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I S S U E

# Diwali

festive food



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I am thankful to all of you for  
your sincere contribution in this  
issue by your recipes & articles.

- Mrs. Hina Gautam





# EDITOR'S LETTER



Welcome to the first issue of our first of its kind food magazine in English and Gujarati language, designed especially for the people who are interested in cooking a variety of home made food which is tasty for tongue and good for health. This is for readers who want to know about food ingredients, benefits and uses of it in different recipes to stay fit and healthy. We want to cut through the confusion and give clear reliable food and recipes related information by doctors, chefs, experts, nutritionists, dieticians, therapist and home cooks. We have made it not only informative but visually also attractive by our food photography for our dear foodie readers. You will find some regular columns by experts and one special topic in all issues.

For our this first issue we have chosen the subject of **Diwali Festival & Homemade Food.**

I hope you all will enjoy this first issue and do let us know your reviews and if there are any topics you'd like to see covered in the future.

*Hina Gautam*

Mrs. Hina Gautam

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# Diwali

Diwali is a five-day festival of light and food celebrated in many regions of India. Diwali night is the darkest night at the end of the Hindu lunar month of Ashwin and the start of the month of Kartik. The darkest night of year lit with Diyas, candles and lanterns, makes the festival of lights memorable. Diwali is also a festival of sounds and lights with fireworks and rangoli designs.

The festival is a major celebration of flavors with feasts and varieties of sweets.

Rituals and preparations for Diwali begin days or weeks in advance. The festival formally begins two days before the night of Diwali, and ends two days thereafter.

## Dhanteras (Day 1)

It starts off the five day festival. Starting days before and through Dhanteras, houses and business premises are cleaned, renovated and decorated. People decorate entrances with Rangoli. This day marks the birthday of Goddess Lakshmi the Goddess of Wealth and Prosperity, and the birthday of God Dhanvantari the God of Health and Healing. On the night of Dhanteras, Diyas are ritually kept burning all through the nights in honor of Lakshmi and Dhanvantari. Dhanteras is also a major shopping day, particularly for gold or silver articles or coins. Lakshmi puja is performed in the evening with Fire crackers and prasadam.

## Kali chaudash (Day 2)

It is the second day of festivities. The Hindu shashtras narrates that the asura Narakasur was killed on this day by Krishna, Satyabhama and Kali. The day is celebrated by early morning religious rituals and festivities followed on. This day is commonly celebrated as Diwali in southern states of India.

## Diwali (Day 3)

The third day is the main festive day of Diwali. People wear new clothes or their best outfits as the evening approaches. Then diyas are lit, pujas are offered to Goddess Lakshmi, Ganesha and Saraswati. Lakshmi symbolises wealth and prosperity, and her blessings are invoked for a good year ahead. Lakshmi is believed to roam the earth on Diwali night. On the evening of Diwali, people open their doors and windows to welcome Lakshmi, and place diya lights on their windowsills and balcony ledges to invite her in. On this day, the mothers who work hard all year, are recognized by the family and she is seen to embody a part of Lakshmi, the good fortune and prosperity of the household. Important relationships and friendships are also recognized during the day, by visiting relatives and friends, exchanging gifts and sweets. After the puja children enjoy fireworks. After fireworks, people head back to a family feast.

## Balipratipada,

## Besatu varsh (Day 4)

The day after Diwali, is celebrated as Padwa. This day ritually celebrates the love and mutual devotion between the wife and husband. The husbands give thoughtful gifts. In many regions, newly married daughters with their husbands are invited for lunch. The day after Diwali devotees perform Govardhan puja in honor of Lord Krishna. Diwali also marks the beginning of new year, in some parts of India, where the Hindu Vikram samvat calendar is popular.

## Bhai Duj (Day 5)

The last day of the festival is called Bhai dooj. It celebrates the sister-brother loving relationship, in a spirit similar to rakshabandhan but with different rituals. The day ritually emphasizes the love and lifelong bond between, siblings. It is a day when women and girls get together, perform a puja with prayers for the well being of their brothers, then they serve sweets and good food to brothers.

Diwali is a Festival of peace also..

On this festive occasion, Hindu, Jain and Sikh communities also mark charitable causes, kindness, and for peace. For example, at the international border, every year on Diwali, Indian forces approach Pakistani forces and offer traditional Indian sweets on the occasion of Diwali. The Pakistani soldiers anticipating the gesture, return the goodwill with an assortment of Pakistani sweets.



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# Chocotata Burfi

**Ingredients:**

**For white layer**

1 ½ cup Milk Powder

¾ cup Powder Sugar

1-2 tsp Ghee

¼ cup Milk

Pinch of Cardamom Powder

**For chocolate layer**

1 ½ cup Milk Powder

¾ Powder Sugar

¼ cup Milk

1-2 tsp Ghee

2-3 tbsp Cocoa Powder

**Other Ingredients**

Edible Silver Leaf

Chopped Pistachios

Few drops of Ghee for Greasing and Spreading

**Process:**

**White Basic Layer**

1. Take a wide pan, add ghee, milk, milk powder and stir it few minutes till mix well.
2. Add powder sugar, cardamom powder and mix well, stir it continuously till mixture becomes thick, it will take 7-8 minutes on low to medium flame.
3. Grease a plate with few drops of ghee, pour the mixture and spread it evenly using a spoon or the small flat bottom bowl, apply little ghee on it and spread it to avoid sticking the mixture. Keep aside for cool down.

**For chocolate layer**

1. In the same pan, add ghee, milk, milk powder and stir it till mix well.
2. Add powder sugar and mix well, stir it till it becomes thick mixture or 5-6 minutes.
3. Add cocoa powder and mix well, again stir it till smooth texture.
4. Now pour the prepared mixture over the white layer, spread it evenly, again use spoon or small bowl applying with little ghee, make smooth and flat surface.
5. Let it be cool down for 2-3 hour, after one hour you can place the plate into the freeze for quick cooling for ½ hour.
6. Now the mixture becomes hard, cut into desire or diagonal or square shape, as per your choice. Chocolate burfi is ready. You can apply edible silver leaf/chandiwarq and garnish it with chopped pistachios.







## Moong Dal Chakli

### Ingredients:

1 cup <b>Maida/All-purpose Flour</b>	1-2 tsp <b>Coriander Seeds</b> Powder
1 cup <b>Rice Flour</b>	1 tsp <b>Sesame Seeds/Til</b>
½ cup <b>Yellow Moong Dal</b>	½ tsp <b>Carom Seeds</b>
1 tsp <b>Red Chili Powder</b>	<b>Ajwain</b>
½ tsp <b>Turmeric Powder</b>	2 tbs <b>Oil</b>
	<b>Salt</b>

### Process:

1. Rinse moong dal 2-3 times then pressure cooker it with 3/4 cups of water and cook until 2-3 whistles, keep aside and let it be cool down.
2. Take maida in the small steel container (use pressure cooker container), cover it using plate then place it into the same pressure cooker and steam for 10 min without whistle and then let it be cool down.
3. Remove it from the cooker, break it using a spoon and then sieve the steamed maida using a fine strainer into the mixing bowl.
4. Now add rice flour, boiled moong dal, oil and all dry spices in it, mix well and make stiff but soft dough, use ¼ cup water as needed.
5. Put the dough ball in the chakali mold and start to make chakali on a tray or paper. Use remaining dough to make more chakli.
6. Heat oil into the deep pan and deep fry the prepared chakli until golden brown. Fry all chakli in small-small batches.
7. Place the fried chakli on paper towel and let it be cool down completely, then store it into the airtight container.



## Malai Pedas

### Ingredients:

1 Tin Sweetened <b>Condensed Milk</b>	¼ tsp <b>Cardamom Powder</b>
½ cup <b>Milk</b>	1 tbs <b>Lemon Juice</b>
¼ cup <b>Milk Powder</b>	1 tbs <b>Ghee</b>
1 tbs <b>Corn Flour</b>	Few Strands of <b>Saffron</b>
1-2 tbs <b>Fresh Cream</b>	Chopped <b>Dry Fruits</b> for Garnishing
	<b>Chandi/Edible Silver Warq</b>

### Process:

1. Add corn flour into milk, mix it till without lump and keep aside.
2. Heat ghee into the pan. Add condensed milk in it and cook it for 2 minutes on low flame, then add lemon juice and stir continuously.
3. Once mixture start curdling, add milk-corn flour mixture into that, stir it continuously till mixture becomes thick little bit.
4. Now add milk powder, fresh cream, cardamom powder and saffron strands and stir it again till mixture start leaving the sides of the pan.
5. Remove the prepared mixture into the bowl, let it cool down.
6. Now divide the mixture into the small-small parts and make balls from the mixture, press each balls between your hand plums lightly and give it the shape as pre your choice.
7. Malai Pedas is ready, garnish it using edible chandi warakh and chopped dry fruits.



Recipes by Chetna Patel



## Gulab Jamun Truffte

### Ingredients:

- Sponge cake crumbs** (any sponge cake will work)
- $\frac{1}{2}$  cup **custard** (made according to package instructions)
- $\frac{2}{3}$  cup **GulabJamun** (cut in cubes)
- 1 cup sweetened **whipped cream**

### Process:

1. Arrange for trifle glasses /shot glasses/any see through glasses and start assembling the dessert.
2. Start with pressing the cake crumbs as the first layer.
3. Now use a piping bag to pipe out the custard, this will be the second layer.
4. Then the third layer will be cubed gulabjamuns. The fourth layer is whipped cream.
5. Repeat all the layers once more and you are done.
6. Garnish with a gulabjamun slice on top of whipped cream.
7. Refrigerate the trifles until you serve them.

# Motichoor Orange Delight

## Ingredients:

Vanilla sponge cake

Motichoor laddoo

Orange truffle

Whipped cream

Chopped pistachio (for garnishing)

## Process:

1. Cut vanilla sponge round cut. Then put it in a glass. Above it place some motichoor and let it chill.
2. Then take orange truffle and whipped cream. Mix with spatula as cut and fold method.
3. Then put this mixture above motichoor in glass and serve chilled with pistachio.



# Lychee-Coconut Phirni with Alphonso Mango

## Ingredients:

1 ripe Alphonso mango.

15 to 18 peeled, fresh lychee

Coconut cream ¼ cup

Basmati rice 3tbsp soaked and ground

Milk 2cups

Sugar 5 to 6tbsp (add as per preference as lychee are also sweet)

Cardamom powder ¼ tsp

## Process:

1. Blitz the lychee and strain. Heat milk in a pan and add lychee juice and stir to mix well.
2. Add the coconut cream after a minute.
3. Allow the liquid to start simmering and then add the ground rice.
4. Mix continuously, ensuring that the rice is evenly dispersed. Ensure that the flame is on low, since after adding the rice; the solution will thicken very quickly.
5. Add sugar and cardamom powder and mix well.
6. Add little milk if the mixture is too thick. Taste and adjust flavors as required.
7. Turn off the heat once the phirni is considerably thickened (it needs to resemble a thick paste texture)



## Recipes by Preeti Patel

### Ingredients:

**Beetroot** - 200gm  
**Condensed milk** - 1 tin  
**Sugar** - 450gm  
**Butter** - 100gm  
**Star anise** -1  
Pinch of **salt**

### Process:

1. Put the beetroot and star anise in a pan, cover with water and simmer until soft.
2. Remove the beetroot, discarding the star anise.
3. Put the beetroot and condensed milk in a blender and puree until smooth.
4. Add beetroot puree and all other ingredients in a pan.
5. Stirring occasionally to make sure the sugar dissolves.
6. Simmer over a low heat for 15-20 minutes
7. Remove from the heat and vigorously for 2-3 minutes
8. Let it cool down for sometime, make a balls and roll the beetroot powder.  
Serve it.

## Beetroot Truffe



## Rose Pistachio Fudge

### Ingredients:

**Roasted pistachio** - 1 and ½ c  
**Sugar** - ¾ c  
**Water** - ¾ c  
**Ghee** - 1 tsp  
**Milk powder** - 3 tbsp  
**Cardamom powder** - 1/2 tsp  
**Silver foil**  
**Rose essence** - 3 drops  
**Rose petals** - 3 tbsp

### Process:

1. Grind pistachio in a grinder, to make a powder, add cardamom powder and milk powder into it, mix it well.
2. Take sugar and water in a pan, boil on medium heat to form a sugar syrup of 1:5 threads consistency, keep stirring.
3. Add pistachio powder mixture, rose essence and rose petals.
4. Knead the firm dough, make it smooth.
5. Grease a rolling pin and roll the dough, stick the silver vark over the flattened dough.  
Cut into small cubes.



# Milky Nutella Squares

## Ingredients:

**Milk powder** - 550 gm  
**Melted ghee** - 2 tbsp  
**Milk** - 2 tbsp  
**Condensed milk** - 1 tin  
**Nutella** - 200 gm  
**Fresh cream** - 100ml  
**Roasted hazelnut** - 100 gm

## Process:

1. Take milk powder in a bowl, add melted ghee and milk, mix the mixture and leave it for 5 minutes.
2. Take a pan and roasting the milk powder mixture on a very low heat. Roast the mixture for 10-12 minutes
3. In Another pan gently heat the Nutella, condensed milk and cream together, pour over quickly mix the mixture.
4. Add roasted hazelnuts and mix well.
5. Pour mixture into greased tray and level it. Let it set and cut them.



# Thabali Peeta

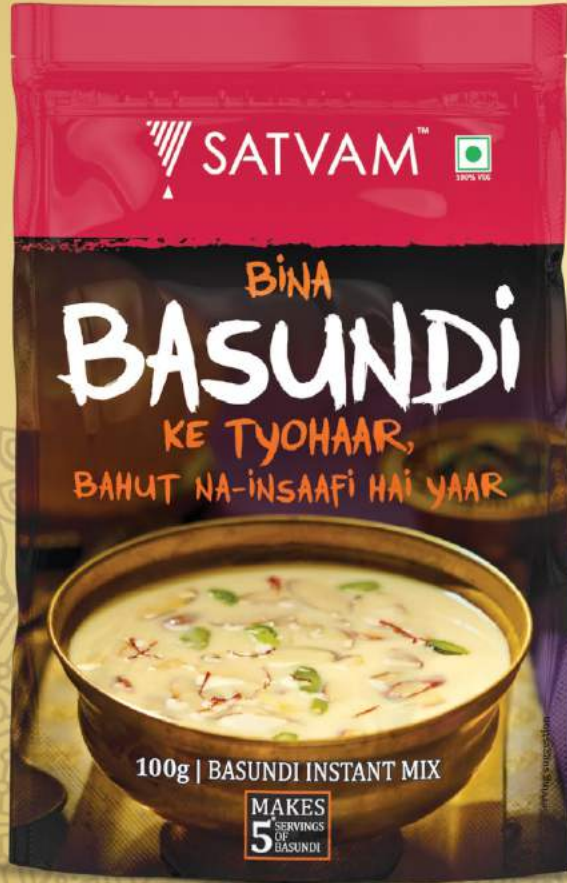
## Ingredients:

**Milk** - 10 cups  
**Sugar** - 150gm  
**Ghee** - 2tbsp  
**Liquid glucose** - 2 tbsp  
**Fatakdi powder** - 1/8 tsp  
**Dry fruits** for garnish

## Process:

1. Bring the milk to a nonstick pan on high heat.
2. Add fatakdi powder and sugar.
3. Continue to cook till the milk becomes grainy and thicken.
4. Add the ghee and liquid glucose, mix it well.
5. Continue to cook till the mixture begins to leave the sides of the pan.
6. Let it cool down for sometime.
7. Make it shape and garnish with dry fruits





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Recipes by Chandrika Panchal

# Achari Khajati

**Ingredients:**

1cup Maida  
1cup Wheat flour  
Salt to taste  
Black pepper powder  
Achar masala powder  
Oil

**Process:**

1. Take 1cup maida, 1cup wheat flour.
2. Add salt and black pepper powder.
3. Make dough, make 3 rotis.
4. On one roti apply oil and sprinkle achar masala, put another roti and apply oil again and achar masala.
5. Dry maida roll and cut in small puris and fry in medium hot oil golden brown.
6. Sprinkle achar masala. Serve with tea.



# Balushai

**Ingredients:**

1/4tsp Baking Powder  
50gms Butter or Dalda  
Pinch Cooking Soda  
100gms Curd  
250gms wheat/Maida or Both Half  
250gms Sugar  
as needed Water

**Process:**

1. Take a bowl add wheat flour and maida, cooking soda, baking powder Mix it well. Add butter crumble it.
2. Now add curd mix well and keep it aside for 10 minutes.
3. After 10 minutes take the dough mix till the dry powder or flour is absorbed.
4. Now take the dough like small dumplings make a round shape, in the middle make dent or hole.
5. Now in another pan add sugar add water make boil till one string consistency syrup.
6. In a pan add oil to fry balushai deep fry in very slow flame till light golden color.
7. Add the same to sugar syrup dip for 2 minutes and remove.





Recipes by Hina Gautam

# Laddoos



## Almond Rose Laddoos

### Ingredients;

Almond - 1 c, coarse pieces

Gulkand - 2 tbsp

Rose petals - 1/4 c

### Process:

1. Roast and Blend almond pieces with gulkand in mixie.
2. Make small balls and roll in rose petals. Serve in paper cups.

## Oats Cranberry laddoo

### Ingredients;

Rolled oats - 1 c

Fresh coconut - 1 c, grated

Cranberry - 1/4 c

Jaggery - 1 c

Water - 1 tbsp

Ghee for greasing

### Process:

1. Take heavy bottom pan and roast oats. Let it cool and blend it coarse.
  2. Heat jaggery, water and coconut in heavy bottom pan till one string.
  3. Add oats powder to it. Let it cool. With greased palms roll small balls and stick cranberries on it.
- Serve or store in airtight container in fridge.

## Besan (sattu)

## Peanut Butter laddoo

### Ingredients:

Besan - 1 c

Sugar - 1/2 c

Peanut butter - 1/4 c

Chocolate chips - 1/4 c

### Process:

1. Roast Besan or Sattu in a nonstick pan till you get roasted aroma.
2. Turn off the heat and add peanut butter to it. Mix well.
3. Let it cool and add powder sugar.
4. Mix well and make small balls.
5. Roll it in chocolate chips and serve or store it in air tight container in fridge.





## Coconut Laddoos

### Ingredients:

desiccated coconut - 1c+1/4c for rolling

condensed milk - 1/2c

ghee - 1tsp for greasing

### Process:

1. Dry roast 1c coconut in a pan for 3 min.
2. Add condensed milk and mix well.
3. Turn off the heat and roll small laddoos with greased palms.
4. Roll in desiccated coconut and serve or store.

### Tips:

1. For green laddoos add paste of 2 betel leaves to laddoo mix before you add condensed milk. It will give a pan flavor and green color. You can fill a little sweet paan masala in the center of laddoos for strong taste and flavor of paan.
2. For pink laddoos add a little rose syrup to desiccated coconut before you add condensed milk for color and flavor. You can fill a little gulkand in the center of laddoos for strong taste and flavor of rose.
3. For orange laddoos add orange emulsion and orange marmalade to desiccated coconut before you add condensed milk for flavor and color. You can fill a little orange marmalade in the center of laddoos for strong taste and flavor of orange.



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# TrioColor Katti

## Ingredients:

- Cashew powder - 1c
- Almond powder - 1c
- Pista powder - 1c
- Sugar - 2c
- Water - 1c
- Yellow food color - 2 drops



## Process:

1. Take 3/4 c water and 1 and 1/2c sugar. Bring to boil and prepare 1-2 thread consistency sugar syrup.
2. Add almond and cashew powder. Stir well and cook till it gets thicker.
3. Do not over cook otherwise it will get chewy.
4. When done, divide mixture in two equal parts.
5. In one mixture, add yellow food color to get nice yellow color.  
So we now have white and yellow mixture ready. Allow these mixture to cool.

## For Pista Katti:

1. Take 1/2 c sugar and 1/4 c water. Bring to boil and prepare 1-2 thread consistency sugar syrup.
2. Add pistachio powder. Stir well and cook till it gets thicker. When done, allow it to cool down.  
So now we have white, yellow and green color mixtures ready. When they cool down completely.
3. they will turn into hard dough. Make ball of all three mixtures, arrange them on top of each other in desired color order and cover with polythene and roll about 1/2 inch thick. Cut them in square.  
If desired, silver foil can be applied on top to get nice silver decoration.

# Kajukatti

## Ingredients:

- Cashew nuts powder - 1 c
- Sugar - 1/2 c
- Cardamom powder - 1/2 tsp
- Ghee for greasing



## Process:

1. Combine the sugar and 1/4 c of water in a non stick pan and boil to make sugar syrup of 1-2 string consistency.
2. Add the cashew powder, mix well and cook on a medium flame for 2 minutes, while stirring continuously.
3. Add the cardamom powder and mix well.
4. Grease back side a small plate with a little melted ghee, transfer the mixture, cover with polythene and roll with rolling pin. Let it cool n garnish with silver foil.  
Cut in square or diamond shape and serve or store in air tight container.



Recipes by Neeta Shah

## Badam Pak

### Ingredients:

- 100 gms **almond** powder
- 1 tbsp **ghee**
- 70 - 80 gm **sugar** syrup ( 1 1/2 thread consistency)
- 1 tbsp flour (**wheat** or refined wheat or farali flour)
- Verk, sliced **dry fruit**, **kesar milk**

### Process:

1. Roast almond powder with ghee.
2. Add 1 tsp flour and roast for 30 minutes on very low flame until it turns into light brown.
3. Add sugar syrup (1 1/2 thread consistency). Mix well.
4. Spread evenly in a small greased plate.
5. Splash some kesar milk, garnish with verk and sliced almond.
6. Cut into square pieces when cool.



## Imerti

### Ingredients:

- 100 gm of Thick batter of **black gram** (soaked and finely ground)
- 100 gms **sugar syrup** ( 1 1/2 thread consistency)
- Ghee** for fry
- Kesar**, **pista verk** for garnishing

### Process:

1. Wash and soak black grams for 2 to 3 hours .
2. Finely grind.
3. Beat and smoothen the batter for 5 to 10 mins.
4. Heat ghee in a pan.
5. Make a cone out of plastic sheet.
6. Fill the cone with batter. Put spiral imertis into ghee. Fry.
7. After frying dip imertis into kesar and sugar syrup ( 1 1/1 thread consistency) for 2-3 mins.
8. Garnish imertis with kesar, finely chopped pistachios and verk.



# Ghevar with Rabdi

## Ingredients:

- 1 small cup **ghee**
- 5 small cup refined **wheat flour**
- 1/2 small cup **besan**
- Ghee for frying
- 2 cup **sugar** syrup (1 1/2 thread consistency)
- Thick **rabadi**
- Garnishing: Verk, **dry fruit** slice or chopped fresh **fruit**

## Process of making rabdi:

1. Heat the milk until it gets thickened.
2. Add cream, sugar, milk powder.
3. Add pista for pista rabdi, strawberry for strawberry rabdi, etc...

## Process of making Ghevar:

1. Take ghee in a bowl. Stir it vigorously. Add one cube of ice, again stir vigorously. Ghee will become white. Add some cold water in it.
2. Take wheat flour and besan. Add cold water to make thin and smooth batter. Ensure that the batter should be very smooth and thin.
3. Take a thick bottom cylindrical vertical vessel. Fill it half with ghee. Heat it.
4. When the ghee is smoky hot. Pour the batter in the centre of ghee with glass or deep spoon.
5. Pour slowly in one continuous thread like steam. Allow foam to settle.
6. Remove ghevar out with the help of a skewer. Drain excess ghee.
7. Pour some sugar syrup evenly all over ghevar. Let the excess syrup drain. Pour minimum syrup if you are going to serve with rabdi.
8. Garnish with verk and sliced dry fruit or serve with rabdi.





## Recipes by Heena Desai

# Kesar Ghari

### Ingredients:

500 gm mava	10 to 12 saffron strands
2 tbsp besan	150 gms maida
200 gms powdered sugar (buru khand)	2 tbsp melted ghee
20 gms pistachios	1/2 cup milk
50 gms almonds	Ghee for deep frying
20 gms green cardamom powder	125 gms ghee (to deep the ghari)

### Process:

1. Sieve maida, add melted ghee, knead into a soft dough using milk.
2. Roast besan in 1 tbsp ghee until it releases aroma.
3. Grind saffron with sugar.
4. Mix warm roasted mava, roasted besan, chopped almonds and pistachios, powdered sugar, saffron and cardamom powder in a bowl.
5. Roll out very thin roties from maida dough. Use maida for dusting.
6. Stuff them with mava stuffing and pack into round balls. Press slightly to flatten a bit. Keep them covered with wet cloth.
7. Fry the gharis in ghee on very low flame till light golden.
8. Beat the ghee with hands and make it fluffy.
9. Deep the ghari once and let extra ghee drain out.
10. Let it cool. Garnish with almond and pista.

## Ghughra

### Ingredients for making dough:

- 100 gms maida
- 1/2 cup soji
- 1 1/2 tbsp ghee

### Ingredients for making stuffing:

- 100 gms soji
- 100 gms powdered sugar
- 4 to 5 tbsp ghee
- 1 tsp cardamom powder
- 1/2 tsp nutmeg powder
- 1 tsp wheat flour
- 1 tsp besan
- Ghee for frying

### Process:

1. Mix soji, maida and ghee, knead soft dough with water.
2. Roast soji in ghee till light brown.
3. Roast besan in ghee. Add wheat flour. Add roasted soji, mix well, let it cool.
4. Add powdered sugar, cardamom and nutmeg powder. Mix properly between both the hands.
5. Roll a small puri out of dough, put some filling in the centre, fold half, seal the edges with fork or finger pattern. You can also use mold.
6. Prick with toothpick.
7. Keep them covered under wet cloth.
8. Fry the ghughras in ghee on very low flame till light golden.





### Ingredients:

500gms **Dudhi**  
250gms **Mawa**  
175gms **Sugar**  
5 to 7 **Cardamom seeds**  
1/4tsp **Rose water** or **rose essence**  
Few drops **pista green colour** (optional)  
2tbsp **Ghee**  
Few **silver foil**

## Duathi Hattiro



### Process:

1. Roast the mawa lightly. Crumble it when cool.
2. Wash, peel and grate dudhi.
3. Boil water, add dudhi and let it cook almost 90 percent.
4. Strain dudhi properly, keep aside.
5. Take cooked dudhi, sugar and ghee in a pan.  
Cook till the sugar syrup dries out.
6. Add mawa, cardamom seeds, essence and colour.  
Mix for a minute.
7. Spread the mixture in a greased thali evenly. Apply vark.
8. Cut into pieces after 3 - 4 hours.

## Mamra Chur Poha Chivata

### Ingredients:

100 gms **mamra chur poha**  
4 **tbsp oil**  
1/4 **tsp cumin seeds**  
1/4 **tsp asafoetida**  
10 to 12 **curry leaves**  
3 **tbsp peanuts**  
3 **tbsp roasted gram** (daaliya)  
1/2 **tsp turmeric powder**  
1 **tbsp kashmiri chilli powder**  
1 **tbsp powdered sugar**  
2 **tsp kitchen king masala**  
Pinch **citric acid**  
1/2 **tsp salt**  
1/2 **tsp chat masala**

### Process:

1. Clean and sieve poha. Roast for 3 to 4 minutes to make poha crispy.
2. Heat oil in a pan, add cumin seeds, asafoetida and temper curry leaves.
3. Now add and roast peanuts for one minute, add roasted grams.
4. Add turmeric powder, add red chilli powder, salt, kitchen king powder and chat masala. Mix well, add roasted poha, sugar and citric acid. Again mix properly.
5. Add bhakharwadi or numkeen bundi or smashed wafers. Mix well, let it cool.







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Ice Cream  
SANDWICH



Recipes by Purva Mehta

# Mauvo

**Ingredients:**

**Cream** : 1/4cup

**Milk** : ½ cup

**Butter** : 2tbsp

**Milk powder**

**Process:**

1. Mix all the ingredients and microwave it for 12 min then 2 min and 30 sec.



# Condensed Milk

**Ingredients:**

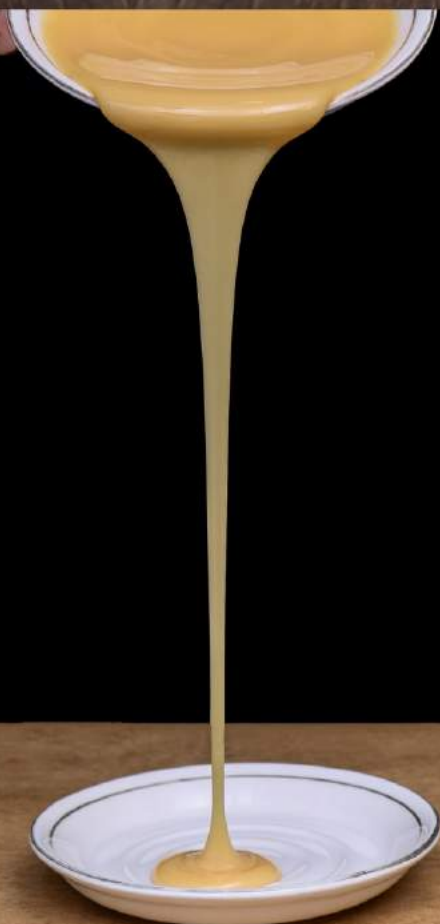
**Milk** ½ liter

**Sugar** 150 Gms

**Soda** pinch

**Process:**

Heat up the milk in a thick vessel and when one froth comes then add sugar and soda in milk and continuously stir it at low flame.





# Kesar Pista Delight

## Ingredients:

**Cream** : 1/4cup.

**Paneer** : 1/4cup.

**Milk powder** : 3/4 cup.

**Kesar** : pinch

**Condensed milk** : 1/4cup.

**Pista** : 2tbsp

## Process:

1. Mix all the ingredients and microwave it on 30-30 seconds.
2. Microwave the balls. And then dip ur hands in butter and then give the balls a shape.
3. And then decorate it with kesar and pista.



# Sweet Mavro

## Ingredients:

**Condensed milk** : 1 cup.

**Curd** : 1tbsp.

**Ghee** : 1tbsp.

**Milk powder** : 1/4 cup.

## Process:

1. Mix everything and the microwave it for 2-1-1 min.  
Serve it.



Recipes by Jayshri Chauhan

## Mutter Paneer in Coconut Curry

### Ingredients:

250g fresh peas  
4 garlic cloves  
1 tsp finely chopped ginger  
½ tsp cumin seeds  
Green chillies required  
Refined oil or ghee for shallow fry  
Panner  
Lemon juice  
Salt to taste  
1 cup fresh coconut milk

### Process:

1. Sautéed paneer in red chillies lemon juice and salt.
2. Take fresh peas, boil it, strain it and then put them into iced water. After it cools drain the water out. In same pan add oil, cumin seeds, garlic, green chillies and finely chopped ginger. Fry it for a minute. Add onion and fry it translucent. Blend the prepared mix along with coriander leaves and fresh coconut milk and make a thin paste.
3. Pour the paste in a serving bowl and add prepared paneer. Garnish it with baby tomato and ginger juliennes



## Raviolo Pasta with Spinach and Cheese

### Ingredients for making Dough:

1 large bowl all-purpose flour  
1 cup hung curd  
2 tbs olive oil  
Salt to taste

### Ingredients for making spinach stuffing:

Half bowl boiled blanched spinach  
3 tsp process cheese  
Half tsp black pepper  
1 tsp ginger garlic paste  
Half tsp Italian seasoning  
Salt to taste

### Ingredients for making sauce:

2 tsp butter  
3 tsp maida (all-purpose flour)  
1 and half cup milk  
2 tsp cream  
3 tsp parmesan cheese  
Salt to taste



### Process of making Dough:

1. Mix all the ingredients and make dough. Then make a big chapatti and cut it in square shape.

### Process of making Spinach Stuffing:

1. Mix all the ingredients and make small balls of it.
2. Now stuff the spinach balls in the square shaped chapatti and seal it with a little water and boil it in water for 5 minutes

### Process for making Sauce:

1. Sauté for 2 minutes and add all the sauce ingredients one by one
2. Then add the boiled pasta in the sauce  
Now ravioli pasta is ready to serve.



**Ingredients for Stuffing:**  
 2 tbs **butter**  
 ½ tbs of chopped **garlic**  
 3 tbs of graded process **cheese**  
 1 cup of all three colors of **bell pepper**  
 1 small piece of **carrot**  
 1 tbs of **oregano**  
 1 tbs of **chilli flakes**  
 1 tbs of **Italian seasoning**  
**Salt** to taste

**Process:**

1. Stir fry all the above ingredients in 2 tbs of butter for 4 to 5 minutes.
2. Then remove it from gas and add graded cheese and let it cool completely.

**Ingredients for Pizza Pocket Dough:** **Salt** to taste  
 1 cup of all-purpose **flour**  
 3 tbs of **semolina (sooji)**  
 3 tbs of graded process **cheese**  
 2 tbs of **oil**

**Process:**

1. Mix all the above ingredients with very little water and prepare dough for pockets.
2. Rest it for half an hour. Make a big roti cut it into small rectangular shape.
3. Stuff the prepared stuffing and seal it properly.
4. Then deep fry all the pizza pockets in medium hot oil.

**Ingredients for Broccoli Dip:**  
 2 tbs of **butter**  
 ½ tbs of all-purpose **flour**  
 ½ cup of graded **broccoli**  
 1tbs **oregano**  
 1 tbs of **Italian seasoning**  
 1 tbs of **chilli flakes**  
 1 cup **milk**  
**Salt** to taste  
 Graded process **cheese** 3 tbs

**Process:**

1. First take 2 tbs of butter, stir fry all-purpose flour, add graded broccoli, stir fry it for 2 to 3 minutes.
2. Add 1 cup of milk, boil it for 2 to 4 minutes. Stir it constantly, then add graded cheese.
3. Then add all the above ingredients. Cook it for 2 minutes and the dip is ready. Serve it with pocket pizza.

# Pocket Pizza with Cheese Broccoli Dip



# Coconut Sandesh



**Ingredient for Coconut balls:**

1 c desiccated coconut.  
 ¾ c water.  
 ¾ c sugar.  
 2 tbsp ghee.  
 3 tbsp milk powder.  
 pinch of saffron dissolved in little milk

**Process:**

1. Boil water in a pan and add sugar to dissolve.
2. Add desiccated coconut, milk powder and saffron milk.
3. Mix well and turn off the heat.

**Ingredients for Sandesh:**

1 c whole milk.  
 1 tbsp vinegar  
 5 drops of Rose essence.  
 5 tbsp of powder sugar.

**Process:**

1. Boil milk properly and add vinegar to curdle it. turn off the heat and keep it for 5 min.
2. strain and press till for 2 hours to drain excess moisture.
3. add sugar powder and rose essence.
4. Smash it to make smooth.
5. Make balls of coconut mix and cover with this paneer mix.
6. Make round balls to serve. cut for show.



## Recipes by Megha Shah

# Shahi Tukata with Apple Rabadi

### Ingredients:

1 nos. Of **bread slice**  
2 tbs **Ghee**

### For The Saffron Syrup:

3/4 cup **sugar**  
2 pinches **saffron strands**  
**Water** required

### For Apple Rabadi:

3 cups **full-fat milk**  
2 1/2 tsp **sugar**  
3/4 cup peeled and grated **apples**  
3 tsp sliced **almonds**  
1/2 tsp **cardamom powder**

### Process:

1. Cut each bread slice diagonally into two equal-sized triangle. Heat 1 tbsp of ghee in a flat pan. Place the bread slices and on a low to medium heat toast them. When one side is browned, flip and toast the other side. Keep aside.
2. Dissolve the sugar in 1 cup of water and simmer for 5 minutes to make a syrup of 1 thread consistency. Warm the saffron in a small vessel, until the saffron dissolves. Add it to the syrup. Keep warm.
3. Heat a broad non-stick pan, add the milk and cook on a medium flame for 20 to 25 minutes, till the mixture reduces to half. Add the sugar and apples and cook on a medium flame for 3 to 4 minutes. Sprinkle almonds and cardamom powder and mix well. Refrigerate for at least 2 hours.





## Gujarati Ghanthiya Bread Kachori

### Ingredients:

3/4 cup bhavnagri gathia  
2 tbsp garam masala  
2 tbsp coriander chopped  
2 tbsp mint leaves chopped  
1 tbsp lemon juice  
1 tbsp sugar  
1/2 cup fresh coconut chopped

### For The Covering

3 slice of bread  
2 teaspoon sesame seeds  
Salt to taste  
Oil for deep frying

### Process:

1. For the stuffing mixture
2. Combine all the stuffing ingredients and mix well.Keep aside.

### For the covering:

3. Take bread slice and wet in water remove immediately pour stuffing in middle and cover all side and make in round ball shape and roll in sesame seeds.Deep fry the bread kachori in hot oil on medium flame until golden brown.
4. Drain on an absorbent paper and serve hot with Tomato Ketchup.

## Besan Barfi

### Ingredients:

Gram Flour 2 cups  
Ghee  
Pure ghee melted 1 cup  
Powdered sugar 1 cup  
Green cardamom powder 1/2 teaspoon  
Pistachios sliced 10-12  
Almonds sliced 10-12

### Process:

1. Heat ghee in a non-stick pan. Grease an aluminum tray.
2. Add gram flour to the pan and sauté on medium heat, stirring continuously, till fragrant and browned. Switch off the heat.
3. Add sugar and stir well till it dissolves and blends with the gram flour.
4. Add green cardamom powder and mix well. Transfer the mixture into the greased tray and spread evenly. Level the surface.
5. Sprinkle almonds and pistachios and set aside to cool and set well.
6. Cut into squares separate them.  
Ready to serve delicious Besan Barfi.



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## Our Associate Brands





Recipes by Purvi Joshipura

# KIDS

*Encourage your child to choose a variety of foods to get the wide range of nutrients for their proper physical and mental growth.*

## Include these foods:

Milk, cheese, yoghurt, soya beans and nuts – these foods are rich in calcium, which is needed for healthy bones and teeth fortified breakfast cereals, as these foods are good sources of dietary vitamin D, which helps to keep bones healthy. citrus fruit, tomatoes and potatoes, which are all good sources of vitamin C.

## Foods to limit:

There are certain foods and drinks that can be harmful to your child's health if they have them too often.

## *Paneer and Daliaakheer*

### Ingredients:

- Milk** – 250 ml
- Dalia** – 1/2 cup
- Paneer** – 1/2cup
- Sugar** – 2 tbsp
- Custord powder** – 2 tbsp

### Process:

1. Firstly take a heavy bottom pan
2. Add milk in a pan and add sugar boil it
3. Keep a small amount of milk a side and mix custard powder in it
4. When milk is to boil add custard powder
5. Stir continuously.
6. Add crumbled or grated paneer.
7. Add boiled dalia
8. Stir it
9. When the liquid become thick then remove from the flame
10. Served it chilled

## Sweets and snacks:

Eating sweet and sticky foods frequently between meals causes dental decay. Snack foods such as cakes, biscuits, chocolate and sweets can be high in sugar and saturated fat, and low in certain vitamins and minerals.

If your child does eat these sorts of foods:

- Try to make sure they eat them only occasionally or in small amounts, so they only make up a relatively small part of the overall diet
- Help and encourage your child to clean their teeth every day twice.
- Try picking a weekly sweet day, or choose the weekends as a time when your child is allowed to eat sweets.

## Drinks:

- Sweet drinks damage teeth, especially if drunk frequently or sipped from a bottle over long periods between meals. So try to keep drinks such as fruit juice or squash to mealtimes, and try to encourage your child to drink water or milk in between.



# Healthy smoothie

Soya Milk has a number of nutritional advantages, and a great alternative for milk and dairy allergic people. Combined with the dried fruits it gets naturally sweetened and flavoured. Add a dash of cardamom or cinnamon and watch your kid lick it off.

## Ingredients:

**Soya milk** - 250 ml

**Dates** (seedless) - 1/2 cup

**Fig** (soaked in milk) - 2 no

## Process:

1. Firstly soak fig in a milk for two hours
2. Take a mixer jar, add milk, dates and figs
3. Blend it.
4. Pour in a tall glass.
5. Serve chilled.



# Power Packed Protein Patties

It is made with the goodness of pulses and sweet potatoes. A great option for breakfast or mid-evening snack that delivers a long-lasting energy boost.

## Ingredients:

**Masoor dal** - 1/2 cup

Soaked **channa dal** - 1/2 cup

Boiled sweet **potato** - 2

**Moong dal** 1/2 cup

**Ginger** paste - 1/2 tsp

**Chilli** paste - 1/2 tsp

**Salt** - to taste

**Chat masala** - 2tsp

**Garam masala** - 1/2tsp

## Process:

1. Mashed the sweet potatoes and add salt, garam masala, chat masala powder.
2. Add ginger and chilly paste.
3. Add soaked and crushed channa dal.
4. Add par-boiled moong and masoor dal.
5. And mix it properly.
6. Make round shape tikkies.
7. Heat an iron skillet and shallow fry the patties on it.
8. Serve with green chutney.



# LEFTOVER RECIPES

As the name suggests, leftover recipes recycle the left-over food that is usually stored in the refrigerator. You can prepare a lot of dishes from your left over food. It all depends upon what food is left over, then quantity, your innovative ideas, availability of other ingredients and time you have to renovate the recipe. Food waste in our country is too much. Like during parties, marriages, get together lots of food gets wasted. Even at home at times you are not able to be very perfect regarding quantity.

May be the food is leftover and in that case you will refrigerate the food. The left- over food is reheated the next day. At times you don't feel like eating the reheated food because of change in texture and even taste of the food. In that case you have to think how to make the leftover food more interesting so that the leftover food does not go waste and it becomes more yummy and delicious by changing its form by adding few ingredients.

## *Bread Rings from Leftover Palak Paneer sabji*

### Ingredients:

Leftover **Palak Paneer** sabji - 2 cups

**Bread** - 10 pieces

**Butter** - 2-3 tbsp.

**Cheese** - 5 cubes

**Chilli flakes** - 1 tsp.

**Oregano** - ½ tsp.

### Process:

1. In a bowl, mix butter, grated cheese, chilli flakes and oregano.
2. Pre heat the oven at 180°C
3. Cut the bread into discs with sharp edge like a lid, of two sizes. One a big cutter and another a small cutter.
4. First of all cut the bread with a big cutter into discs and then cut five breads into small size disc from the bigger bread disc.
5. This will give a shape of a ring
6. Place the big disc on a plate. Apply butter & cheese mix on it so that the ring will stick on it properly.
7. On the bread spread base place the bread ring
8. Put 2 spoons of the leftover Palak Paneer in the center of the ring till the level of the bread ring.
9. At the end brush the edges of the ring with butter
10. Bake the prepared rings for 8 minutes or till it turns light brown
11. Bread rings are ready to serve.



# Waffle from Leftover Dalwada Batter

Waffles are from Belgian, Germany & US.

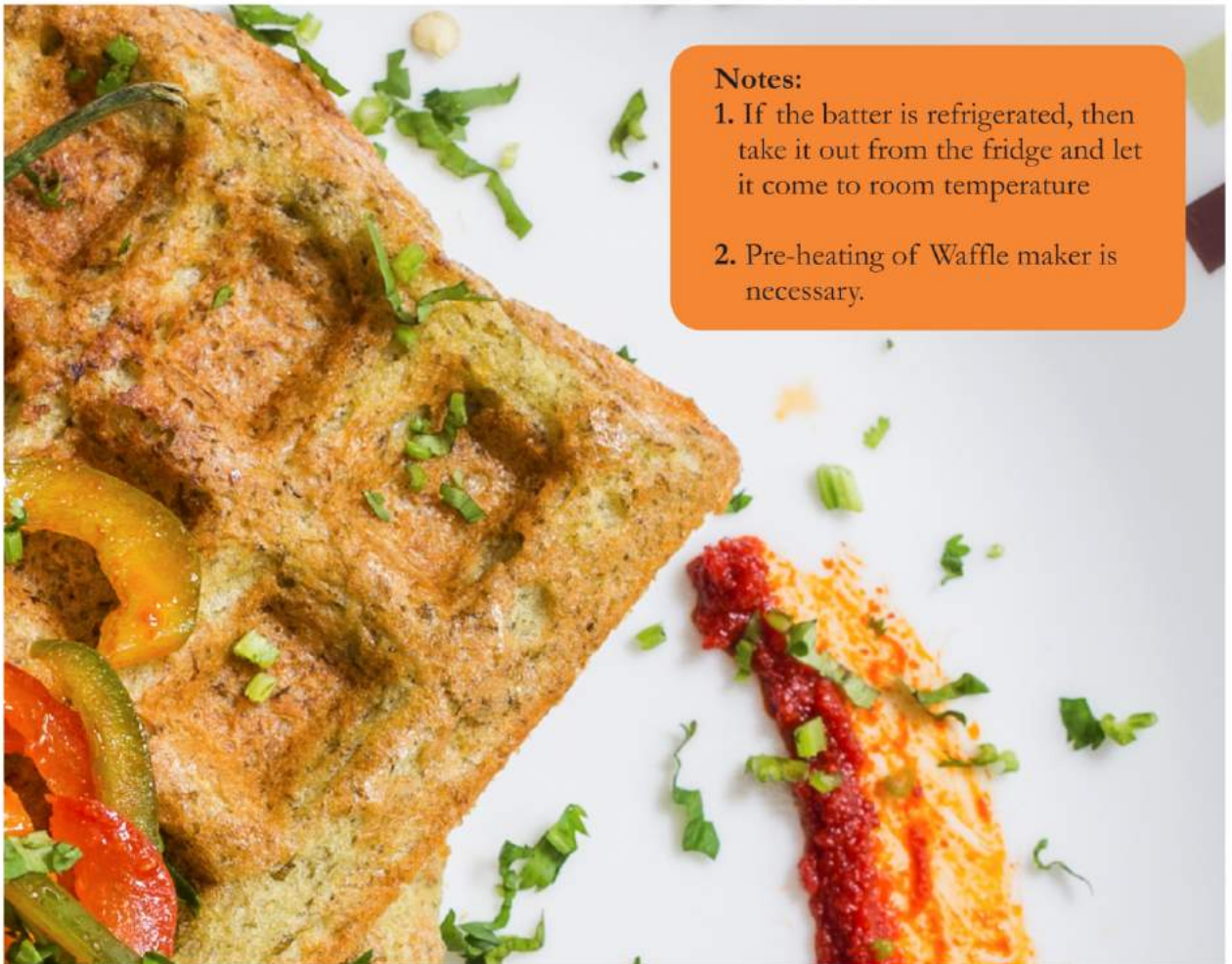
The word Waffle means a pancake batter that is cooked between two plates that are patterned to give a characteristic size shape and surface impression. The Waffles may be sweet or savory.

## Ingredients:

Leftover Dalwada batter - 2 cups

Chopped coriander - ½ cup

ENO fruit salt - 1 tsp



## Notes:

1. If the batter is refrigerated, then take it out from the fridge and let it come to room temperature
2. Pre-heating of Waffle maker is necessary.

## Process:

1. Pre heat the waffle maker for 3 to 5 minutes.
2. In a bowl, take leftover Dalwada batter.
3. Add finely chopped coriander to the batter.
4. Empty the ENO pouch in it and mix well.
5. Open the lid of the pre-heated Waffle maker and pour the batter.
6. Close the lid and let it cook for 5 to 7 minutes, when it changes its color to light brown and becomes crispy.
7. Waffles are ready to serve.
8. You can serve this with green chutney or some salad.



# VEGANISM

**V**eganism is the practice of refraining from the use of animal products and any such derivatives in one's diet. A follower of this practice is known as a Vegan. Vegan diets consist of grains and other seeds, fruits, legumes (especially beans such as soy), edible mushrooms, nuts, and vegetables. Veganism is thought to offer a reduced risk of type 2 diabetes, high blood pressure, obesity and ischemic heart disease.

Additionally, it is indicated that a vegan diet is more helpful in reducing weight than a vegetarian or a non-vegetarian diet. However, eliminating all animal products heightens the risk of deficiencies of Vitamin B12 and D, calcium, and omega-3 fatty acids. It is highly advisable for vegans to take supplements and eat fortified foods (products enriched by vitamins and minerals).

## Where Do Vegans Get Their Proteins?

**Peanut Butter - Lentils - Almonds - Seitan - Quinoa - Soy Milk - Oatmeal - Bulghuur - Tahini**

**Walnuts - Bean Sprouts - Pasta - Sunflower seeds - Avocados - Peas - Chia - Tempeh**

**Vegan Ice Cream - Almond Milk - Hemp Seeds - Brown Rice - Veggie Dogs - Black-Eyed Peas**

**Green Beans - Spinach - Broccoli - Black Beans - Cashews - Flax - Veggie Burgers - Whole Wheat Bread**

**Tofu Pinto Beans - Almond Butter - Peanuts - Adzuki Beans - Breakfast Cereal Kale**

**Chickpeas - Kidney beans - Edamame - Cauliflower - Pistachos - Brussels Sprouts**

## Vegan Banana Pina Colada Crumble

### Ingredients:

- 2 cups chopped fresh **pineapple**
- 1 cup chopped **banana**
- 1 tsp **ginger** powder
- 1 tsp **nutmeg** powder
- 1 tsp **cinnamon** powder
- 1 cup whole grain rolled **oats**
- ½ cup **almond** meal
- ½ cup desiccated **coconut**
- ½ cup date paste - 10 Medjool dates blended with ½ cup **water**
- 1 tbsp **vanilla** extract

### Process:

1. Pre-heat oven at 180°C.
2. Spread the chopped fruits evenly across the bottom of a pie pan.
3. Sprinkle nutmeg, cinnamon and a little ginger powder.
4. To make the crumble thoroughly combine 1 cup whole grain oats, ½ cup desiccated coconut, ½ cup almond meal, ½ cup date paste and 1 tsp vanilla extract.
5. Spread the crumble topping on the fruits in the pie pan.
6. Bake for 30 minutes or until the top is brown at 160°C.



# Whole-Wheat Vegetarian Mimos

## Ingredients for Chilli Garlic Sauce:

- Red Kashmiri dry chillies 10
- Garlic pods - 10
- Tomato - 1 large
- Sugar - 1tbsp
- Salt to taste
- Tomato ketchup - 2tbsp (optional)

## Ingredients for the Dough:

- Whole-wheat flour - 350gms
- Water enough to make a stiff dough
- Pinch of salt

## Ingredients for the Filling:

- Onions - 250gms
- Spring onions - 100gms
- Cabbage - 250gms
- French Beans - 200gms
- Capsicum - 200gms
- Carrots - 200gms
- Sprouted Moong - 100gms
- Garlic - 100gms
- Salt to taste
- Black Pepper powder - 2tsp
- Soya sauce - 2tbsp
- Oil - 2tbsp

## Process for the Filling:

1. Sauté finely chopped onions and garlic with a little oil. After 5 minutes add all the finely chopped vegetables, sprouted moong and let it cook for 5 more minutes.
2. Add a little salt and black pepper powder to this.
3. Add the soya sauce and stir fry for some more time.
4. Keep the filling totally dry without any water in it. Let it cool totally.

## Process for the Dough:

1. Mix the whole-wheat flour and pinch of salt with water and knead into a stiff dough.
2. Cover with a damp cloth and set aside for 15 minutes.
3. Divide the dough into equal parts and roll them into small thin discs.
4. Place a spoonful of the vegetable filling in the centre of each disc and bring the sides together to form a dumpling (pinch firmly together)
5. Place the momos in a steamer or cooker and steam on a low flame for about 15 to 20 minutes.
6. Your momos are ready to eat. Serve with the chilly garlic sauce.





# MORINGA

**A**yurveda, the mother of all healing sciences have listed about 300 diseases that can be cured with wonder herb Moringa - known as Shigru, Sahijana, Munaga, Shobhanjan, and Saijna in the Ayurvedic community. Moringa is scientifically called as Moringa Pteryosperma Or Moringa Oleifera. The name Moringa is extracted from the Tamil name Muranga and Pteryosperma for its winged seeds or Oleifera for its Non drying stable Oil with a long shelf life. Well known to the world populace as Drumstick tree, Clarifies tree and 'Miracle Tree'.

Moringa (Shigru) is basically native of India and widely found in sub Himalayan regions of northern India, Now it is grown in tropical sub tropical region throughout world.

Moringa is one of the most useful tree in the cosmos, as every part of this tree including the leaves, stems, seeds, pods, root and bark as enormous medical values. Moringa is known as the best natural hub of antioxidants with 46 antioxidants and 36 anti inflammatory compounds making it rich and wholesome for mankind.

Shyama variety is the most common. It's qualities are pungent, piercing, sharp, strong, hot in potency, slightly sweetish, light to digest, (improves digestion and taste), dry, has alkaline properties, bitter - causes burning sensation, improves semen quantity and sperm count, good for heart, cardiac tonic, increase pitta and vitiates blood. Hence, Drumsticks should not be consumed during bleeding disorder, duriner menstruation and people with pimples and pitta related skun disease. Shyama improve vision, good for eyes. It deceased imbalanced Kapha and Vayu Dosh.

Useful in abscess. It helps quick wound healing of abscess, upon oral intake and external application as paste. Good anti inflammatory herb. It's useful in worm infestation in stomach and in wound, helpful to decrease fat and obesity, useful in relieving carbuncles. It's a anti toxic. It has detoxifying action, useful in spleen related diseases, abdominal bloating and tumours and lymphadenitis.

Moringa 's white variety is useful quite similar to black. It's useful in splenic abscess, helps in quick wound healing. It's increase pitta and vitiates blood, causes burning sensation. Last Red variety of moringa called ' Madhu Shiru' increase digestion power, promotes proper bowel movement.

Historical transcript reveal that Drumsticks and it's leaves were used by the primordial Indian Kings and Queens in their daily diet to gain enormous energy, retain their good health and treat inflamed joints. The young leaves of this tree are used in folklore medicine for treating common cold, Dog bites and survy. Fresh moringa leaves were rubbed against the temples for relieving severe headache. These leaves are also used in treating fever, inflammation of the mucus membrane, bronchitis, cold, infections of the ear and eyes.

Dr. Jy Hebbar, summarise several interesting fact about Moringa which I am sharing here. According Moringa reduce stiffness in the jaw, relax the jaw and thus helps in mouth opening. It reduce Kapha dosha - predominant swelling and water retention, which can also lead to Vaayu imbalance. Swollen ankles are a common complication of excess weight. Three - four Drumsticks per meal begin to reintroduce the intelligence so the body does not accumulate toxins in

the lower extremities. Over time, swelling will go down and not return. Moringa creates an unfriendly environment for the growth of tumours. It destroy krimi and Aamavish. By binding the toxins in the blood, and cleaning the blood (due to its hot potency and pungent taste and post digestive taste) it relieves long-term burning in the skin and stomach. When the clean blood circulate, growth of tumours are prevented and also if tumor are present, gets rid of the tumours.

The Ayurvedic verse on Moringa by Bhav Prakash of Mishra cites Moringa as removing acidic toxins from the blood, cleansing the blood. This in turn lowers bad cholesterol and improving cholesterol metabolism. Hot and pungent quality of Moringa stimulates the kidneys, dysuria, increase quantity of urine, remove excess acidity in urine and calculi.

Several Scientific studies have documented it's great properties of healing like antibacterial, anti cancer, anti inflammatory, anti fungal etc and has been used successfully for hundreds of years.

There are three varieties of moringa in Ayurvedic text books.

Shyama - Black variety  
Shweta - White variety  
Rakta - Red variety



#### Ingredients:

- 150gms washed **Moringa leaves**
- 1 medium size **onion** chopped
- 2-3 **Garlic cloves** peeled
- 1 tsp. **salt**
- 1tbs **oil**
- For **dry masala**:
  - 1/2 **cup peanuts**
  - 2 to 3 **dry red chilli**

#### Process:

1. Roast peanuts and dry red chilli in a pan.
2. Grind and make a granular powder.
3. Heat oil in a pan and add chopped onion. Sauté it for 1-2 mints until translucent.
4. Now add washed Moringa leaves in it and let it cook for 2 minutes.
5. Add crushed garlic and salt. Let it cook for a minute.
6. Now add dry roasted masala, mix it and cook for another 2 minutes without pan lead.
7. Serve this bhaji with roti or paratha.

**Note:** Don't overcook or mix water in bhaji as it will increase the bitterness in it.

## Moringa Leaves Bhaji



## Moringa Leaves Muthiya

#### Ingredients:

- 1 cup Washed **Moringa leaves**
- 2 cups **wheat flour** coarse
- 1 tsp. **baking powder**
- 1 tsp. **baking soda**
- 2 tsp. **salt**
- 1 tsp. **turmeric powder**
- 2 tsp. **sesame seeds**
- 1 tbsp. **green chilli paste**
- 2 tbsp. **Ginger - Garlic paste**
- 1/2 cup **curd**

**Water** as per requirement.

#### Process:

1. In a large bowl mix moringa leaves, wheat flour, baking powder, baking soda, salt, turmeric, sesame seeds, green chilli paste, ginger-garlic paste, and curd. Mix by adding as per required water.
2. Take 1tbsp. of the mix and put it in small silicone cupcake mould and put it in a steamer.
3. Steam Muthiya for 30 to 40 minutes.
4. In a pan, heat oil for half a minute and add mustard seeds, when it crackles add chopped onion & green chillies. Sauté it for 1 min.
5. Now add chopped Tomatoes, turmeric powder and salt crushed garlic.
6. Cook it for 3-4 minutes.
7. Take out Muthiya and serve hot with tomato chutney.





## Recipes by Surabhi Vasa

# Idly Barbeque



### Ingredients:

Grated **american corn** : 1 cup

**Sooji** : 1 cup

**Curd** : 3tbsp

**Chili flakes** : 1tsp

**Fruit salt** : 1tsp

**Turmeric Powder** : pinch

**Black till** : ½ tsp

**Pavbhaji masala** : 2tsp

**Oil** : 1tsp

**Red chili podwer** : 2tsp

**Chat masala** : ½ cup

Square pieces of **tomatoes** : 5-7

Square pieces of **capsicum** : 5-7

### Process:

1. Take a bowl add grated corn, sooji, turmeric powder and curd into ti. Mix it well.
2. Add fruit salt and mix well, pour this batter in idly mould and sprinkle black till and chili flakes on it.
3. Steam ir for 10-12 mins.
4. Take oil and butter and put it into pan.
5. Add red chili powder, pavbhaji masala, chaat masala and mix it well.
6. Add the idly into ti and mix well and cover it with the masala. Arrange capsicum, tomato and idly in stick and serve it.

# Corn Chat with Nutty Noodles

### Ingredients:

**American corn** : 1 cup

**Butter** : 1tsp

**Red chili powder** : 1tsp

**Chat masala** : ½ cup

**Thikha mamari** : ½ cup

**Coriander** : 2tbsp

**Chopped tomatoes** : 2tbsp

**Capsicum** : 2tbsp

**Tomato sauce** : 2tbsp

**Salt as per taste**

### For nutty Noodle:

**Butter** : 2tsp

**Boiled noodles** : 1 cup

**Coriander** : 2tsp

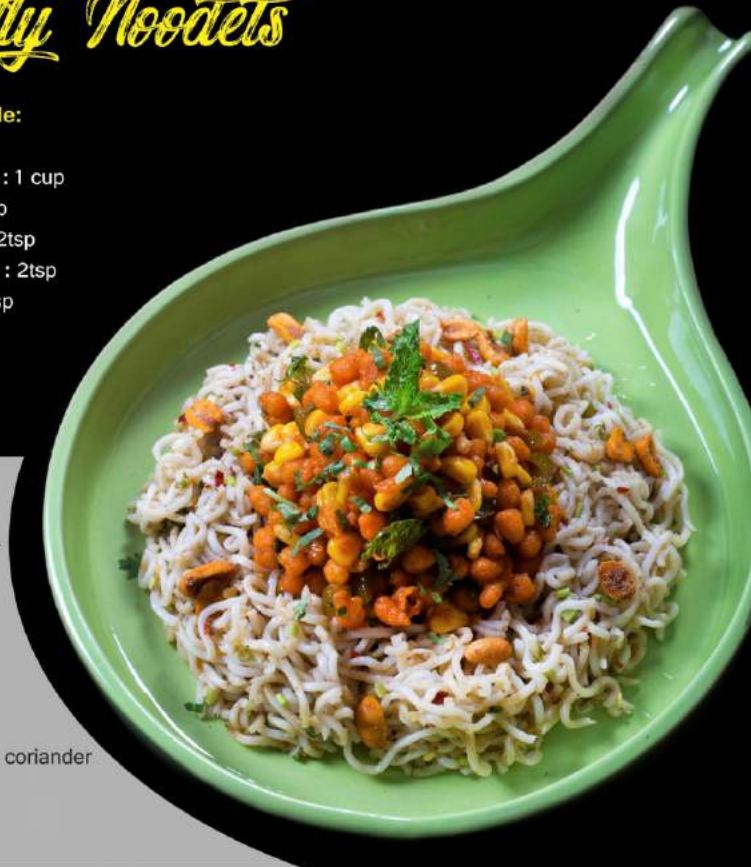
**Lemon Juice** : 2tsp

**Masala Peanut** : 2tsp

**Chili flakes** : 1tsp

### Process:

1. Take some butter and out it into a pan.
2. Add american corn and capsicum. Saute it for two mins.
3. Add chat masala. Red chili powder, black salt, lemon juice, coriander, salt, tomato sauce.
4. Mix it well. Flame.
5. Now turn of the flames and add tomatoes and then add thika mamari.
6. take a pan and add butter in it.
7. Add boiled noodles, salt and chat masala., lemon juice, coriander and chili flakes and toss it.
8. Add masala peanut and mix well.
9. Serve corn chat on the bed of hot noodles.





Recipes by Dr. Bindu Shroff

*Healthy Eating Tips for*

# DIABETES

Healthy eating plays a very important role in managing diabetes.

**Schedule your meal timings:**

- Have 6 small healthy meals. This will help to avert the sudden spikes in the glucose level.
- Change your cooking oils;
- No oil is perfect, however some are better than others. Oils such as olive oil, walnut oil, rice bran oil and safflower oil are preferable and should be used in rotation. Any oil should be used in moderation.
- Have a good substitute;
- Use toned milk than full fat milk.
- Add fibre to your diet;
- Use whole grains like oats, barley, beans in breakfast. Add as many vegetables and fruits such as berries, apples, oranges and pears to your dishes.
- Stay hydrated;
- Drink a lot of water. Drink 3 liters of fluids throughout the day. You can have green tea, buttermilk, fresh lemon juice. Always prefer sugarless drinks.



## *Bhabha Khichadi*

**Ingredient:**

- 1cup all mix dal
- 1cup rice
- Half cup oats
- All green vegetables 3 tabs
- All dry spices
- Ghee 1tabs
- Oil 1tabs
- 1small onion
- 1 small tomato
- 2 nug elachi, taj patta, long , mari
- 1tabs garam masala

**Process:**

1. Take pressure cooker, take ghee and oil.
2. Add all dry masala and add all dal add all green subj.
3. Add all spices add salt to tastes add water make visseles.
4. Serve bhabha khichadi with buttermilk.





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Article by Sonal Shah

# BENEFITS of OILSEEDS

## FLAX SEEDS

Flax seeds also known as linseed is available in two colors that are brown and yellow or gold, with almost the same nutritional values. Flax seeds are very good sources of omega-3 (either of color) and even with dietary fiber. The warm, earthy and nutty flavor of flax seeds has become increasingly popular in the health-conscious consumers. Flax seeds are largely bigger in size than sesame seeds and have a hard shell which is smooth and shiny. Ground flax seeds are more easily absorbed in the body compared to whole. If you can chew properly, then go for whole. Excessive consumption of flax seeds can lead to diarrhoea.

### Health Benefits:

Modern research has found out that flax seeds help to lower the risk of diabetes, cancer and heart diseases. A study published in the Journal of the Society for Integrative Oncology suggests that a dietary intake of flaxseed can decrease the risk of hot flashes among postmenopausal women. "Not only does flaxseed seem to alleviate hot flashes, but it appears to have overall health and psychological benefits as well," concluded Dr. Pruthi.

### Cookery uses:

Sprinkle ground flax seeds in buttermilk, oatmeal or any cereal, vegetable juice etc. Can be mixed with smoothie. Whole flax seeds can be used as mukhwas. Ground flax seeds can be sprinkled over cooked vegetables to provide additional nutritive flavor.

## SESAME SEEDS

Sesame seeds are small, oval shape with a nutty taste and delicate, almost invisible crunch and used in many Asian dishes. They come in different colors like white, black, yellow and red. Sesame seeds are extremely rich in calcium and undoubtedly helpful in calcium deficiency. They are available throughout the year.

### Health Benefits:

Along with calcium, sesame seeds are a good source of manganese, copper, iron, vitamin B1, zinc, dietary fiber and mono-unsaturated fats. Many of these minerals have a vital role in bone mineralization, red blood cell production, enzyme synthesis, hormone production, as well as regulation of cardiac and skeletal muscle activities. Sesame seeds have been found to protect the liver from oxidative damage. Sesame seeds are a good source of protein with fine quality of amino acids that are essential for growth especially children.

### Cookery use:

Natural sesame seeds are largely used in breads, bread sticks, cookies, chocolates, Indian sweets, Punjabi curries etc. Sesame seeds are a main ingredient in tahini and so that humus. Sesame seeds add a great flavor when into

steamed broccoli that has been sprinkled with lemon juice. Sesame seeds are also added in Raita to give rich flavor.

## SUN FLOWER SEEDS

Sunflower seeds are the gift of the beautiful sunflower that has rays of petals emanating from its bright yellow, seed-studded center. Since these seeds have very high oil content, they are the main source of polyunsaturated oil. Mild and nutty tasting, sunflower seeds have a firm but tender texture and rich nutritional benefits.

### Health Benefits:

Sunflower seeds are a rich source of Vitamin E, magnesium which helps for healthy bones and energy production, vitamin B1, Vitamin B5. Sunflower seeds have anti-inflammatory and cardiovascular benefits. Handful of sunflower seeds calm your nerves, muscles and blood vessels. Flour made from sunflower seeds is one of the richest sources of iron hence beneficial in the treatment of anaemia.

### Cookery uses:

Sunflower seeds can be relished alone or in combination with other ingredients, as per one's liking. Can also be added in smoothie, soup and salad.

Even mix sunflower seeds in vegetable juice or mukhwas.

## FALOODA SEEDS

Falooda is a popular beverage in the Indian subcontinent made primarily by mixing rose syrup with vermicelli and tapioca seeds along with either milk or water. The falooda seeds are basil seeds which don't really have a flavor but are actually very good for digestion in a hot climate. They are also used in medicine properties in Ayurveda.

### Health Benefits:

Falooda seeds are added to sherbets as they produce a cooling effect within the stomach. It helps during nauseous feelings and controls vomiting. Falooda seeds are good expectorants, chew them to treat a sore throat, cough, asthma and headache. They work as an antioxidant.

### Cookery uses:

It is soaked in water and then becomes gelatinous: used in many Asian drinks and desserts such as falooda and sherbet. Falooda seeds are used to make kheer and kulfi, they are added at the last moment as cooking quickly destroys the flavor. Even added into cream or milk to create a yummy flavor for ice-cream.



destroy the flavor. Even added into cream or milk to create yummy flavor for ice-cream.

#### CHIA SEEDS

This seeds is one of the healthiest food in the cuisine. Loaded with nutrients that is beneficial to the body and brain. Chia seeds are tiny black seeds from the plant *Salvia Hispanica*, which is related to the mint. Despite their ancient history as a dietary staple, only recently did chia seeds become recognized as a modern day super food. In the past few years, they have exploded in popularity and are now consumed by health conscious people all over the world.

#### Health Benefits:

They are good source of zinc, niacin, potassium, vitamin B1 and Vitamin B2. They are loaded with fiber, protein, omega-3 fatty acids and other nutrients. Chia seeds has high amount of antioxidants and has positive effect on the body. Almost all carbohydrate in chia seeds are fiber which reduce constipation level, control blood sugar.

#### Cookery Uses:

Chia seeds are added in different vegetables juices to increase nutritional benefits. It can be mix with salads or smoothie. Chia seeds need more time to chew so best is to add in steam vegetables, salad.

# MUKHWAS

1. Shahi Colkatti

2. Jaipuri Mix

3. Gujarati Mix

4. Salty Mix

5. Shimla Mix

6. Punjabi Mix





## Article by Priyanka Patel

Stress is a common problem where people feel under a great deal of emotional strain and unable to cope with certain pressures in life. These pressures come in all shapes and forms, from traumatic events to everyday

demands such as work and relationships. These days even kids are under constant stress due to changing education pattern. Being aware of how your body works and deals with stress can help you to manage stress and stressful situations. After a stressful period the human body can go into a 'recovery mode' where increased appetite and food cravings become more prevalent. At the same time metabolic rates drop to conserve energy. Being aware of these patterns can help you manage your stress levels and through nutrition and diet you can help your body recover from stressful periods more rapidly and minimize negative effects such as weight gain.

### **How can a nutritionist help with stress and diet?**

Seeing a registered health professional such as a nutritionist is essential if you want to make long-term positive changes to your diet in order to effectively manage stress.

A nutritionist can provide tailored nutritional advice and support to ensure all your needs are catered for and your specific goals are met.

### **On Stressful Days, Eat Little and Often**

This will keep your metabolism ticking over all day and you will minimize peaks and troughs in energy levels. Eat breakfast, even though you may not feel hungry or believe you do not have enough time. Eating breakfast helps to kick start your metabolism for the day and also helps to stabilize your blood sugar level which will in turn reduce stress. Choose fruit or coconut water or lemonade and a whole-grain cereal for maximum benefits.

### **Eat Well Throughout the Day**

Make sure you eat at least five portions of fruit and vegetables each day and focus on foods containing Vitamins B and C, and Magnesium, Calcium, Essential fatty acids. B Vitamins can help you feel more energetic after a stressful episode. Bananas, leafy green vegetables, nuts, seeds and also meat, fish and dairy products all contain essential B vitamins. Vitamin C – The adrenal glands contain the largest store of vitamin C in the body and are important in the production of stress hormones. Eat citrus fruit such as oranges, tomatoes, peppers, kiwi fruit, leafy green vegetables, broccoli and other foods rich in Vitamin C.

Magnesium – Can help to relax muscles and reduce anxiety. Increase your magnesium intake by eating nuts, especially almonds, raisins n figs. Leafy green vegetables, whole grains, especially oats, brown rice and beans are also good sources of magnesium. Calcium-Research into stress and diet shows that calcium may be able to help reduce certain symptoms, such as muscle tension and anxiety. Therefore, including plenty of calcium-rich foods in your diet (such as low-fat milk, yoghurt, sesame seeds, cheese, leafy greens and broccoli) may be beneficial. Including them in your diet helps improving absorption of nutrients. Essential fatty acids (Omega 3 and 6) - vital nutrients, which help the body to function effectively - particularly the brain. EFAs also help to moderate the effects of psychological and physical stress. To get the right balance of EFAs in your diet, eat flax seeds, walnuts, almonds and pumpkin seeds.

### **Herbs- like eliche, ganthoda powder, ginger, mint, gulkand are considered as calming food.**

Remember our ancestors advice to have milk with elichie and gantoda powder. Milk with gulkand. Lemonade with ginger and mint. Milk with dry fruit powder ... As well as trying to maximize your intake of certain foodstuffs, you should also be aware of the negative effects of others and therefore try to minimize them.

### **Avoid**

Excess of caffeine, salt, sugar, fat rich food, spicy food. Say no to any addictions like Alcohol n Nicotine. Avoid spicy food that increases acids in body which in turn increases stress level.

# STRESS & NUTRITION

**I believe that to bring in control of any disorder the remedy lays in our hands only.**

So for that change your lifestyle and eating pattern.

Exercise regularly, socialize, relax, get enough sleep. This would definitely make you feel more fresh, energetic, and most important feel positive about yourself.

**SO FOLLOW**

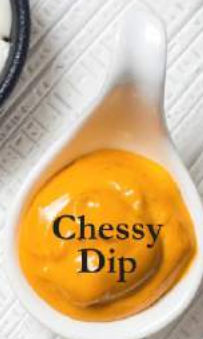
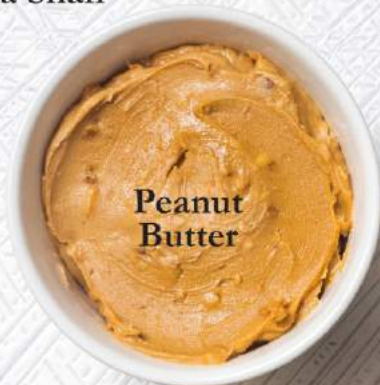
**3 R:**

**RECOGNIZE,  
REDUCE,  
REJUVENATE**



Recipes by Chhaya Shah

# HOME MADE



Foods play an important role in our life, for they provide us nutrition for healthy life. Therefore, it is necessary that we choose the best foods which are good for our health. To my mind, home made foods are the best choice for following reasons. First of all, by preparing food at home, we can control over the quality of food. Cooking at home provides not only various choices of fresh ingredients but also proper hygiene. As a result, we can enjoy safe, healthy foods when cooking at home. Secondly, cooking at home helps us avoid chemical substances. We can choose to buy ingredients from trustworthy sources to make sure the purity. Also, it is possible to wash the ingredients and eliminate all dirt, impurities, and pesticides when cooking at home. We can avoid artificial colors and flavors.

One more benefit of home-cooked food is cost saving. It is obvious that we only pay for the ingredients. we have to pay much more than that when buying canned foods because the price includes service and producing cost except for the food itself. Most important is mother get a satisfaction of making a food with love for the family. In short,

home-cooked foods are really beneficial in terms of health and finance. Therefore, we should choose home-made foods as our major intake no matter how busy we might be in this modern life. I strongly believe that cooking at home is the most healthy and economical choice.



# Homemade Sauce

## SCHEZWAN SAUCE

### Ingredients:

**Kashmiri chilly** without seed 12-15 pieces

**Celery** 1tsp

**Oil** 1 ½ Tbs

**Garlic** 3 Tbs

**Sugar** 2 Tbs

**Vinegar** 2 Tbs

### Process:

Mix all the ingredients and make a smooth paste out of it and if necessary add 1-2 Tbs water and then freeze it.

Now it is ready to use.

## GREEN CHILLY SAUCE

### Ingredients:

**Green chillies** 25 Gms

**Cardamom** 3-4 pieces

**White vinegar** ½ cup

**Sugar** 1 tsp

### Process:

Take all the ingredients in pressure cooker till 3-4 whistles & after it gets cool mixer it and store

## RED CHILLY SAUCE

### Ingredients:

**Red chili powder** 4Tbs

**Vinegar** ½ cup

**Sugar** ½ tsp

**Salt** ½ tsp

**(Pepper powder, garam masala, taj, laving)** ¼ tsp

### Process:

Mix all the ingredients & heat it on the gas till it becomes paste. If you want to make thick then add corn flour in water and heat it and mix well.

## EGGLESS MAYONNAISE

### Ingredients:

**Fresh cream** : 1/2 cup

**condensed milk** : 1tbsp

**Oil** : 3/4 cup

**Mustard paste** : 1/2 tsp

**salt to taste**

**Vinegar** : 1tsp

### Process:

Combine the fresh cream and condensed milk in a deep bowl and beat well using an electric beater for 2 minutes or till the mixture turns smooth. Add the oil gradually while continuously beating the fresh cream condensed milk mixture for another 2 minutes or till the mixture becomes light and fluffy. Add the mustard paste, salt, pepper powder and vinegar and beat again for 1 more minute.

## BARBEQUE SAUCE RECIPE

### Ingredients:

**Water** 1 cup

**Ketchup** 1 cup

**Vinegar** ½ cup

**Butter** ½ cup

**Onion powder** 1tbsp

**Worcestershire sauce** 3tbsp

**Spicy mustard** 2tbsp

**Honey** 2tbsp

**Garlic pods** ½ tsp

**Paprika** 1 tsp

**Salt and pepper** to taste

### Process:

Melt butter in a medium saucepan. Add onion pods, garlic pods. Cook over medium-low heat for 15-20 seconds. No longer than that. Add water and Stir. Add remaining ingredients, stir and simmer on low for about 5 min. Stir occasionally. Remove sauce from heat and allow to cool for 15 minutes. Use sauce or store in an air tight container in fridge. Warm slightly before using.

## MUSTARD SAUCE

### Ingredients:

**Brown mustard** : ½ cup

**yellow mustard** : ½ cup

**garlic pods** : 5

kashmiri **red chilli** : 5

**salt** to taste

**vinegar** : ½ cup

### Process:

Remove all the stones from mustard seeds by using a little amount of vinegar at a time. Grind all the ingredients except salt and sugar. Add sugar and salt to the thick and smooth paste as per taste. Add a little amount of vinegar to convert the paste into a sauce. ( consistency should be that the sauce can be stored in a bottle for a long time).

READY IN



## SWEET CHILI SAUCE

### Ingredients:

**Dried chili flakes:** 1tbsp

**Minced garlic :** 2tsp

**Vinegar :** 1/4 cup

**Honey :** 1/4 cup

**Water :** 3/4 cup

**Salt :** 1tsp

**Cornstarch :** 1tbsp

### Process:

Add chili flakes, garlic, vinegar, honey, 1/2 of the water and salt to a small saucepan and bring to a boil over med-high heat, stir constantly.

Mix the corn starch with the half water and add to the sauce, stirring over medium heat until thickened – about 1 or 2 min.

Remove from heat, cool thoroughly and transfer to a container to store in the fridge .

## NACHO CHEESE SAUCE

### Ingredients:

**Butter :** 1tbsp

**Flour :** 1tbsp

**Milk :** 1cup

**Salt** to taste

**Pinch** of cayenne pepper

**Grated sharp cheddar cheese :** 1cup

### Process:

Melt the butter in a pan over medium heat

Once the butter is melted add the flour. Whisk until it combines into a smooth paste.

Add the milk to the pan and continue whisking. Once the milk has reached to boil simmer it for a while.

Allow the sauce to thicken slightly.

Add the cayenne pepper and salt and whisk to combine.

Add the cheese and gently stir, allowing the cheese to melt.

When the cheese is completely melted and the mixture smooth in consistency, the nacho cheese sauce is ready to serve.

## NUTELLA

### Ingredients:

**Hazel nut or almond :** 1cup

**Cocoa powder :** 4tbsp

**Sweetened condensed milk :** 1/2 cup

**Milk :** 1/4 cup

**Olive oil or coconut oil :** 1tbsp

Few drops of **vanilla** extract.

**Brown sugar :** 3tbsp

### Process:

Roast the hazelnuts or almonds for a nutty taste and flavour. Blend almond meal with milk and oil till it turns very smooth. Add the sweetener. Mix well.

Pour the condensed milk and vanilla. Mix well for uniform smooth liquid, remove lumps if any. At this stage the mix must be of a pouring consistency. You can adjust the consistency now by adding little milk if you wish.

Bring this mix to a boil on a low flame, keep stirring to it prevent from burning.

Off the heat. Add the cocoa powder, mix well, and remove lumps if any. Continue to mix till you get a smooth consistency. This takes around 1 to 2 mins. Set the mixture aside till it cools. Store nutella in a clean dry jar and refrigerate. Warm up before each use to get a spreading consistency. Stays good for up to 2 weeks in fridge.



Article by Meet Joshi

# HEALTH BENEFITS OF

# HONEY

**1. Prevent cancer and heart disease**  
It contains flavonoids, antioxidants which help reduce the risk of some cancers and heart disease.

**2. Reduce ulcers and other gastrointestinal disorders**  
Recent research shows that honey treatment may help disorders such as ulcers and bacterial gastroenteritis. This may be related to the 3rd benefit.

**3. Anti-bacterial, anti-fungal, anti-fungal**  
"All honey is antibacterial because the bees add an enzyme that makes hydrogen peroxide," said Peter Molan, director of the Honey Research Unit at the University of Waikato in New Zealand.

**4. Increase athletic performance**  
Ancient Olympic athletes would eat honey and dried figs to enhance their performance. This has now been verified with modern studies, showing that it is superior in maintaining glycogen levels and improving recovery time than other sweeteners.

**5. Reduces a cough and throat irritation**  
It helps with coughs, particularly buckwheat honey. In a study of 105 children, a single dose of buckwheat honey was just as effective as a single dose of dextromethorphan in relieving nocturnal cough and allowing proper sleep.

**6. Balance the 5 elements**  
It has been used in ayurvedic medicine in India for at least 4000 years and is considered to affect all three of the body's primitive material imbalances positively. It is also said to be useful in improving eyesight, weight loss, curing impotence and premature ejaculation, urinary tract disorders, bronchial asthma, diarrhea, and nausea. Honey is referred as "Yogavahi" since it has a quality of penetrating the deepest tissues of the body. When honey is used with other herbal preparations, it enhances the medicinal qualities of those preparations and also helps them to reach the deeper tissues.

**7. Blood sugar regulation**  
Even though it contains simple sugars, it is NOT the same as white sugar or artificial sweeteners. Its exact combination of fructose and glucose actually helps the body regulate blood sugar levels. Some kinds of honey do have a low hypoglycemia index, so they don't jolt your blood sugar.

**8. Heal wounds and burns**  
External application of honey has been shown to be as effective as conventional treatment with silver sulfadiazine. It is speculated that the drying effect of the simple sugars and honey's antibacterial nature combine to create this effect. Studies have shown it to be very successful in healing.

**9. Probiotic**  
Some varieties possess large amounts of friendly bacteria. This includes up to 6 species of lactobacilli and 4 species of bifidobacteria. This may explain many of the "mysterious therapeutic properties of honey."

**10. Strengthen the immune system**  
Manuka Honey has been found to stimulate the production of immune cells according to a study at the School of Medicine, Cardiff University, UK.

**"Honey should be a part of every winter medicine cabinet and here is why—it's high in antioxidants and it really has a lot of immune boosting properties. Ideally, the buckwheat honey has a darker, richer flavor, it's a little bit like molasses ...this particular honey can keep you healthy throughout the winter."  
- says Dr. Bhatia.**

*Honey is so good  
we have included it  
in our list of power foods  
that should be in your  
kitchen right now.*





# Punchamrut

The most auspicious Prasad which is mandatory in all Pujas.

## Ingredients:

**Milk** - 1 cup  
**Curd** - 2 tbsp.  
**Ghee** - 1 tsp.  
**Sakar** - 1 tsp.  
**Honey** - 1 tsp.  
**Basil leaves** - 5

## Process:

1. Mix everything in a bowl.  
Punchamrut is ready to be used in puja.



## Honey and Peanut Butter Banana Toast

Many a times you don't know how to make your fussy eater smile. Make this awesome open sandwich and serve the goodness of banana and peanut butter with honey on multi grain bread. Peanut butter is easily available in the stores. When the slice is finished off in a jiffy, it's a win-win situation for both of you.

## Ingredients:

**Multi grain bread** - 4  
**Banana** - 2, sliced  
**Peanut butter** - 4 tbsp.  
**Honey** - 2 tbsp

## Process:

1. Apply peanut butter on a slice of multi grain bread.
2. Top with banana slices and drizzle honey on it.  
Serve it as an open sandwich





Recipes by Sejal Shah

# HEALTHY PLATTER

A good healthy breakfast provides you with the energy to survive throughout the day. So, never miss it if you want to work for whole day with energy and force.



## Benefits of eating breakfast:

### 1. It Makes you happy:

Essentially, a full tummy is a happy tummy and whilst some of us may not be a morning person, we guarantee that a happy, healthy breakfast will make you happy. This is because your body receives the boost from the food and also balances blood sugar which prevents tired and cranky feelings.

### 2. Helps you to stay focused on work and your kids on their study:

Whether you are going to work or getting on with your daily routine, a wholesome breakfast provides you with the energy to last till your next meal, enables your brain to stay focused.

### 3. Controls your appetite:

Skipping meals does not help in losing weight. If you skip breakfast, chances are that you will end up snacking the entire day, which simply means unhealthy calories.



# Healthy Platter

## Sautéed Vegetable with Herbs

### Ingredients:

- 1 small **red bell pepper** cut strips
- 1 small **yellow bell pepper** cut strips
- 1 small **green bell pepper** cut strips
- 5 to 6 **baby corn** cut to strips
- 1 small **onion** cut to strips
- 1 tbsp. **olive oil**
- 2 cloves **garlic** chopped
- 1 tsp. **oregano**

### Process:

1. Heat oil in a pan over medium high heat.
2. Add garlic and vegetables, sauté until just tender for about 2 to 3 minutes.
3. Sprinkle with salt and pepper.

## Refried Beans

### Ingredients:

- 1 can **pinto beans**, rinsed and drained
- 1 small **white onion**, finely chopped
- 4 **garlic cloves**, minced
- 1 tbsp. **brown sugar**
- 1 tsp. dried **oregano**
- 1 tbsp. **chilli powder**
- Salt** – as per taste
- 1 tsp. **lemon juice**
- ¼ cup fresh chopped **cilantro**

### Process:

1. Heat the oil in a pan.
2. Add onion sauté for 2 minutes.
3. Add the garlic sauté for 1 to 2 minutes.
4. Add beans, brown sugar, oregano, chilli powder and salt.
5. Continue cooking until the beans reach a simmer.
6. Then serve the beans topped with fresh cilantro.

## Sautéed Spinach

### Ingredients:

- 20 to 30 **leaves of spinach**
- 1 tbsp. **olive oil**
- Salt** and **pepper** as per taste
- 2 tbsp. roasted **sesame seeds**

### Process:

1. Heat the oil in the pan.
2. Add spinach and all ingredients and mix well.

## Wheat Toast

### Ingredients:

- 3 **wheat loaf** pieces
- 1 tbsp. **olive oil**
- 1 tsp. **oregano**
- 1 tbsp. fresh chopped **basil**
- 1 **garlic cloves**
- 1 pinch of **salt**

### Process:

1. Preheat oven to 150°C for 20 minutes.
2. Mix together all the remaining ingredients and spoon over the bread.
3. Bake bread for 10 minutes.



# Apple Orange Curd

## Ingredients:

- 2 medium **red apples**
- 1 cup drained skimmed **milk yogurt**
- 2 tsp. **honey**
- 2 tbsp. **orange juice**
- 1 tbsp. **low fat cream**
- 6 to 8 chopped **walnuts**

## Process:

1. Peel the apple, scrape out the seeds and grate it finely.
2. Whisk yoghurt, honey, orange juice, cream together.
3. Mix walnuts with grated apple and apply the mixture to yogurt, mix all ingredients lightly and topping it with few walnuts.
4. Transfer it into serving bowl.



# Green Glow Juice

## Ingredients:

- 30 to 35 fresh **spinach leaves** (wash properly)
- 2 **stems** celery
- 1 **green apple**
- 1 tsp. **lemon juice**
- 2 tsp. **honey**

## Process:

1. Combine all ingredients in a blender jar.
2. Add 3 cups of water and blend well.
3. Strain and serve chilled.





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