





About the Author



I am Vaishali Parekh, a resident of Kolkata, India and a Graduate Nutritionist. My passion for health and nutrition and a natural love for cooking drove me to come up with the website www.indian-cooking.info in the year 2007.

I perpetually keep on searching for new ideas and information related to cooking, health and nutrition. Wherever I go and whatever I do, my antennas are always alert for any whiff of something new and interesting. As soon as I get hold of an interesting piece of info, I process it and deliver it to my readers with the help of my site.

Most of the times I deliver info for free. But at times when the cost of acquiring specialized info is quite high, I am left with no other option but to charge my readers.

Enjoy this free e-book, and after you have finished, don't forget to visit the link below for some well researched specialized information.

<http://www.indian-cooking.info/HomeRemedies/eBook.htm>

Vaishali Parekh



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Early Morning

Ingredients :

<ul style="list-style-type: none">✓ Rose syrup – 20 ml✓ Orange squash – 10 ml✓ Lime juice – a dash✓ Soda – 20 ml	<ul style="list-style-type: none">✓ Colorless fizzy drink (e.g. Sprite, 7 Up) – 60 ml <p>For garnishing:</p> <ul style="list-style-type: none">✓ Mint leaves – a sprig
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Method :



- ❖ Blend rose syrup, orange squash, and fresh lime juice.
- ❖ Pour in a glass.
- ❖ Add the colorless fizzy drink.
- ❖ Garnish with mint leaves.



Ginger-ale Ice

Ingredients :

✓ Ginger ale – 1 bottle	✓ Orange juice – ¼ cup
✓ Mashed banana – 1 (large)	✓ Powdered sugar – 3 to 4 tsp
✓ Lemon juice – of 1 lemon	

Method :

- ❖ Mix all the ingredients in a blender and freeze in ice cube trays.
- ❖ Cubes can be made with other soft drinks e.g. lemonade, coca-cola etc. in the same way.



Go Bananas

Ingredients :

✓ Butter (small) bananas – 2	✓ Cold boiled milk – 150 ml
✓ Coffee powder – 1 ½ tbsp	✓ Vanilla ice cream – 1 scoop

Method :



- ❖ Mash the bananas into a smooth paste.
- ❖ Add coffee powder and beat well.
- ❖ Slowly pour on the milk, stirring constantly.
- ❖ Pour into a tall glass.
- ❖ Serve with a dollop of ice cream.

Green Goddess

Ingredients :

- | | |
|--|---|
| <ul style="list-style-type: none">✓ Khus syrup – 10 ml✓ Raw mango squash – 60 ml✓ Lemonade – as required✓ Lime juice – a dash✓ Crushed ice – as required | <ul style="list-style-type: none">✓ For garnishing:✓ Sweet lime – 1 slice✓ Mint leaves – 1 sprig✓ Cherry - 1 |
|--|---|

Method :



- ❖ Put khus syrup in a ribbed glass.
- ❖ Pour the lemonade over it.
- ❖ Pour lemonade. Add lemon juice.
- ❖ Serve topped with crushed ice and garnished with cherry, mint leaves and sweet lime.

Green Island

Ingredients :

<ul style="list-style-type: none">✓ Khus syrup – 10 ml✓ Mint syrup – 10 ml✓ Lemon juice - 10 ml✓ Colorless fizzy drink (e.g. Sprite, 7 Up) – as required✓ Crushed ice – as required	<ul style="list-style-type: none">✓ For garnishing:✓ Pineapple slice -1
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Method :



- ❖ Add crushed ice to a glass.
- ❖ Add khus syrup and then add a little mint syrup.
- ❖ Add the lemon juice and then pineapple juice such that you can see different layers.
- ❖ Finally add the colorless fizzy drink.



Hawaiian Punch

Ingredients :

✓ Pineapple juice – 60 ml	✓ Ginger ale – 100 ml
✓ Chopped mixed fruit (apples, bananas, oranges etc) – 25 gm	✓ Ginger ale ice cubes – 3 to 4 pieces

Method :



- ❖ Chill the pineapple juice and ginger ale.
- ❖ Mix the juices and the fruits in a large jar in a blender.
- ❖ Pour it into a tall mocktail glass.
- ❖ Top it with ginger ale ice.
- ❖ Garnish with pineapple ring and cherries and serve chilled



Lemon Cooler

Ingredients :

- ✓ Lemonade – 200 ml
- ✓ Lemon juice – a few drops
- ✓ Vanilla ice cream – 1 scoop

Method :

- ❖ Fill a glass up to three quarters with lemonade.
- ❖ Add a few drops of lemon juice to it.
- ❖ Top it up with a scoop of vanilla ice cream.
- ❖ Serve garnished with lemon ring.

Lemon Punch

Ingredients :

✓ Honey – 20 ml	✓ Crushed ice
✓ Sweet lime juice – 100 ml	✓
✓ Orange juice – 60 ml	✓ For garnishing:
✓ Lime juice – ½ tsp	✓ Sweet lime – 1 slice
✓ A pinch of salt	

Method :



- ❖ Put honey in a ribbed glass.
- ❖ Add the sweet lime juice.
- ❖ Add orange juice, lime juice and salt.
- ❖ Stir once.
- ❖ Top with crushed ice.
- ❖ Garnish with a slice of sweet lime.

Midnight's Children

Ingredients :

✓ Orange squash – 60 ml	✓ Colorless fizzy drink (e.g. Sprite, 7 Up) – 125 ml
✓ Rose syrup – 30 ml	✓ Crushed ice – as required
✓ Ginger ale – 75 ml	
✓ Fresh lime juice – 5 ml	

Method :



- ❖ Put orange squash in a mocktail glass.
- ❖ Add rose syrup followed by ginger ale and lemon juice.
- ❖ Finally add the colorless fizzy drink.
- ❖ Top with ice cream.
- ❖ Add crushed ice.



Mint Cooler

Ingredients :

✓ Fresh mint – 40 gm	✓ Ice cubes – as required
✓ Lemon juice – of 1 lemon	✓ Water – ½ glass
✓ Honey – 2 tbsp	✓ Rock salt – 1 tsp
✓ Soda – 2 bottles	

Method :



- ❖ Blend the mint leaves, lemon juice, water, honey, ice cubes and salt in a blender.
- ❖ Strain and add the soda accordingly.
- ❖ Serve chilled in a long tall glass.

Mixed Fruit Float

Ingredients :

<ul style="list-style-type: none">✓ Pineapple juice – 30 ml✓ Orange juice – 30 ml✓ Mango juice – 30 ml✓ Fresh cream – 15 ml✓ Soda – 10 ml✓ Ice cubes – 4✓ Rose syrup – a dash	<p>For garnishing:</p> <ul style="list-style-type: none">✓ Sweet lime – 1 slice✓ Cherry – 1✓ Pineapple slice - 1
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Method :

- ❖ Put the ice cubes in a tumbler glass.
- ❖ Add pineapple juice, mango juice and orange juice to the glass.
- ❖ Add rose syrup and stir gently.
- ❖ Float the beaten cream and top it with soda.
- ❖ Serve garnished with cherry, pineapple and sweet lime slice.



Mixed Fruit Punch

Ingredients :

- ✓ Cocktail fruit (canned) – 1 cup
- ✓ Milk – ½ cup
- ✓ Vanilla ice cream – 1 scoop

Method :



- ❖ Set aside a few pieces of cocktail fruit.
- ❖ Blend the remaining fruit in a blender.
- ❖ Add the ice cream and milk and blend till the ice cream is very soft.
- ❖ Pour into glasses and garnish with cocktail fruit pieces.

Night in White Satin

Ingredients :

✓ Coconut water – 80 ml	✓ A dash of lime juice
✓ Pineapple juice – 20 ml	✓ Crushed ice – as required
✓ Vanilla ice cream – 2 tbsp	

Method :



- ❖ Blend everything in a mixer.
- ❖ Pour in a glass.
- ❖ Top with crushed ice.
- ❖ Garnish with pineapple slice.

Orange Ginger-ale Punch

Ingredients :

✓ Orange squash – 50 ml	✓ Ice cubes – as required
✓ Ginger ale – 75 ml	
✓ Rose syrup – 30 ml	For garnishing:
✓ Fresh lime – 1 tsp	✓ Lemon slice – 1
✓ Lemonade – 125 ml	✓ Cherry - 1

Method :



- ❖ Pour orange juice in a tall glass.
- ❖ Add ginger ale and lemon juice.
- ❖ Add the rose syrup.
- ❖ Finally add the lemonade.
- ❖ Top it with ice cubes.
- ❖ Serve garnished with cherry and lemon slice.



Orchid Queen

Ingredients :

✓ Khus syrup – 10 ml	✓ Colorless fizzy drink – 60 ml
✓ Orange squash – 10 ml	✓ Soda – 20 ml
✓ Fresh lime juice – a dash	✓ Crushed ice – as required

Method :

- ❖ Mix khus syrup, orange squash, lime juice and the colorless fizzy drink.
- ❖ Pour in a glass.
- ❖ Add soda.

Pineapple Lemonade

Ingredients :

<ul style="list-style-type: none">✓ Fresh pineapple juice – 60 ml✓ Fresh lime juice – 60 ml✓ Colorless fizzy drink – 60 ml✓ Sugar – 2tsp✓ Crushed ice – as required	<p>For garnishing:</p> <ul style="list-style-type: none">✓ Pineapple slice – 1✓ Mint leaves – a sprig
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Method :



- ❖ Mix pineapple and lemon juices in a glass.
- ❖ Stir in the sugar.
- ❖ Slowly pour the fizzy drink.
- ❖ Top with ice.
- ❖ Garnish with pineapple slice and mint leaves.
- ❖ Serve chilled.

Pink Squirrel

Ingredients :

<ul style="list-style-type: none">✓ Strawberry crush – 5 ml✓ Lemon juice – 10 ml✓ Orange juice – 25 ml✓ Colorless fizzy drink – as required✓ Crushed ice – as required	<p>For garnishing:</p> <ul style="list-style-type: none">✓ Orange slice – 1✓ Mint leaves – a sprig
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Method :



- ❖ Put crushed ice in a glass.
- ❖ Add the strawberry crush.
- ❖ Pour lemon juice and then orange juice.
- ❖ Finally pour the colorless fizzy drink.
- ❖ Garnish with an orange slice and a sprig of mint.



Red Splash

Ingredients :

<ul style="list-style-type: none">✓ Water melon juice – 200 ml✓ Strawberry crush – 60 ml✓ Fresh lime juice – 10 ml✓ Crushed ice – as required	<p>For garnishing:</p> <ul style="list-style-type: none">✓ Water melon slice - 1
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Method :



- ❖ Mix the water melon juice and strawberry crush well.
- ❖ Add lime juice.
- ❖ Pour into a goblet glass.
- ❖ Add crushed ice.
- ❖ Serve garnished with water melon slice.



Rim Jhim

Ingredients :

<ul style="list-style-type: none">✓ Orange squash – 15 ml✓ Coca cola/Pepsi – 150 ml✓ Soda – 30 ml✓ Lemon juice – 2 tsp✓ Salt – a pinch✓ Crushed ice – as required	<p>For garnishing:</p> <ul style="list-style-type: none">✓ Lemon slice – 1✓ Cherry - 1
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Method :

- ❖ Put crushed ice in a tall glass.
- ❖ Pour orange squash. Add 1 tsp lemon juice.
- ❖ Pour the cola very gently from the sides of the glass to get different layers.
- ❖ Add a tsp of lemon juice and salt and add soda gently through the sides of the glass.
- ❖ Top with crushed ice.
- ❖ Garnish with lemon slice and pierce a cherry in a toothpick and put it on top of the glass.
- ❖ Serve chilled.

Thirsty Pomegranate

Ingredients :

<ul style="list-style-type: none">✓ Pomegranate juice – 30 ml✓ Orange squash – 10 ml✓ Pineapple juice – 80 ml✓ Soda – 20 ml✓ Lime juice – a dash✓ Ice cubes – as required	<ul style="list-style-type: none">✓ For garnishing:✓ Sweet lime – 1 slice✓ Cherry - 1
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Method :



- ❖ Put 4 ice cubes in a glass.
- ❖ Pour pomegranate juice over it, followed by orange squash.
- ❖ Add pineapple juice and top with soda.
- ❖ Serve garnished with sweet lime and cherry.

Virgin Colada

Ingredients :

<ul style="list-style-type: none">✓ Coconut cream/milk – 10 ml✓ Vanilla ice cream – 3 scoops✓ Pineapple juice – 50 ml✓ Chocolate syrup – as required✓ Crushed ice – as required	<ul style="list-style-type: none">✓ For garnishing✓ Pineapple ring - 1
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Method :



- ❖ Chill an empty tall glass in a freezer for 5-10 minutes.
- ❖ Add all the ingredients in a blender and blend.
- ❖ Rotate the chocolate syrup.
- ❖ Pour the juice mixture in the glass and add crushed ice.

Yellow Sky

Ingredients :

✓ Pineapple – 30 gm	✓ Ice cubes – as required
✓ Pineapple juice – 30 ml	
✓ Orange juice – 30 ml	For garnishing:
✓ Lemonade – 100 ml	✓ Orange slice - 1

Method :



- ❖ Chill the juices.
- ❖ Crush the pineapple.
- ❖ Put the crushed pineapple with its juice into a large jug. Add the fruit juices and the lemonade, mix well till it blends.
- ❖ Pour it in a glass.
- ❖ Decorate with slices of orange and serve.



Nature & Us

In ancient times man was completely at the mercy of nature. Sometimes nature was extremely harsh on him, but at the same time it also took care of him by providing him with all the resources that he needed to survive.

It provided him with all the foods and medicines for him to stay healthy and active. In due course, man prospered and developed in every way possible – intellectually, financially and physically.

Slowly and surely man started drifting away from his roots and today things have come to such a head that he has almost forgotten where his roots are. He has begun considering himself as the Supreme Being who can control everything. In his pursuit of material possessions, he has become blind to the fact that nature has its own way of striking back. And when it does, all his acquired power will not be able to save him, as we have seen so many times in the past.

So, why not try to reconnect with our roots?

Why not try some simple and natural home remedies whenever you are down with some common ailment, instead of running to the doctor?

I have developed an e-book on such remedies with painstaking effort, for you to go through. It shall be your asset throughout life.

Check it out.

<http://www.indian-cooking.info/HomeRemedies/ebook.htm>