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Banana Yogurt Shake



Ingredients

1 cup curd
3-4 tbsp sugar
1 Rip banana (mashed)
1 cup milk
1/2 tsp Vanilla essence
A pinch of grated nutmeg (Jaiphal)

Preparation

1. Combine all the ingredients and blend in a liquidizer till smooth.
2. Pour into two glasses and serve immediately.
3. Note: Use chilled Curd and Milk for this recipe.

Cooks Note

http://www.baawarchikhana.blogspot.ae [6]