



President Rajni Barasia received Silver certificate for Club Bulletin from DC Himadriji and Vice DC Dr Sandhya. Launch of the book 'Be Alert'-Medical books.

President Rajni received Award for Best President.

President Rajni and IWC of Bombay South received the Gold award for sister club.

Member's participation at District rally. Zone 1 seminar "Don't Pause at Menopause". Bayview rocked by winning 3 awards.

Donated maximum Trees at Innerwheel forest.

Celebrated Women's day at Equal Street. "Be Alert" Seminar.

Donated for Nepal Earthquake Victims.

Contributed for 3 Check dams in Maharashtra.



Our member Poonam Mashru received 2nd Award for the essay competition "My Inner Wheel Moment" in Innerwheel Diamond Jubilee Celebrations, Delhi. Our member Shweta Kedia received the 2nd Award for her essay, "Destiny in our hands" in District Souvenir.





FRUIT CEREAL PIE

Ingredients:

For the crust:

- 2 cups Crushed wheat cereal
- 2 tbsp Fruit juice orange/apple/cranberry
- ¼ cup Chopped nuts and raisins and cranberry

For the filling:

- 1 cup Low fat hung yogurt
- ½ cup Single whipping cream
- 2-3 tsp Sugar or 1 sachet sugar substitute
- 2 cups Sliced fruit
- 1 tbsp Lemon juice
- A pinch of cinnamon powder

Method:

For the crust:

Mix all the ingredients in a bowl and press it in a pie dish. Set aside.

For the filling:

Sieve the yogurt to give smooth creamy texture. Whip the cream to form soft peaks. Add lemon juice and sugar.

Spread this over piecrust. Toss fruit with cinnamon powder and arrange over the yogurt mixture. Chill until ready to serve.

Serves 8

ENJOY!!!



Tip: All Bran Kellogs can be used as a cereal and kiwi/apple/strawberry/peach as fruits.

Culinary Chef - Member Sejal Shah



NON-ALCOHOLIC SANGRIA

My favorite thing about sangria, the Spanish punch, isn't actually the wine or spirits; it's the luscious assortment of fruit that gets ladled into each glass.

Non-Alcoholic Sangria

Serves 8

- 2 cups boiling water
- 2 black tea bags (or 2 teaspoons loose-leaf tea in an infuser)
- 2 cinnamon sticks
- 1/2 cup sugar
- 3 cups pomegranate juice
- 1 cup freshly squeezed orange juice
- 1 orange, sliced into thin rounds
- 1 lemon, sliced into thin rounds
- 1 lime, sliced into thin rounds
- 1 apple, cored and cut into 1/2-inch chunks
- 3 cups carbonated water

Pour boiling water over tea bags and cinnamon sticks and steep for 5 minutes. Discard tea bags and stir in sugar to dissolve.

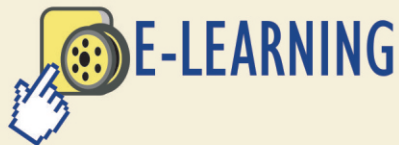
In a large jar or pitcher, combine tea, cinnamon sticks, pomegranate juice, orange juice, orange, lemon, lime, and apple. Refrigerate for at least 1 hour and preferably overnight.

Just before serving, stir in carbonated water. Serve in glasses over ice.

Culinary Chef - Member Smeeta Jhunjunwala

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TOGETHER WE CAN TOGETHER WE WILL



TOGETHER WE COULD....TOGETHER WE DID

