

Raw Mango Cooler

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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



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[CHECK NUTRITIONAL FACTS FOR THIS RECIPE](#)







INGREDIENTS :



2 raw mangoes – skinned, seeds removed.

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

PREPARATION:

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