

Monsoon Mania & Raksha Bandhan

Monsoon Mania Recipes

Badam Kheer Recipe

Ingredients -

1 tin (400g)-NESTLÉ MILKMAID

1 litre-Milk

50 g-Badam (Almonds)

50 g-Kaju (Cashewnuts)

1/4 tsp-Almond Essence

How to make -

Blanch almonds and remove skin. Soak almonds and cashewnuts in 2 cups of hot milk for 30 minutes. Grind to a paste along with milk.

Heat the remaining milk to boil. Add NESTLÉ MILKMAID Sweetened Condensed Milk and the ground almond paste and cook for another 5 minutes with constant stirring.

Remove from fire and add almond essence. Serve hot or cold.



Malpua With Rabri Recipe



Ingredients -

50g-Maida (for malpua)

1 cup (150 ml)-Water (For Malpua)

1 pinch-Baking Powder (For Malpua)

1/2 tsp-Elaichi (Cardamom) Powder (For Rabri)

2 tbsp-chopped Mixed Dried Fruits (For Rabri)

50 gm-Paneer (For Malpua)

for shallow frying-Oil (For Malpua)

1-1/2 cups-Sugar (For Sugar Syrup)

2 cups (300 ml)-Water (For Sugar Syrup)

1/4 tin (100g)-NESTLÉ MILKMAID (for Rabri)

1/2 tin (200g)-NESTLÉ MILKMAID Sweetened

Condensed Milk (for Malpua)

100g-Paneer (for Rabri)

1 cup (150 ml)-Milk (for Rabri)

1 tbsp-Maida (Flour) (For Rabri)

100g-Sooji (For malpua)

How to make -

Crumble paneer coarsely. Make a paste of maida with 3 to 4 tbsp. milk. Combine NESTLÉ MILKMAID and the rest of milk and bring to a boil. Add maida paste to milk stirring continuously. Reduce flame and cook for 5 minutes. Add chopped nuts, paneer and elaichi powder. Remove from fire. Cool and refrigerate.

Sugar Syrup -

Put sugar and water in a pan and bring to a boil. Keep aside. Malpua. Combine NESTLÉ MILKMAID Sweetened Condensed Milk, sooji, maida, water and baking powder. Mix well and leave for 10-15 mins. Crumble paneer very finely – till smooth and add to the above mixture. Beat well.

Heat oil in a flat frying pan (for shallow frying – only 1 to 2 mm layer of oil). Pour 1 small ladle of batter to make a small, flat malpua about 2-1/2" - 3" in diameter. Fry till both sides get evenly browned.

Remove and soak in syrup for 1/2 minute. Remove from syrup. Arrange on a shallow plate. Top with rabri and nuts and serve hot.

Choco Vanilla Layered Blancmange Recipe

From the romantic land of France comes this succulent, rich and sweet milk-based pudding dessert that can turn your frown upside down! Bon appetit!

Ingredients-

2 tsp-Vanilla Essence

40 gm-Dark Chocolate

8 tbsp-Corn Flour

3 cups-Water

1 tin (400g)-NESTLÉ MILKMAID Condensed Milk



Method -

Mix the NESTLÉ MILKMAID Sweetened Condensed Milk with water and blend well. Divide this mixture into two halves.

To make the Vanilla Layer: Blend 4 tbsp corn flour with little water. Bring one portion of the thinned condensed milk to boil, add the corn flour mixture and cook on a low fire, till thick, stirring all the time.

Remove from fire and add the vanilla essence. Divide the mixture into 4 stemmed glasses and allow to set in the fridge.

For Chocolate layer: Bring the other portion of thinned condensed milk to boil, slowly add 4 tbsp of corn flour mixed with little water. Allow to cook till thick, stirring all the time. Remove from fire. Break the chocolate into bits, add to the hot milk and stir until the sauce is smooth and chocolate melted.

Cool the mixture and spoon into the glasses over the Vanilla layer. Smoothen the top and set in the fridge. Garnishing Sprinkle white and chocolate curls over and serve.

Home Remedies For Top 3 Monsoon Diseases



Top 3 monsoon diseases are dengue, conjunctivitis and viral infections

Monsoon is synonymous not just with pouring rains but also diseases. You'll step into a pool-full of infections throughout the season. Feel blessed if your immune system can handle extremes against dengue, conjunctivitis and viral infections. If not, then the following home remedies will take care of you in the best way possible.

Dengue

Dengue fever is transmitted by Aedes mosquito. There is no vaccine to prevent dengue but you can easily avoid getting the infection by not allowing

stagnation of water at home since that is the favourite spot for mosquitoes to breed.

Symptoms

Steep rise and fall in body temperature followed by profuse sweating. Feeling of chills and burning sensation. Rigorous headaches. Pain in the lower back, legs, muscles and joints. Low heart rate.

Low blood platelet count.

Home remedies for dengue

Dr. prakesh says, "More than home remedies, people must take precautionary measures such as avoiding water from

stagnating in and around the house and by using mosquito nets and insect repellents."

Orange juice must be taken because it helps in digestion and increases antibodies which encourages faster healing of the worn-out body.

Drink papaya leaf extract because it increases blood platelet count. It's quite simple to make – take papaya leaves and wash them. Pound them and squeeze out the juice which might taste bitter. One serving can do wonders. A Mumbai based engineer, Reva recalls that a year back

she was hospitalised due to dengue and bitter papaya juice came to her rescue.

Conjunctivitis

Pink eye as conjunctivitis is commonly referred to is caused due to viral and in some cases due to bacterial infections. It is highly contagious in nature and it tends to spread through contaminated water and objects such as sharing towels and clothes.

Symptoms for conjunctivitis Swelling of eyes and eye lids. Redness in the eye. Watery discharge which collects overnight and forms a thin

crust over the eyes. Itching or sandy sensation in the eye.

Enlarged lymph gland -

Home remedies for conjunctivitis Use clean tissues to wipe off eye discharge. Avoid wearing eye make-up and contact lenses. It is strictly advised not to constantly rub the eyes.

Wash your hands frequently with soap and water.

Dr. sareen says, "As a home remedy one must splash cold water in their eyes early in the morning while holding

Nasal congestion. Inflammation of tonsils. Skin rashes.

Home remedies for viral infections

"Eat lots of fruits especially those which are rich in Vitamin C because these tend to strengthen our immune system and flushes off toxins from the body. A layman can perhaps take paracetamol but must write down the symptoms and measure fever on the first day; investigate it a day later because the virus floats in the blood only after 24 hours," adds DrDevendraSareen

Gargle with lukewarm saline water

Dr. adds, "You may prepare a powder of ginger, black pepper and turmeric powder and add it in your glass of milk. Boil the milk for about 7-8 minutes and drink it."

Drink soup and eat light. Soak your feet in warm water and wipe them off.

Use medically prescribed cough drops.

Drink juice of tulsi, ginger and honey

Drink tea with a pinch of black pepper in it.

Boil neem leaves in water and take bath with it.

Fumes of sarso, neem leaves are their best to eliminate microbes

Take orange juice as it promotes antibodies and are known to hasten the recovery from dengue.

Make use of these home remedies and get set go this monsoon sans diseases!

Rakhi The Thread of Love

Rakhi is basically a sacred thread of love Rakhi is basically a sacred thread of protection embellished with the love and affection of a sister for her brother. This day is also known as Raksha Bandhan and celebrated on the full moon day of the Hindu month of Shavana in India. This frail of thread of Rakhi is considered as stronger than iron chains as it binds the most beautiful relationship in an inseparable bond of love and trust. Rakhi festival also has a social significance because it underlines the notion that everybody should live in harmonious

coexistence with each other.

Not a single festival in India is complete without the typical Indian festivities, the gatherings, celebrations, exchange of sweets and gifts, lots of noise, singing and dancing. RakshaBandhan is a regional celebration to celebrate the sacred relation between brothers and sisters. Primarily, this festival belongs to north and western region of India but soon the world has started celebrating this festival with....Rakhi is the physical symbol of the emotions involved with the festival. The emotions of love, affection and care. It is the sentiments that matter on this day and what can be a better expression of the sisterly love than a self maderakhi.

1. Rakhi is generally a decorated silk thread. It may be a simple thread or it may be decorated with beads or designer motifs, in religious symbols or even studded with jewels. Here are a few tip on how you can create your own rakhi.

Material required

1. Silk threads-multi-coloured

2. Cotton thread

3. Beads, sequins

4. Scissors

5. Glue

Take a bunch of silk threads, multicolored if you want a colorful rakhi. Red and yellow are considered auspicious colors. You can also use a strand or two of golden thread. The threads should be around 30" long. Fold the length of the thread bunch to half. Tie a tight knot at one fourth of the length using the cotton thread. Cut the loops of the folded thread and fluff the open ends with a hard brush. Divide the longer part of the thread into two halves and plait them in desired way. Tie the ends with the cotton thread and fluff the open ends. These two strands will be used for the tying.

Decorate the upper part with sequins, beads or religious motifs. If you are using multicolored threads arranged in some specific way, cut them short to a suitable length not more than 2. These days in vogue are rakhis made of kalava or moli (the read thread used for tying on wrist during a religious event).

These are more suitable for those who have to keep the rakhi tied for a longer time, as in some faiths when it is removed after

three days or it is removed on the Dussehra which falls in October.

Materials required

1. A Moli or Kalava

2. Cotton Thread

3. Scissors

4. Glue

5. Religious Symbol/ Rudraksh

6. Tulsi/ Sandalwood Beads or Tiny Shells

Take a 50" long thread and fold it in the middle. Plait the thread in the desired manner. Tie the cotton thread leaving some space at the ends. Remove all the loops from the ends. Stick the religious symbol or rudraksh in the middle and if you want to decorate rest of the length of the rakhi with beads or tiny shells. You can stick them or even stitch them on the braided thread.

3. Material required

1. Strands of silk threads-2/3

2. A pair of scissors

3. Cotton thread to tie knots

4. Beads, sitaras, golden threads and sponge to decorate

5. Glue

6. A toothbrush with hard bristles

Raksha Bandhan

Method:

Take 20-24 inches long silk thread strands in a bunch. If you want to make multi coloured rakhis take silk threads of different colours.

RakshaBandhan Tie a tight knot with a cotton thread on the one-fourth part of the silken thread bunch. The one-fourth part will be made into a rakhi while the three-fourth will be the string to tie around the wrist.

RakshaBandhanNow make sure the heads of the silk threads of the one-fourth part of the bunch do not remain in loops, in



case they are, cut them with a pair of scissors.

RakshaBandhan Once they are independent of loops, with a toothbrush rub hard on these threads and brush them with strong strokes by holding tight on the knot. With repeated strokes the silk threads turn fluffy and RakshaBandhan soft. RakshaBandhanTo make the string, divide the three-fourth part of the silk thread in two equal parts and plait them separately. At the end tie a knot and brush the end again.

Amazing Monsoon Skin care Tips

Your normal skin care routine won't help you in the rains. You need to be more strategic with skin care in monsoon. Read this 10 amazing skin care tips & routine to maintain gorgeously glowing skin.

The number 1 thing to remember for skin care in rainy season is to keep your skin away from dampness. Sounds hard but it's not. This is because damp skin to microbes and fungi is what a candy store is to a child. These can result in all sorts of skin problems ranging from irritation and rashes to ringworm. Here is the perfect monsoon skin care routine to combat skin issues.

10 Essential Tips For Skin Care In Rainy Season

Cleanse your skin at least 3 times a day to remove excess grime and oil that can clog your pores.

You must tone your skin and to do so opt for the non-alcoholic variety; these help even out your skin's pH balance and also bring a glow to your skin.

The humidity that the rains bring can dry your skin something awful. Use a nourishing moisturizer like Olay Total Effects Day Cream to make your skin moist, supple and healthy.

If oily skin is your problem then moisturizers that are water based are a great option to help keep oil secretion in check.

Use a reliable sunscreen with a good SPF. It may be cloudy but that doesn't stop the sun's UV rays from wreaking havoc.

It is essential that you exfoliate your skin daily to rid it of dead cells but do so gently.

Stay hydrated by drinking at least 8 glasses throughout the day. Humidity can make you sweat a lot and skin that doesn't have enough moisture can look pale and dull.

While shampooing and conditioning your hair twice a week will suffice during any other season you might want to do so more frequently during the monsoons. This is because the humidity that is pervasive during the wet spell makes you sweat; and sweat makes it easy for grime and germs to latch on to your skin. Monsoon is not the time to experiment with artificial jewellery especially if you have sensitive skin. The humidity in the air will increase the risk of a breakout. Make your own homemade face peels and packs using ingredients from your kitchen. They are natural and will do a world of good for your skin.

Monsoon Skin Care Routine: The Don'ts

Don't shower with steaming hot water. It will make your skin capillaries weak and cause skin damage.

Don't cleanse in a hurry; not cleansing adequately translates to bacterial invasion which then triggers breakouts.

Monsoon Skin Care Routine: The Do's

Do eat wholesome meals which include good fats because they are pivotal in repairing damaged skin and also retaining moisture.

Do let your feet breathe. Wearing closed footwear will make your feet sweat, which in turn will lead to fungal and bacterial infections. Instead wear waterproof footwear like sandals and floaters.

Do make sure when you go for a pedicure that the tools are sterilized. While most salons do maintain hygienic conditions, wet spells make it hard to do so. Check that all the tools are disinfected; if required ask them to do so in front of you.