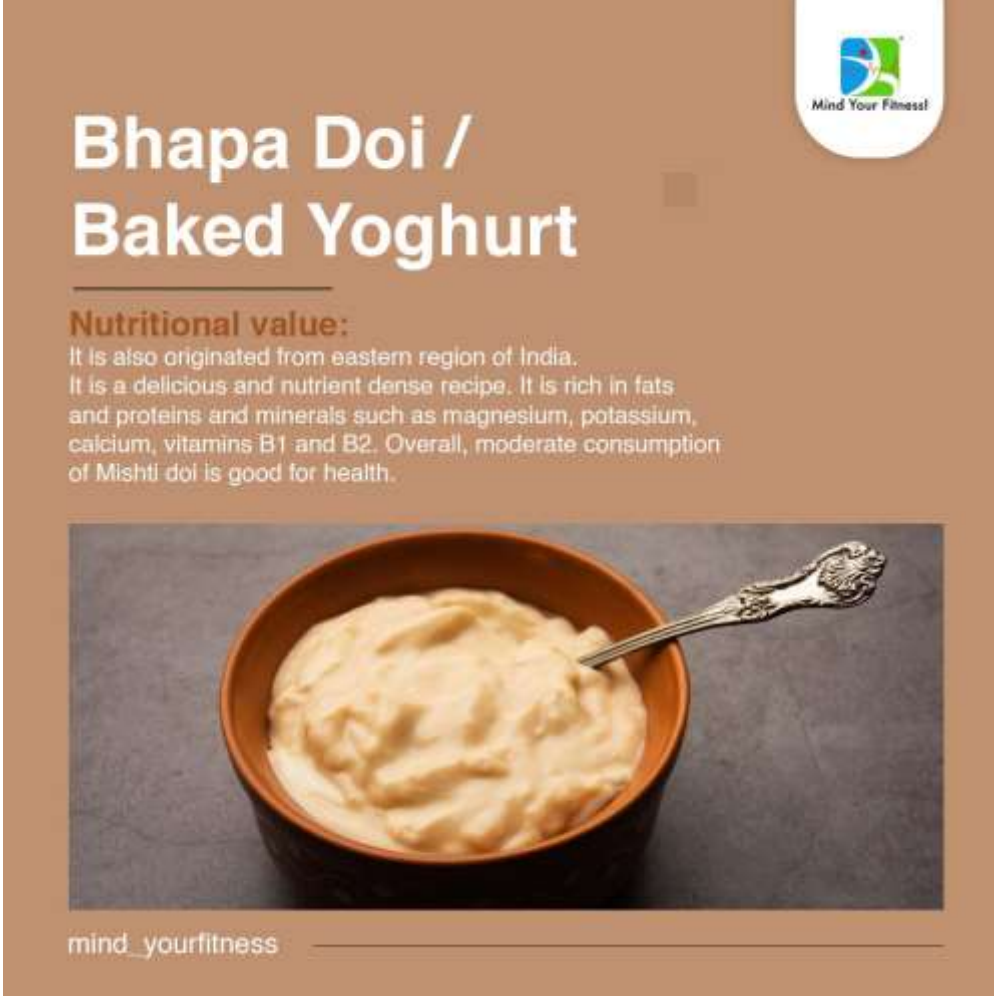



Bhapa Doi/ Baked Yoghurt



The infographic features a brown background with a white rounded rectangle in the top right corner containing the 'Mind Your Fitness!' logo. The title 'Bhapa Doi / Baked Yoghurt' is written in large white font. Below it, the text 'Nutritional value:' is in bold, followed by a paragraph describing the recipe's origin and health benefits. A photograph of a bowl of Bhapa Doi with a silver spoon is centered below the text. The text 'mind_yourfitness' is at the bottom left of the infographic.

Bhapa Doi / Baked Yoghurt

Nutritional value:
It is also originated from eastern region of India. It is a delicious and nutrient dense recipe. It is rich in fats and proteins and minerals such as magnesium, potassium, calcium, vitamins B1 and B2. Overall, moderate consumption of Mishti doi is good for health.



mind_yourfitness

It is also originated from eastern region of India. It is a delicious and nutrient dense recipe. It is rich in fats and proteins and minerals such as magnesium, potassium, calcium, vitamins B1 and B2. Overall, moderate consumption of Mishti doi is good for health.

Recipe

Ingredients: Serves: 1

- 200 ml Dee Thai Coconut milk
- 75 gm Homemade Greek Yogurt / Hung Curd
- 50 gm Amul Whipping Cream
- 6 tsp Sweetener according to taste
- Chopped Almonds



Mind Your Fitness!

Method:

1. Preheat the oven to 250 degrees Fahrenheit. Measure the coconut milk.
2. In a wok put the coconut milk and start heating it on a high flame. Keep stirring it continuously.
3. When the coconut milk reduces to half the quantity add the sweetener to it and keep boiling it, Now add the cream and reduce the heat to medium.
4. Soon the mixture will look thick and the consistency will change, Now switch off the heat and let it cool down.
5. Drop the Greek yogurt in a blender. Add the coconut milk mixture and Blend.
6. Prepare a water bath for baking. Pour the batter in an oven proof bowl.
7. Place the bowl in the water bath and place the dish in the oven.
8. Bake it at 250 degrees for twenty five minutes. After this time is over check with a knife and see if it comes out clean.
9. Once the baking is done, let it cool down on the kitchen counter. Now place it in the refrigerator and let it cool overnight.
10. You can enjoy it the next day, with a garnish of chopped almonds, or just like that.