



Fruit Cream
by
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Ingredients

Fruits (Soft ones)

: *Mango* – 2-3*

Banana – 3-4

Grapes – Black/Green – Handful

Plums – 2

: 75-100 gms**

: $\frac{3}{4}$ Cup

: 2-3 Table Spoons/as per taste)

Fresh Cream/Malai

Milk (Cold)

Sugar/Shakkar

Roasted Dry Fruits/Seeds as per choice (optional)

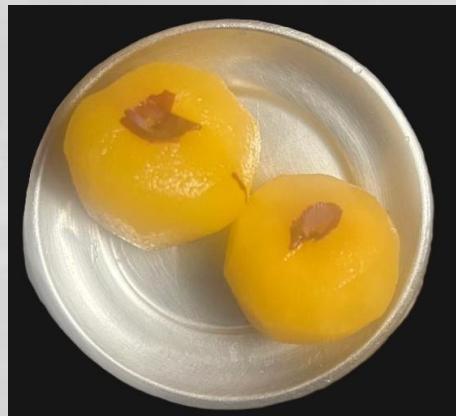
* Any Mango variety without fibre/strands. Best is 'Dashri' 'Dushree'

** Can reduce/exclude the amount of cream by blending more fruits

*** Can also use assorted canned fruits without syrup

**** Add any fruit of your choice preferably soft ones

Method



Wash and cut fruits in a bowl like shown in the picture.

Blend $\frac{1}{4}$ of the cut fruits in a blender with sugar/shakkar and milk.

Remove the skin of plums and cut them into small pieces, keep aside for garnishing

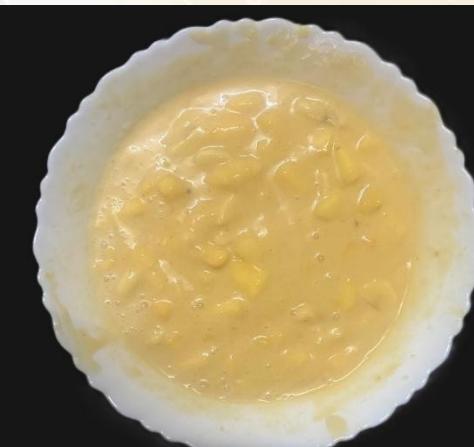


Method

Add blended fruits to the cut fruits in the bowl and mix well (pic 1 & 2)

Garnish with finely cut plums/grapes/any other soft fruit of your choice/canned fruits.

Decorate with ground or coarsely ground/flaked roasted dry fruits.







Thank You