

Guava Recipes

During Pregnancy

Smoothie

Blend small pieces of guava (seeds removed), strawberries, and milk.

Add a bit of honey before consuming this nutrient-rich smoothie.

Salad

Cut apple, guava, and cucumber into small pieces.

Add sprouts and mix.

Add cottage cheese and toss with a little black salt.

Chutney

Remove the seeds of a couple of guavas and cut them into small pieces.

Add half a cup each of coriander and mint leaves.

Blend them with one teaspoon of ginger, green chilies, lemon juice, black salt, and roasted cumin powder.

Blend to a smooth paste. Add a little water if needed.