



Ingredients

1 small pumpkin, de-seeded
1/2 cup pumpkin seeds (you can take the seeds and bake them with a pinch of salt until they are crisp)
1 tbsp roasted cumin (zeera)
1/2 cup sour yogurt
1/2 tbsp mint leaves, ground into a paste
pinch of nutmeg, pinch of lemon zest
1 cup pomegranate
A pinch of dried basil and thyme
1/4 cup walnuts, roasted
Salt and pepper to taste

Method

Pre-heat oven at 180° for 10 mins then stick the pumpkin in, cut into 4 large parts, on a baking paper. After about 10 mins drizzle some olive oil on the pumpkin so it will not burn. Also smear it with some nutmeg powder and salt before sticking back into the oven. Change sides and bake till tender. Roast the cumin seeds and add to the yoghurt along with salt and pepper, thyme, mint paste, lemon zest, you may add the remaining olive oil in as well. Mix well and serve with the pomegranates and pumpkin.

Serving

Pour the yoghurt over the pumpkin and serve with a helping of pomegranates and crushed walnuts on top to add some

crunch, mixed with the sweetness of pumpkin and the acid of the pomegranates, just like your mandate on women's issues!

Health focus

The free radical neutralizing powers of carotenoids in pumpkin not only keeps cancer at bay but also does wonders to your skin. Feel beautiful while asserting your rights!

HOT CHOCOLATE WITH COCONUT CREAM

Nothing spells dessert better than chocolate, so celebrate the day and enjoy this decadent drink to end on a positive note!

Ingredients

1 tbsp un-sweetened cocoa powder
1/2 tbsp molasses
300ml milk
1/2 tsp cinnamon sticks broken off
1 tsp coconut cream

Method

Boil the milk with all the ingredients (except coconut cream) and then

lower the burner flame and let it simmer for 3-4 minutes till the fragrance wafts in the surrounding air.

Serving

Pour the hot chocolate from a point holding

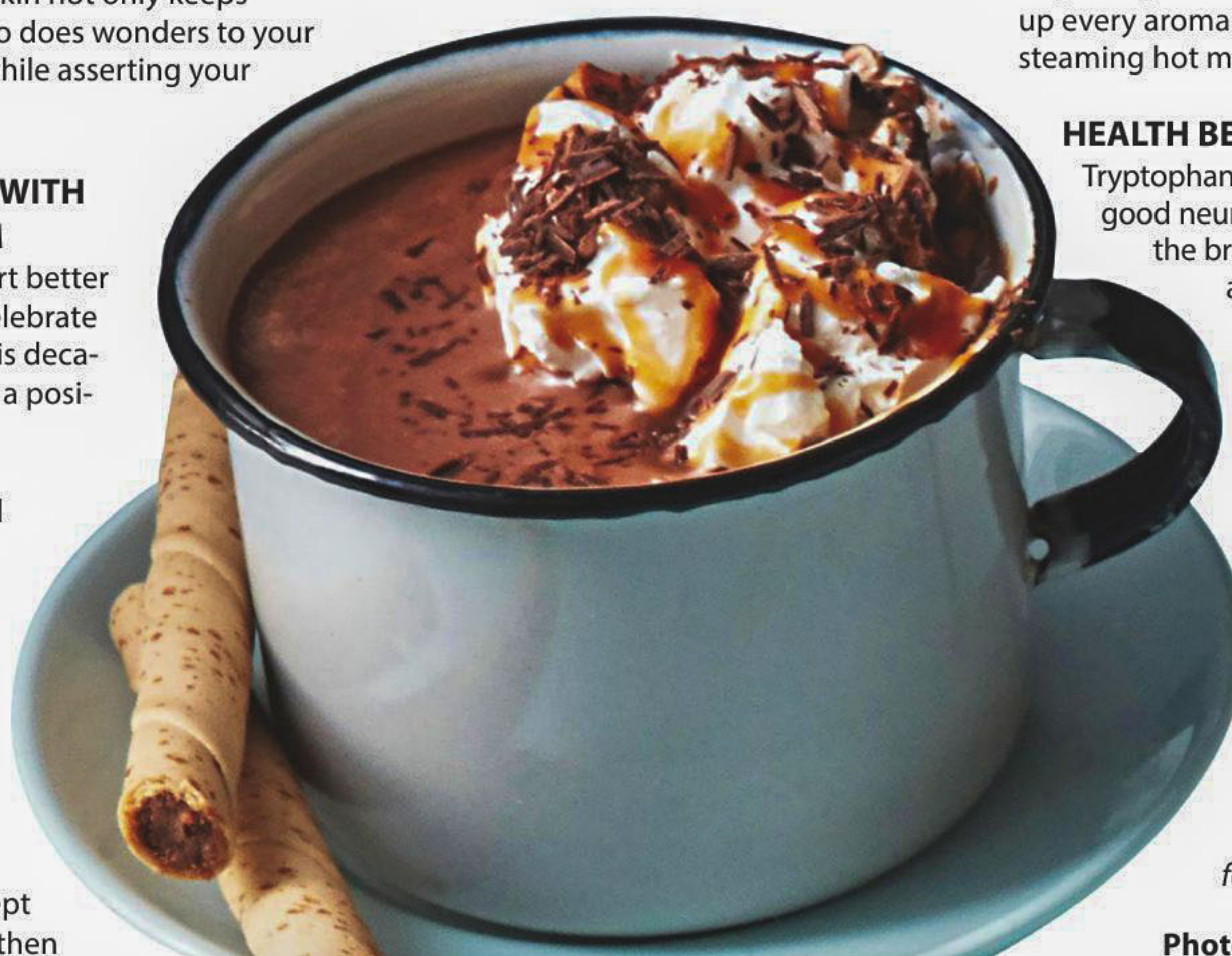
the pot as high as you can so it forms froth at the top. Leave a swirl of coconut on the top and serve it immediately before the coconut melts and seeps in. When drinking hot chocolate, it's best to drink out of a large mug or bowl because your senses pick up every aroma coming out from the steaming hot milk.

HEALTH BENEFITS OF CHOCOLATE

Tryptophan in cocoa releases the feel-good neurotransmitter serotonin in the brain and flavonoids are the antioxidants which may improve blood flow to the heart and brain, prevent clots, improve cardiac health, and act as anti-inflammatories. So, as you turn on the happy mode and stock up on those antioxidants, don't forget to get a bit of exercise in to keep that pro-women's heart of yours going!

Follow Reema Islam on Instagram @islam.reema for more.

Photo: Collected



**NOW EVERY HOME
WILL BE A RESTAURANT**



Unilever Care Line
09-666-999-666

Creative visualisation • Serving suggestion