

Title: Recipes

Recipe Name: Creamy Fruit Salad

Preparation Time: 5 minutes

Servings: 12

Kilocalories: 220, **Proteins:** 6, **Carbohydrates:** 42, **Fats:** 5

Difficulty Level:

Short Description:

Feeling hungry and don't feel like cooking a lot? Throw in some bananas, apples, pasta and boiled potatoes and fold in a good amount of **NESTLE MILKPAK Cream**. You will love this creamy encounter with a fruit salad.

Video Link: No

Ingredients

- **NESTLE MILKPAK Cream** - 1 pack
- Apples - ½ kg (cut into cubes)
- Bananas - 6 (sliced)
- Icing Sugar - 3 tbsp.
- Salt - 1 pinch
- Elbow Pasta - 1 cup (boiled)
- Mayonnaise - 1 cup
- Potato - ½ kg (boiled, cut into cubes)

Method

Step 1: In a bowl, add apples, bananas, potatoes and pasta.

Step 2: Add Mayonnaise, **NESTLE MILKPAK Cream**, salt and icing sugar.

Step 3: Mix well and serve chilled.

<http://www.shutterstock.com/pic-144565277/stock-photo-chicken-salad-with-apple-pieces-on-top-of-lettuce.html?src=FqUBYr5HhJl4YEFxTTPJdg-1-61>

Title: Recipes

Recipe Name: Creamy Vegetable Salad

Serves: 7

Prep time: 20 min

Kcal: 105 Carbs: 18 Proteins: 2.1 Fats: 2.8

Difficulty Level:

Short Description:

This unique and never tasted before version of salad combines together the avid richness of pineapples, dates, carrots, peas, cabbage, **NESTLE MILKPAK Cream** and **NESTLE MILKPAK UHT Milk** to give your tummies a full meal with a rich calorific value.

Video Link: No

Ingredients

- **NESTLE MILKPAK UHT Milk** - 2 tbsp.
- **NESTLE MILKPAK Cream** - 4 tbsp.
- Mayonnaise - 4 tbsp.
- Salt - 1 tsp.
- Black Pepper - 1 tsp.
- Pineapples - 4-5 rings
- Dates - 3-4
- Carrots - 2 julienne cut
- Cabbage - ½ sliced
- Peas - ½ kg

Method

Step 1: In a bowl mix **NESTLE MILKPAK UHT Milk**, **NESTLE MILKPAK Cream**, Mayonnaise and salt.

Step 2: In a pan, add water, sugar and salt. Boil carrots and peas in this water.

Step 3: In another bowl, add carrots, peas, cabbage, pineapples, and dates and add the cream mixture in it.

Step4: Mix it well and serve.

Title: Recipe

Recipe: Fruit Medley

Short description: Refresh your palate with a fruity medley jam packed with flavors of coconut, mangoes, strawberries, and mint topped off with the creamy goodness of NESTLÉ MILKPAK Yogurt and NESTLÉ MILKPAK Cream.

Video Link: No

Ingredients

- Mango (cubes) - 50gm
- Papaya (cubes)- 50 gm
- Pineapple (cubes) – 50gm
- Coconut (shredded)- 1 Tbsp
- Strawberries – 50gm
- Mint Leaves- 2 to 3
- **NESTLÉ MILKPAK Cream**- 100 gm
- Lemon juice- 2 Tbsp
- **NESTLÉ MILKPAK Yogurt**- 2 Tbsp

Kcal: 117 **Fats:** 9.5 **Proteins:** 1.0 **Carbs:** 7.7

COOKING TIME: 20 Minutes

Baking time: NA

Difficulty Level: Easy

Instructions:

Step 1: Peel and dice all the fruits.

Step 2: In a bowl, add fruits, lemon juice, **NESTLÉ MILKPAK Cream**, **NESTLÉ MILKPAK Yogurt**. Mix well.

Step 3: Garnish it with mint leaves and sprinkle coconut powder.

Serves: 4

Title: Recipes

Recipe: Creamy Salad Dressing

Short Description: Want something to add a kick to your everyday leans and greens? Try this tangy tasty dressing made with NESTLÉ MILKPAK Cream.

Video Link: No

INGREDIENTS

- NESTLÉ MILKPAK Cream-200 ml
- Garlic - 1 clove, crushed
- Lemon - ½, juiced
- Mustard - 1 tsp, dijon
- Parsley - 1 tbsp, chopped
- Pepper - to taste
- Salt - to taste
- Spring onion - 1 tbsp, chopped

- CALORIES/SERVING

- *73.75 Kcal.*

- CARBOHYDRATES

- *1.05 g*

- PROTEIN

- *0.55 g*

- FATS

- 7.75 g
- SPECIAL INGREDIENT
- NESTLÉ MILKPAK Cream

Difficulty Level: Easy

COOKING TIME: 5 minutes

BAKING TIME: NA

Instructions:

Step 1: Whisk all the ingredients together and add salt and pepper to taste.

Step 2: Adjust the amount of mustard and lemon to your liking.

Step 3: Serve over your choice of salad.

This recipe serves 8 to 10.

Title: Recipes

Recipe: Creamy Bean & Cashew Nut Salad

Short Description: One can never have enough salad, especially when it's got beans and cashews all tossed in NESTLÉ MILKPAK Cream.

Video Link: No

INGREDIENTS

- NESTLÉ MILKPAK Cream-50gm
- Bean - 250gm, white
- Cashew nut - 1
- Icing sugar - 1 tsp
- Salt - ¼ tsp

- CALORIES/SERVING

- *113.5 Kcal.*
- CARBOHYDRATES
- *8.5 g*
- PROTEIN
- *4 g*
- FATS
- *7.5 g*
- SPECIAL INGREDIENT
- NESTLÉ MILKPAK UHT Cream

Difficulty Level: Easy

COOKING TIME: 20 minutes

BAKING TIME: NA

Instructions:

Step 1: Boil white beans till tender & cool them down.

Step 2: In a bowl, put all ingredients & mix well.

Step 3: Serve cold.

This recipe serves 6.

Title: Recipes

Recipe: Fruit Salad with Honey & Yogurt

Short Description: Keeping it plain and simple? Have a hearty serving of fruit salad with honey and NESTLÉ MILKPAK Yogurt.

Video Link: No

INGREDIENTS

- NESTLÉ MILKPAK Yogurt-200g

- Almond - 8-10, chopped
- Apple - 1, chopped
- Banana - 2, peeled and sliced
- Honey - 1 tbsp
- Orange - 2, peeled and chopped
- Strawberries - 250g, hulled and quartered

- CALORIES/SERVING

- *92 Kcal.*

- CARBOHYDRATES

- *22.3 g*

- PROTEIN

- *1.7g*

- FATS

- *0.5 g*

- SPECIAL INGREDIENT

- NESTLÉ MILKPAK Yogurt

Difficulty Level: Easy

COOKING TIME: 15 minutes

BAKING TIME: NA

Instructions:

Step 1: Combine the strawberries, banana, orange and apple in a bowl.

Step 2: Combine Nestlé MILKPAK Yogurt and honey in a separate container.

Step 3: Spoon fruit salad into bowls. Top with yoghurt mixture. Sprinkle with almonds.

This recipe serves 4.

Title: Recipes

Recipe: Waldorf salad with Yogurt Dressing

Short Description: Ever heard of Waldorf salad with a dash of yogurt? Add NESTLÉ MILKPAK Yogurt and serve another unexpected mix of flavors.

Video Link: No

INGREDIENTS

- NESTLÉ MILKPAK Yogurt-¼ cup
- Apple - 1, cored and cut into ½ inch pieces
- Celery - 1, thinly sliced crosswise
- Grape - ½ cup, red, halved, seedless
- Lemon - 1 tbsp, fresh juice
- Lettuce - 4 boston leaves
- Pepper - ¼ tsp, ground
- Salt - ½ tsp, coarse
- Walnut - ½ cup, chopped, toasted

• CALORIES/SERVING

• *35 Kcal.*

• CARBOHYDRATES

• *2 g*

• PROTEIN

• *1 g*

• FATS

• *2 g*

• SPECIAL INGREDIENT

• NESTLÉ MILKPAK Yogurt

Difficulty Level: Easy

COOKING TIME: 15 minutes

BAKING TIME: NA

Instructions:

Step 1: In a medium bowl, whisk together Nestlé MILKPAK Yogurt and lemon juice; season with coarse salt and ground pepper.

Step 2: Add apple, celery, red seedless grapes, and toasted walnuts; toss to coat with dressing.

Step 3: Cover, refrigerate until ready to serve.

Step 4: Divide salad in half; serve each portion on 2 Boston lettuce leaves.

This recipe serves 6.

Title: Recipes

Recipe: Baby potatoes & chickpeas salad

Short Description: Substitute lunch with this hearty salad for a healthier pick! Watch NESTLÉ MILKPAK Yogurt come together with baby potatoes and chickpeas for a recipe that's light on the tummy and the heart.

Video Link: No

INGREDIENTS

- NESTLÉ MILKPAK Yogurt-100g
- Black pepper - to taste, powdered
- Cabbage - 100g, shredded and cut
- Cucumber - 1, seedless
- Green chilli - 1 chopped and 3, for blending
- Lemon - 1½ tbsp, juiced
- Mint - 1 bunch, leaves
- Olive oil - 1 tbsp
- Onion - 1, small, cut in rings
- Pomegranate - 1, small
- Potato - ½ kg, baby, boiled
- Red chilli - ½ tsp, crushed
- Salt - to taste

- Vinegar - for onion soak
- White chickpeas - 150g, boiled

- CALORIES/SERVING
- 299 Kcal.
- CARBOHYDRATES
- 46.4 g
- PROTEIN
- 8.7 g
- FATS
- 8.7 g
- SPECIAL INGREDIENT
- NESTLÉ MILKPAK Yogurt

Difficulty Level: Easy

COOKING TIME: 10 minutes

BAKING TIME: NA

Instructions:

Step 1: Take a bowl, put vinegar and add onion slices. Refrigerate for 6-8 hrs.

Step 2: In a blender, add mint leaves, green chili and salt; blend into a smooth paste.

Step 3: Put Nestlé MILKPAK Yogurt in another bowl, add mint paste and mix it.

Step 4: Allow it to set in refrigerator.

Step 5: In a bowl, put baby potatoes, cabbage, chickpeas, chopped green chili, vinegar soaked onion slice, salt, black pepper powder, lemon juice and mint yogurt.

Step 6: Pour the olive oil on top, and sprinkle with pomegranate seeds before serving.

This recipe serves 6.

Title: Recipes

Recipe: Deviled Egg Salad

Short Description: A scrumptious twist on plain old boiled eggs, this recipe tweaks the egg yolks with the addition of NESTLÉ ACTIPLUS Yogurt, mayonnaise, butter, mustard and seasoning filled back in to the egg whites.

Video Link: No

INGREDIENTS

- **NESTLÉ ACTIPLUS Yogurt**-1 cup
- Black pepper - ½ tsp
- Butter - 2 tsp
- Egg - 4, boiled
- Macaroni - 1 cup
- Mayonnaise - 1 tsp
- Mustard - ½ tsp, powder
- Salad leaves - 2-3 leaves, use for decoration
- Salt - ½ tsp

CALORIES/SERVING

162 KCal

CARBOHYDRATES

15 g

PROTEIN

8.6 g

FATS

7 g

SPECIAL INGREDIENT

NESTLÉ ACTIPLUS Yogurt

COOKING TIME: 10 minutes

Baking Time: NA

Difficulty Level: Easy

INSTRUCTIONS

Step 1: Cut boiled eggs into two halves and scoop out yolks. Mash the yolk with NESTLÉ ACTIPLUS Yogurt and all other ingredients except macaroni until it gets creamy.

Step 2: Fill this mixture into the boiled egg whites.

Step 3: Place the boiled macaroni in the center of the dish and place egg fillings around the dish. Serve cold.

This dish serves 4

Title: Recipes

Recipe: Creamy Potato Salad

Short Description: Just throw potatoes, eggs and vegetables into a bowl, season them and mix them gently into mayonnaise and **NESTLÉ Yogurt Sweet N Tasty**. Here's a new salad to your recipe collection that you can eat anytime.

INGREDIENTS

- **NESTLÉ Yogurt Sweet N Tasty** - 4 tbsp.
- Black pepper - ¼ tsp., freshly ground
- Celery - ⅓ cup, chopped, (or spring onion, ⅓ cup, chopped)
- Egg - 1, boiled
- Mayonnaise - 2 tbsp.
- Mustard - 1½ tsp.
- Onion - 3 tbsp., chopped, red
- Potato - ½ kg
- Salt - ¼ tsp.

Video Link: No

CALORIES/SERVING
74 Kcal.
CARBOHYDRATES
10.5 g
PROTEIN
2.5 g
FATS
2.5 g
SPECIAL INGREDIENT
NESTLÉ Yogurt Sweet N Tasty

Difficulty Level: Easy

COOKING TIME: 20 minutes

BAKING TIME: NA

Instructions:

Step1: Place a saucepan filled with two-thirds of water over high heat.

Step2: Cut potatoes into 1-inch pieces.

Step3: Add the potatoes to the pan, cover and bring to a boil.

Step4: Reduce heat to medium-high and cook for 10 minutes or till tender, then drain.

Step5: Combine remaining ingredients in a medium bowl. Peel and coarsely chop the egg.

Step6: Mix the potatoes and the egg with the remaining ingredients.

This dish serves 6.