Herbal Coffee

by Bhaktivedanta Hospital - Diet Dept.

"Krishna is very kind. Therefore, He has given us his remnants of food stuff"

Ingredients

Skimmed Milk.....150 ml (1 Cup)

Whole dhania seeds

(Coriander seeds).....1 Tbsp

Sugar.....1 Tsp

Cardamom For flavor

Preparation :

1. Roast sugar in a non stick pan till it caramelizes (becomes brown).
2. Add the coriander seeds then, and roast well.
3. Add warm milk. Allow it to boil.
4. Add cardamom seeds.
5. Filter the herbal coffee and serve hot.

Serving	Energy (kcal)	CHOs (gm)	Protein (gm)	Fat (gm)
1	120	17	10	–

For further details please contact : vaidehi_nawathe@sify.com

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