



✨ INDIAN WELL-FALOODA, FUNCTIONAL SUGAR FREE DESSERT

Ingredients for Indian Well-Falooda

- 2 cups shaved ice (made with coconut water if possible)
- ½ cup soft, lightly sweetened red beans
- ½ cup mango cubes
- ½ cup kiwi slices
- ½ cup strawberries, sliced
- 1 tablespoon chia seeds
- 1 tablespoon pumpkin seeds
- Drizzle of oat or almond milk



Optional: a small handful of walnuts or almonds for extra crunch

Optional: freeze-dried berry mix to boost antioxidants when fresh fruit isn't available



✨ INDIAN WELL-FALOODA, RECIPE & INSTRUCTIONS

Making Indian Well-Falooda at home is simple, yet each step is chosen to help your body stay cool and balanced in the summer heat.

1. **Prepare the rose milk base.** Blend almond or coconut milk with rose milk mix and lightly sweeten with honey or stevia. This creates a cooling foundation instead of a sugar crash.
2. **Soak basil seeds and chia seeds.** Allow them to swell until translucent. They add gut-soothing fiber, cooling relief, and omega-3s for digestion. In addition, they create falooda's signature texture.
3. **Cook and cool vermicelli.** Use thin falooda vermicelli for the classic texture while avoiding heavy syrups. The noodles give body without weighing the drink down.
4. **Layer with fruit.** Add pomegranate seeds and dragon fruit cubes for antioxidants and vitamin C, which fight fatigue and keep you refreshed.
5. **Top with coconut milk ice cream.** A single scoop makes it creamy and indulgent, however it stays lighter than dairy and delivers steady energy.
6. **Finish with optional freeze-dried berries.** This adds antioxidants and bright color when fresh fruit isn't available.

Serve chilled in a tall glass with a spoon and straw. Every sip combines cultural tradition with a wellness upgrade — indulgent, refreshing, and functional.