

Recipe Name: Banana Pomegranate Raita Recipe - Kela Anar Raita

Diet Type:

Course: Side Dish

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup yogurt	2
• 1 cup banana - fried	
• 1/4 cup pomegranate	
• 1/4 teaspoon red chili powder	
• 1 teaspoon sugar	
• 1/2 teaspoon cumin powder - take it out	
• 1 teaspoon Dijon mustard	
• salt - According to taste	

Preparation

- To make Banana Pomegranate Raita, firstly add curd, salt, red chili powder, sugar, Dejon mustard and cumin powder in a bowl.
- Mix well.
- After mixing, add pomegranate and banana.
- Put the bowl in the fridge for 2 hours and mix.
- Serve.
- Serve banana pomegranat.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
150	10	30	0	2	20