

Raw Mango Cooler

▪

[Recipes](#)

Drinking cold water is like a shock to the system. Make this cooler from a beautiful mango to beat the heat.

By Vijaya Rajagopalan

Serves 2 | Prep time: 10 minutes | Cook time: 5 minutes



[PrintFriendly](#)

[CHECK NUTRITIONAL FACTS FOR THIS RECIPE](#)



INGREDIENTS:

▪



2 raw mangoes – skinned, seeds removed.

- 
1/4 teaspoon dry ginger powder
- 
1 tablespoon raw sugar
- 
1/4 teaspoon salt

PREPARATION:

- 
Add the skinned and deseeded mangoes to a couple of tablespoons of water and boil gently until they become soft and mushy.
- 
Remove from heat, let cool and mash to a pulp.
- 
Add the dry ginger, sugar, and saffron and stir in thoroughly.
- 
Add the salt, stir and cool in the fridge.

Raw Mango Cooler

Mint & Ginger Lemonade

Adai

Sweet Pongal

Saffron Cream Of Wheat Pudding

Spiced Chickpea Snack

Akki Roti

Moroccan Harira Soup

Coconut Chutney

South Indian Salsa