



TIFFIN TIMETABLE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Savoury Cupcakes	Quinoa Bhurji	Blueberry Quinoa Pancake	Veg Boat	Mango Delight

## Tiffin Expert: Vicky Ratnani

### Mango Delight

Treat your kids to a delicious end of the week tiffin meal with our delicious Mango Delight recipe made with Kissan Mango Jam. Made with real alphonso mango, Kissan Mango Jam gives the recipe an authentic mango burst your kids simply cannot resist. Try this recipe and be rest assured that you will see an empty tiffin box at the end of the school day.

### Ingredients:

- Whole wheat flour: ½ cup
- Cardamom powder: 1 tablespoon
- Milk: 1 cup
- Water: ½ cup
- Kissan Mango Jam: 2 tablespoons
- Pears (chopped): 2 tablespoons
- Grapes (chopped): 2 tablespoons

### Method of Preparation:

- In a pan, dry roast the whole wheat flour for 5-6 minutes until light brown.
- Add cardamom powder, milk and water to the powder.
- Whisk till the mixture becomes thick.
- Add Kissan Mango Jam to this mixture and whisk.
- Add the pear and grape pieces and mix.
- Pour the mixture into a tray and sprinkle leftover fruits on top.
- Place the tray in the fridge for 15 minutes and allow it to set.
- After the mix has solidified cut it into square pieces and serve.

Tiffin Siders: Unsalted walnuts and sprouts.