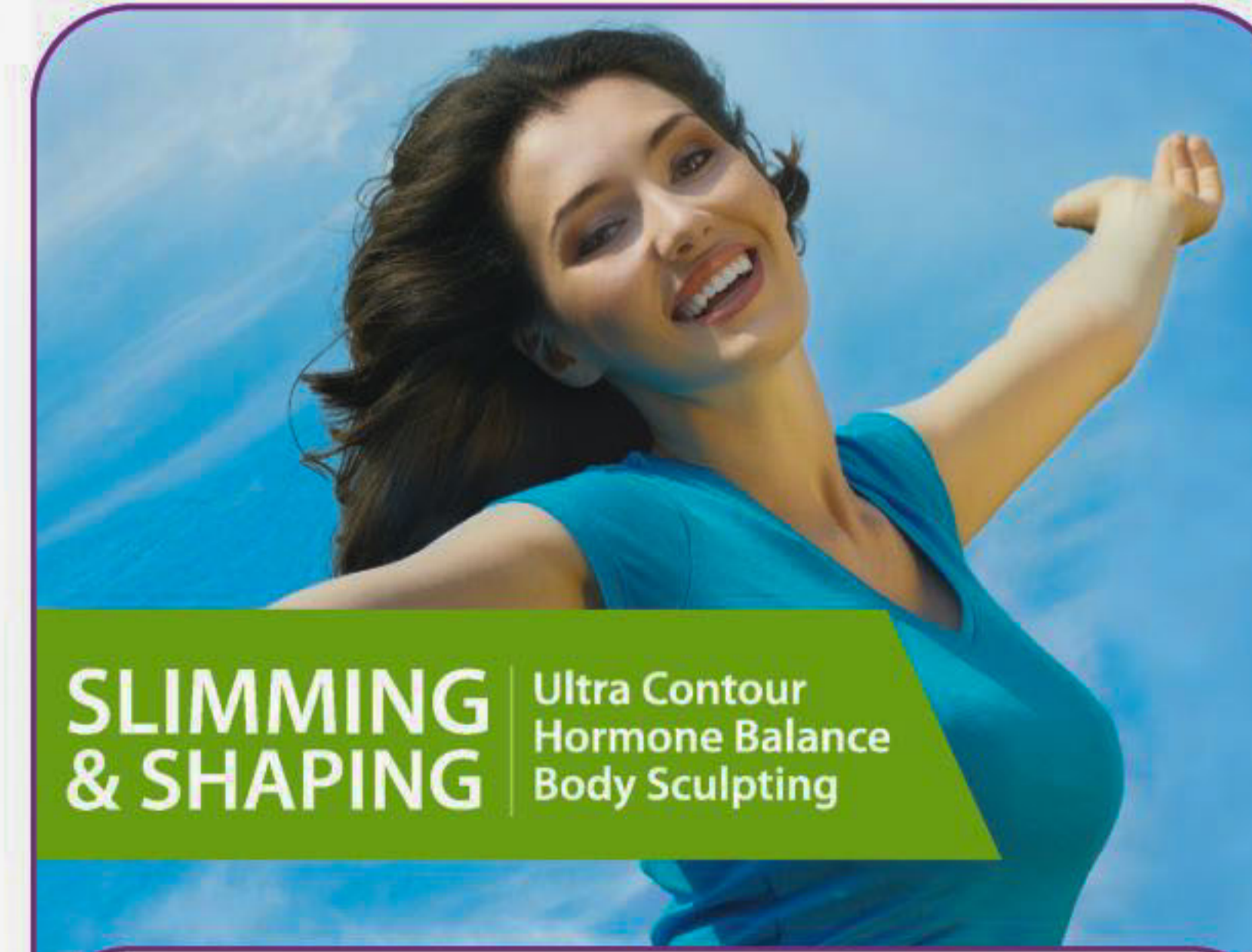


In your situation, my recommendation would be removal of keloid by Doide laser which helps to heal it fast with no bleeding or infection and later use of silicone sheet dressing and postoperative compression for more perfection.

You are most welcome if you are planning for the treatment by Diode laser. It will be the safest and the most advanced option for you. Take care.



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