



Healthy Indian Bites
Eat Healthy, Live Healthy.



Diet Recipes, Food Blog.

Fruit Salad food recipe-healthy, fibrous, good source of antioxidant and rich carbohydrate foods, makes it lovely dish for someone with sweet tongue. It takes 20-25 min to cook recipe. It tastes relish, after freezing for some time. It is a food combination of all available seasonal fruits, blending oats in it, makes it super tasty, highly nutritious and healthy to eat, diet food recipe.

In [HealthyIndianBites](#) food blogs, we try to cook love in every piece of fruit, mixed with oats. Variety of fruits adds Color, Freshness, Fragrance and Juicy Taste to it. We have tried to make best use of healthy Cereal Oats, to make it taste delightful. Hopefully, viewers like it. We look forward for your comments and suggestion. For latest and regular updates, enroll us on our [newsletter](#). For live demo on cooking, please refer our cooking channel on [Social Media](#).

Instagram ID: [Healthy.Indian.Bites](#)

Youtube and Facebook: [HealthyIndianBites](#)

Health Benefits of Eating Fruit Salad.

1. Oats filled with [micronutrients](#), rich in fiber, antioxidants and vitamins provides loads of energy and healthy diet.
2. Helps losing weight, soothes skin, prevents [cholesterol](#), diabetics, improves digestion, and immunity.
3. Fruit Salad food recipe tastes sweet and contains fructose.
4. They are excellent source of vitamins and minerals and are high in fiber.

Best Ever Fruit Salad Recipe Ever.



Cooking Ingredients:

- 250 gm Fruits - Banana, Guava and Apple mix.
- Mix 1 teaspoon of Fennel and Sesame.
- 3-4 Cloves and 1 spoon Cinnamon Powder.
- 6-8 Almonds and 6-8 Raisins.
- 1/2 cup-soaked Oats.
- 1 small spoon Ghee.
- 1 smashed Banana.
- 1 cup Whole Milk.
- 30 gm Jaggery.

Cooking Instructions:

1. Mix Fennel, Sesame, Clove and Cinnamon in 1 spoon Ghee.
2. Add 6-8 Almonds and 6-8 Raisins to it.
3. Mix well. Add smashed Banana to a mixer grinder.
4. Add roasted mix with soaked oats to it. Grind it.
5. Add cup of whole milk and mix well.
6. Melt 30 gm jaggery in a pan. Add blended mix.
7. Mix chopped Guava, Banana and Apple with a blended mix.
8. Freeze in refrigerator for 20-30 minutes.

Easy Cooking Tips for Beginners

- Fruits and Dry fruits are good sources of healthy Vitamins and Minerals. But maintaining portions of it is important. 2-3 tablespoon of a dish is sufficient, to add in a diet. (Diabetics are exceptions to it)
- Roasting [*sesame*](#) and [*fennel*](#) to 1 spoon ghee is beneficial. It adds fragrance along with health benefits.
- Also, it is good idea to decorate dish with [*chia seeds*](#) on it.
- [*Oats*](#) is powerhouse of energy. And blending it with fruits and Dry fruits add lot more health benefits to a recipe.
- Also, [*Jaggery*](#) added to it adds sweet taste along with good amount of nutritional value. No good idea to substitute Jaggery with Sugar Or omit it in a dish.
- It is important to wash fruits thoroughly with hands.
- Maintain peels of fruits as it adds taste and is healthy enough to be added in diet.
- Other fruits can also be added to a recipe. Try substitute it with pulpy fruits than juicy fruits.

Where to BUY Fruits??



Fruits are good sources of Vitamins, Minerals and fiber content along with sweet taste of Fructose and Glucose content. All seasonal fruits have their own benefits and maintaining right portions of it in regular diet lowers cholesterol, improves face and hair health. It is always important to blend fruits with other healthy foods to improve its taste and nutritional value. Also, many companies sell fruit juices or supplements in market. But it is always good idea to buy it and eat it whole.

In India, fruits cost lot more and it is important we include it in healthy diet plan. It is no good idea to buy it loosely from hawkers or street sellers. Pesticides added to fruits to ripe it, is really bad. Also, it induces harmful bacteria in fruits that hurts health lot more. It can be bought online through e-commerce websites like [Amazon](https://www.amazon.in), [Flipkart](https://www.flipkart.com), [Indiamart](https://www.indiamart.com) to get better quality of it. Also, it can be bought through good stores.