

MANGO RASAYANA/DESSERT

The king of the fruits MANGO is no doubt nutritionally rich, unique in flavor, fragrance and taste. Fresh Mango is packed with good amount of Potassium, vitamin c....so on. Fully ripe juicy Mango blended with coconut milk and jaggery is the most perfect dessert ever for an after lunch sweet treat, or else with chapati, puri.

Ingredients

- Big, ripe mangoes-2
- Grated Jaggery-1/4cup(adjust according to the sweetness of mango)
- Grated fresh coconut-2cup
- Sesame seeds-1tsp, cashews.. few
- Ghee 1 tsp

Method

Peel outer skin of the mangoes. Carefully chop the pulp using sharp knife, and collect the juice and the Mango pieces into a bowl.



Add grated jaggery and mix well and keep this aside for 10minute. Meanwhile blend fresh grated coconut by adding 1 cup of water and extract thick coconut milk.



Add coconut milk to the mango pieces/pulp and mix well. Take 1tsp ghee in a pan and fry cashews for 2 minutes and now add sesame seeds and Waite till it pops up. Pour this over the mango mixture.



Enjoy this as a chilled dessert during a sunny day or you can pair it with chapati, puri, or plain dosa.



Om shanti