

## COMFORT DRINKS FOR

## WINTER

**Hot chocolate**

What can be more delicious and comforting than hot chocolate in winters? Customize it as per your mood by adding cream and condensed milk as per your taste.

**Ginger Tea**

Ginger has tons of healing properties, so starting your day off with a warm cup of ginger tea seems like a great idea, especially during the peak of cold season

**Coconut-Almond Milk**

Ginger, almond milk and coconut oil combine for a drink that's just as comforting as it is cozy. Fight off the cold with this warm drink

**Hot Vanilla Chai Tea**

The spices in chai tea have tons of health benefits, and it has less caffeine than coffee. If you're looking to cut back on calories and/or caffeine, a chai tea is the way to go. Hot, healthy and delicious coming right up!



The winter months were made for mugs full of hot chocolate and eggnog, but those drinks aren't always the best for your health. You can only drink so much cocoa, especially if you aren't Santa, you know?

If you're looking for a healthy alternative to your favourite hot drinks, there are plenty of options that will keep you toasty this winter without also packing on the calories, all while helping to ward off colds and flus. Try these recipes for a healthier version of your wintertime favourites.

**Hot Lemon Water**

Hot lemon water has subtle flavour but is great for the body. Hot water and lemon are said to flush the liver and kidneys of toxins. Sure sounds like a great way to stay hot and healthy to me

**London Fog**

Earl Grey tea is a major ingredient in this recipe. It has healing properties as well as a boost of caffeine, so you may want to try this in place of your cup of joe in the mornings

**Apple Cider With Cinnamon**

You know what they say, "an apple a day keeps the doctor away." So, why not put that to the test by drinking a warm cup of apple cider on cold days? Don't mind if I do.

**Russian Tea**

Cloves, cinnamon, tea and juices combine for a super flavourful warm beverage. There are powdered recipes for this drink, but making it with natural juices is better for your health. So, give this version of Russian tea a try for a healthy alternative (*simplemost*)



## RECIPES

## Panna Cotta with Caramel Sauce

**Ingredients**

- » 3 cup buttermilk
- » 3 teaspoon gelatin
- » 1 cup brown sugar
- » 1/4 teaspoon powdered cinnamon
- » 10 tablespoon sugar
- » 2 cup whipping cream
- » 5 teaspoon vanilla extract
- » water as required

**Method**

**Step 1.** To prepare this delicious dessert recipe, take a small bowl and mix together water and gelatine. Keep

this bowl aside until gelatine softens for about 10-15 minutes.

**Step 2.** Now, take a pan and mix together 1/2 cup of sugar and 1 1/2 cup of cream. Over medium flame, stir in until the sugar dissolves. Bring it to a boil and when it starts to simmer, remove from heat and add gelatine mixture.

**Step 3.** Stir in until gelatine softens and let it cool slightly. Then, add buttermilk and 3 teaspoon vanilla extract and mix well. Pour the mixture in the ramekins equally. Ensure to only fill half of the ramekin.

**Step 4.** Cover and refrigerate until set

for about 4-5 hours. Meanwhile, take another pan and add brown sugar along with the remaining cream. Over medium flame, stir in the mixture until sugar is dissolved completely and the mixture thickens. Bring it to a boil and let it simmer for a while until it is syrupy in form. The caramel sauce is ready!

**Step 5.** Remove from heat and add cinnamon powder and the remaining vanilla extract in the ramekins. Now, take them out carefully and remove the panna cotta from them. Top up with the caramel sauce and serve it. (TOI)

