



food!

FAST IDEAS

What's Your Favourite Healthy Ice Lolly?

“ I prefer frozen aam panna ” Peel and boil raw mangoes, mash and season with roasted cumin seeds, powdered ginger, salt and a natural sugar substitute such as Splenda. Either freeze it or pour over crushed ice.— **Anupama Sahay, homemaker**



“ I blend red wine and ice ” Mix red wine and crushed ice in a high-speed blender. Freeze it in a refrigerator and top it with white wine before serving!— **Saby, executive chef, Ai, Delhi**

“ I love to freeze watermelon juice ” Refrigerate pureed and de-seeded watermelon pulp in a glass. Once frozen, take it out of the glass and enjoy the cool flavour of the lolly.— **Mona Mehta, associate editor, Prevention**

“ I like mango on ice ” Mix chopped pieces of mango, (preferably the orange variety, such as dussheri) with milk and freeze in an ice tray. Serve with a dash of rose water.— **Meenakshi Mishra, food enthusiast**

“ I like only fresh fruit juices ” Try fresh fruits with crushed ice or simply freeze fresh pomegranate juice. Remember fruit juice concentrates and colour additives should be kept out of a healthy lolly.— **Ritika Samaddar, chief dietician, Max Healthcare, Delhi**

“ I dress it with almonds ” Crush ice, roll it into a ball and pour a teaspoon each of khus and rose syrup over it, add almond shavings.— **Reena Singh, Prevention reader**