

Nourish Flavours

25 Nutritious and Delicious Recipes

By Dietitian Priyanka Maheshwari Mittal



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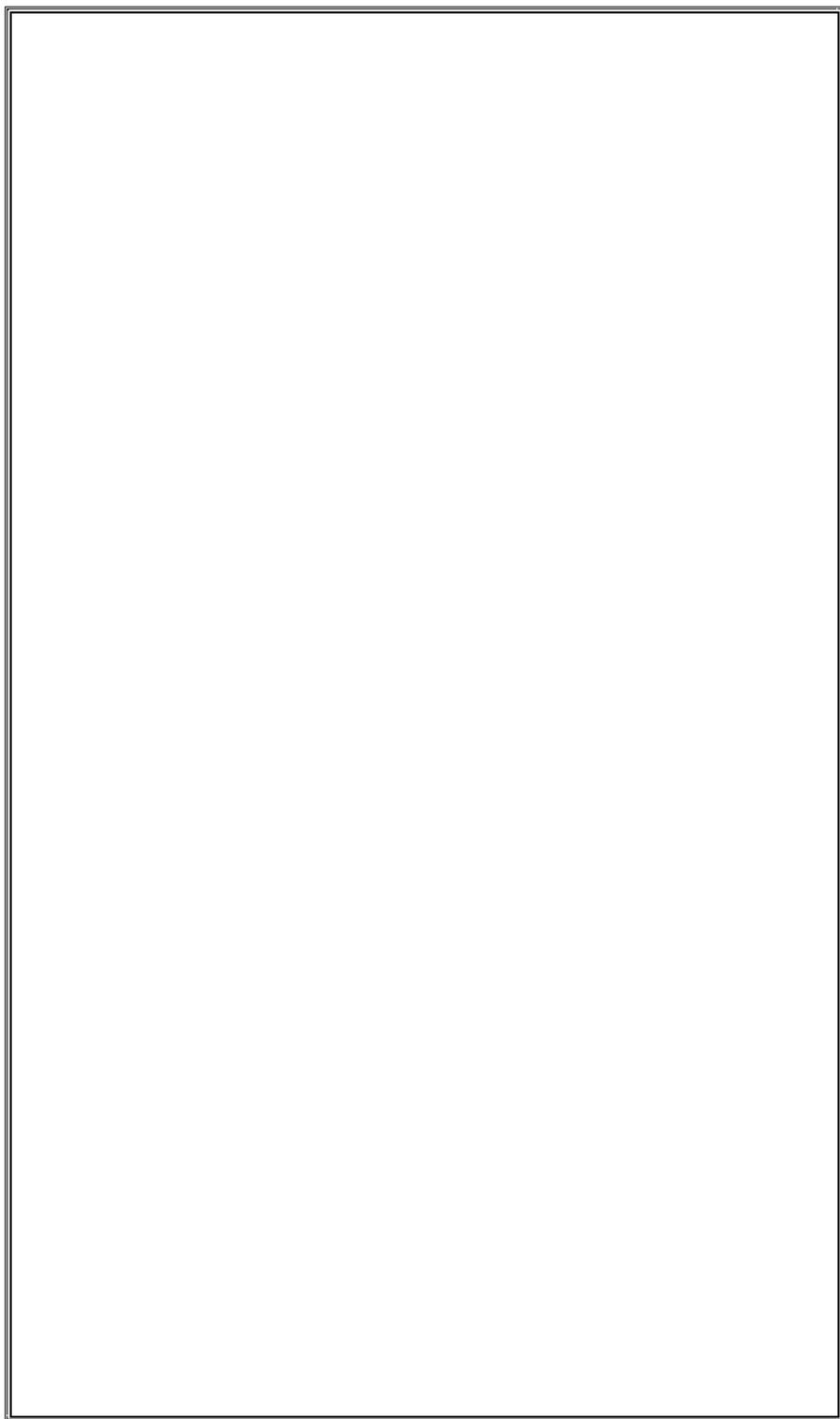
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Acknowledgement

A very big thank you to our clients who encouraged me to add new recipes in their daily meal plan. Most of the pics in this book are shared by our clients. We are very passionate about promoting good health through good mood having good food.

We hope you enjoy cooking up a storm in your kitchen.



Introduction

As we know, breakfast is a very important meal for the whole day. And our basic purpose is to minimize problems that can occur in family breakfast preparation and selection, as well as provide, wholesome, attractive and palatable meals.

We know that good nutrition and a well-balanced diet plays a big role in maintaining our health and wellbeing, and winter is a very important time to continue to nourish our bodies with good food for a balanced immune system.

Each recipe will include ingredients, directions for preparation, number of servings, serving size, nutritional content per serving. Suggestions are included for most recipes. All the recipes are healthy and full of appetite.

They have been analysed for calories, protein, total fat, saturated fat, Trans fat, cholesterol, carbohydrate, fibre, sodium, potassium, phosphorus, and calcium.

All persons who have minimal timings to prepare breakfast that is healthy and easy to make should use this book in which we provide all specific instructions and suggest methods of including these recipes in the daily meal plan.

This recipe book contains nourishing recipes high in the above nutrients. You will notice that different recipes use the same ingredients, this will help you minimise trip to the supermarket.

Please enjoy cooking these nourishing, tasty and fun recipes in your kitchen.

We hope you enjoy!

Dietitian Priyanka Maheshwari Mittal & Dietitian Sheenam Girdher.

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Measuring Ingredients Without Measuring Cups or Spoons

Even if you don't have measuring cups or spoons, you can still make many recipes. Here are some easy ways to estimate amounts.

½ cup – handful or 1 light bulb



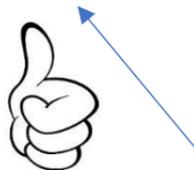
1 cup – 1 fist



1 teaspoon – the tip of your index finger



1 Tablespoon – 1 thumb



Conversion Table

1 teaspoon = 5ml (tsp)

$\frac{1}{2}$ teaspoon = 2.5ml

($\frac{1}{2}$ tsp)

$\frac{1}{4}$ teaspoon = 1.2ml

($\frac{1}{4}$ tsp)

1 tablespoon = 15ml

(tbsp)

**$\frac{1}{2}$ tablespoon = 7.5ml ($\frac{1}{4}$
tbsp)**

1 Cup = 250ml

$\frac{1}{2}$ Cup = 125ml

$\frac{1}{3}$ Cup = 60ml

$\frac{1}{4}$ Cup = 80ml

$\frac{3}{4}$ cup = 190ml

1 $\frac{1}{2}$ cup = 375ml

2cup = 500ml

4cup = 1 litre





Eat A Healthy Breakfast

CHALLENGE
Start The Day
With A Healthy
Meal...!!

How much do you know about the benefits of eating a healthy breakfast? Take this quiz to find out.

1. T F Consuming you skip breakfast; you are bound to hunger for lousy nourishment and desserts later in the day.
2. T F Skipping breakfast is a decent method for helping your digestion and limit calories to get in shape.
3. T F Eating any sort of oats or cereal for breakfast is a sound method for beginning the day.
4. T F Having breakfast further develops mind work, memory review, and the capacity to focus.
5. T F Beginning your day with a healthy breakfast brings down your danger for diabetes, coronary illness, and elevated cholesterol.

How could you do? In the answered that you addressed any of these assertions incorrectly, you could profit from becoming familiar with breakfast. Healthy breakfast food sources ordinarily incorporate organic products, entire grains, and healthy proteins. What's more not all oats or grains are made equivalent. Some are high in sugar and calories, with minimal dietary benefit.

Answers. 1. True. 2. False. 3. False. 4. True. 5. True.

Requirements To Complete This Health Challenge

1. Read "Eat a Healthy Breakfast."
2. Create a plan to eat a healthy breakfast daily

Here is a thing I've never told anybody: I need to contract down to the size of a pea and go around a morning meal buffet. I need to swim in orange squeeze and spit it high up like a wellspring and catch it in my mouth. I need to spread out on a warm hotcake like a seal luxuriating on a beach. I'd gradually turn over and lick the pat of margarine, and afterward rollback into luxuriating position. I'd burrow into the hotcake like a sugar-crazed badger.



Need to up your morning meal healthy? Despite this, a stressing quarter of individuals are skipping breakfast once or seriously during the week, with more than one out of ten never eating it. To make it simpler for you to stir up your wake up and guarantee you never have a reason to miss breakfast once more.

Breakfast is, as I would like to think, the best feast of the day. You can pick something sweet or appetizing, and it very well may be ready when necessary or you can take the entire morning. Regardless of whether it's a straightforward smoothie, short-term oats arranged the prior night, it doesn't take a ton of time or cooking aptitude to make a tasty morning supper.

Our delectable plans range from speedy and straightforward breakfast smoothies, wraps, sandwiches and so on. So regardless of whether it's a morning meal to get before you head out of the entryway, one to have on the run, or then again something you can appreciate on comfortable end of the week morning, there's a here thing to suit everybody.



This cookbook will motivate you to find new top choices to prepare midweek or offer with companions and friends and family on apathetic ends of the week. This book by Dietitian Priyanka features the numerous awesome ways breakfast is delighted. Sweet, exquisite, exemplary, provincial—this smooth, moderate cookbook has

Step by step instructions to eat a healthy Breakfast Having a solid breakfast isn't hard. Yet, you do have to do a little work to get it going.

Make a shopping rundown of sound breakfast food sources that you like.

Go to the store to load up on all that you really want. At the point when you get up toward the beginning of the day, put together a solid breakfast and be coming.

It's simply simple.



everything. Expressing the self-evident, we commonly eat various food varieties at various occasions of day. Yet, for what reason should that be so? While a lot of this variety is logical down to social factors, the dietitians likewise have a lot to say on the question of what we ought to eat and drinking when, all together, for example, to get thinner, or probably to assist with upgrading our intellectual presentation over the span of the day. Lately, a significant number of the bigger food organizations have become progressively keen on attempting either to break into the beneficial, also developing, market for breakfast food sources, or, in all likelihood to sort out some way to persuade more customers to have breakfast food varieties at different occasions of day.

In this audit, I need to investigate the mental science behind the main dinner of the day, featuring why it very well might be considerably more significant than the vast majority think both to the shopper yet additionally the food business all the more by and large. At long last, I sum up some of the latest things in the sorts of breakfast things that are turning out to be more/less well known and think about the thing might be driving them.

The cookbook is broken into the following sections.

- Smoothies
- idli
- Sandwiches
- Salads
- Pancakes/Pattie / • Side Dishes • Other Items

It our hope that after reading and completing the recipes provided in this cookbook you will always use safe food...



Building A Balanced Breakfast

Getting out from under Bad Habits: - Do you have a habit of stopping at a drive-through for breakfast or skipping breakfast? Outside food breakfast things are frequently stacked with sodium, soaked fat (unfortunate fat), and such many calories that will leave you feeling drowsy during your bustling day.

Advantages of a Healthy Breakfast: -

- Having a sound breakfast will set aside your cash yet in addition give you the fuel to handle your day.
- Research has shown that having a balanced breakfast can assist you with arriving at your weight the executives objectives and work on your energy for the duration of the day.

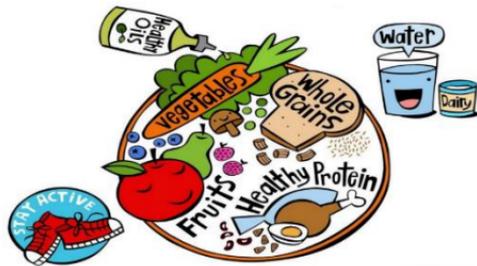
How would I Build a Balanced Breakfast?

- Fuse a healthy protein and carbs source to make a reasonable breakfast. The mix of protein and fibre from the healthy carbs will keep your blood sugar stable and leave you feeling empowered during the bustling morning.
- A basic breakfast would be an apple combined with whole wheat English muffin (healthy carbs) finished off with two tablespoons of peanut butter (protein).



Breakfast Barriers: -

- Plan your morning meal for the week before you go shopping for food.
- Purchase an assortment of breakfast food sources to have at home like plain instant cereal, organic product, and low-fat milk.
- Make your own sound snatch n-go breakfast things, for example, an apple with a low-fat cheddar.
- Get ready hard-boiled eggs on the ends of the week to have with a serving of organic product (pear) during the work week.
- Make a peanut butter sandwich with entire wheat bread the prior night for a straightforward feast.



SMOOTHIES



SMOOTHIES: To fuel our healthy, realistic goals, we're sharing this gather of sound breakfast smoothies that are loaded with all the protein, organic products, and veggies you need to control your day. Smoothies are a great nutrition packed sweet taste. They are ideal for a quick breakfast or an afternoon snack, but many moms also packed them into a thermos for a breakfast - on -the-go (or on the bus)! if you end up with some leftover smoothies, you can freeze it into an ice pops mould or into small cubes to re-blend later.

1. Fig Hazelnut Maple Smoothie: - Who can resist a plump, juicy, jam – filled fig? It provides digestive support, energy needed to carry out the day, and is highly anti-inflammatory.



Prep. time: - 5min

Total time: - 5min

Servings: - 1 cup

Ingredients: -

- Banana 1 ½
- Dried figs 3
- Coconut milk 1 Cup
- Hazelnut (roasted hazelnut without salt) 2-3
- Muesli 1/2Cup
- Pumpkin seed 1tbsp
- Chia seed 1tsp
- Yoghurt 1/3Cup
- Maple Syrup 1tsp
- Pinch of Cinnamon powder

Method: - Mix all the above ingredients in a blender, and blend well until smooth! Top with some sliced figs and chia seed...ENJOY!

Nutrition Value: -

Total Energy: - 302.94

Total Fat: - 12.43

Protein: - 6.0

Carbs: - 43.75

Do not forget to bring serving utensils for your dish. Tongs work great for finger food and appetizers.



2. Plum Melba Smoothie Bowl: - Let's eat or drink the smoothie! Or, with the healthy breakfast smoothies, drink the fruit through a straw (or scoop it up with a spoon... how you like to enjoy your smoothie is up to you.



Prep. Time: - 5min

Total time: - 5min

Servings: - 1 cup

Ingredients: -

- Peach 1
- Plum2
- Coconut flakes 2tbsp
- Almond milk 1Cup
- Honey 1tsp



- Banana (1 Medium)
- Green Matcha Powder 1tbsp

Method: -

- Assemble all ingredients into each freezer container.
- Blend it with completely and 1 cup almond milk (enough almond milk to get your blender blade moving).
- Blend in "extras" (green matcha powder) at the end.

Nutrition Value: -

Total Energy: - 178.39kcal

Total Fat: - 5.27gm

Protein: - 4.0gm

Carbs: - 27.5



3. Hibiscus Bliss Smoothie: - Start your day with an antioxidant boost! This Hibiscus Bliss Smoothie doubles up on the berries, maximizing the benefits while delivering ripe... And the perfect fit for healthy eating



Prep. Time: - 5min

Total Time: - 5min

Servings: - 1 cup

Ingredients: -

- Mango 1 (Small)
- Gluten Free Oats 1/3Cup
- Dried / Fresh Hibiscus Flowers 1tbsp
- Pumpkin seed 1tsp
- Gulkand 1/2tsp
- Coconut Milk 1Cup



- Blue Berries 1Cup
- Poppy Seed 1tbsp

Method: -

- Combine all the ingredients in a blender and blend until smooth.
- Serve immediately.

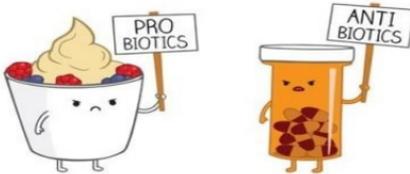
Nutrition Value: -

Total Energy: - 187.2kcal

Total Fat: - 8.5gm

Protein: - 4.73gm

Carbs: - 25.68gm



4. Metabolism Boosting Smoothie: - This lavish Metabolism Boosting Smoothie is thick, creamy and makes an incredible energy-boosting breakfast or titbit.



Prep. Time: - 5min

Total Time: - 5 min

Servings: - 1cup

Ingredients: -

- Peaches Peeled and stoned (Ripe) 5 Large
- Dates 2-3
- Pineapple 1 Cup
- Banana (1medium)
- Vanilla Yoghurt 2tbsp
- Almond milk 1Cup
- Fresh Mint Leaves 1 tsp (For GARNISHING)
- Matcha Powder ½ tsp



Method: - Blend all the ingredients together and serve.

Nutrition Value: -

Total Energy: - 224.86 kcal

Total Fat: - 1.75gm

Protein: - 6.3gm

Carbs: - 45.94gm

5. Goji berries Smoothies: - Thick, rich, and completely sweet, this Goji Berry Smoothie is simply stunning. Stacked with wonderful flavours and incredible **Superfoods**, this smoothie is similarly delightful and **Healthy**. Loaded with supplements and insusceptible helping **Vitamin C**, likewise, made with no additional sugars, it's an ideal energy-filled breakfast.



Prep. Time: - 5 min

Total Time: - 5 min

Servings: - 1

Ingredients: -

- Oats 1 tbsp
- Goji berries 2tbsp
- Cashew milk 1cup
- Flax seed 1tsp
- Chia seed 1tsp
- Pomegranate ¼ cup
- Banana 1 (medium)
- ginger – ½ tsp

Method: -Take a blander add all the ingredients in blender jar.

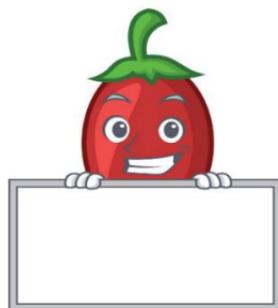
Nutrition Value: -

Total Energy- 218.12 Kcal

Total Fat- 7.11 Gm

Protein: - 6.54gm

Carbs- 33.12 Gm



6. Immunity Boosting Shot: - A simple and basic hand drink made with effectively accessible flavours in the greater part of the Indian kitchen. It is an ideal invulnerability drink and keep away from cold, cough and flu- related issues. these beverages can undoubtedly fit in your everyday eating regimen and can replace the other well-known refreshments like tea or espresso for a superior reason.



Prep. Time: - 5min

Total Time: - 5min

Servings: - 2

Ingredients: -



- Orange 2
- Raspberries ½ Cup
- Ginger 1inch
- Coconut milk 1/3 cup
- Cinnamon Powder ¼ tsp

Method: - Mix all the ingredients well. Serve it with handful berries.

Nutritional Value: –

Total Energy-73 kcal

Total Fat: - 1.7gm

Protein- 1.39 gm

Carbs: - 14.83gm

Note: - Use seasonal fruit like peaches, mangoes, grapes or berries in summer and papaya banana, grapefruit or kiwi in winter. Remember that ½ cup (125 ml) fruit is 1 portion.

**Garnish Each
Cooler with A Lime
Wedge and Fresh
Mint Leaves
Threaded on A
Fancy Toothpick**



PATTIE



7. Dhokla Burger Quinoa Pattie: - As burger is top pick of everyone...so today I bring a sound variant of it is so solid for kids. A force pack informal breakfast for youngsters.



Prep. Time: - 20min

Cooking Time: - 10min

Total time: - 30 min

Servings: - 2

Ingredients: -

For Dhokla

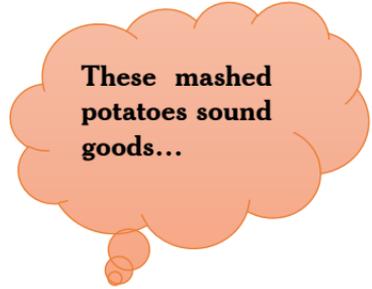
- Besan 4tbsp
- Curd 2tbsp
- Oil 1tsp
- Pinch of turmeric powder



- Salt as required

For Quinoa Pattie

- Quinoa ¼ cup
- Broccoli 2tbsp
- Onion 2tbsp
- Sweetcorn 2tbsp
- Mashed potato 1 small
- Coriander leaves chopped
- Carrot 1tbsp
- Salt as required
- Red pepper powder 1tsp
- Oil 1tbsp
- Salt as per taste
- Red Chilli powder



Method: -

- First, boil the quinoa for 2 whistles. And on another side boil dhokla batter into Idli cooker. Pour the batter into a round bowl. And let it cook for 10 minutes.
- Now start to make Tikki. Smash the quinoa, add steamed broccoli, sweetcorn, mashed potato, onion, carrot and spices. Mix this well and make the dough.
- Now give the round shape small size Tikki from this dough. Then oil just apply on the baking tray. Baked the tikki for 4-5min. Now take this Tikki into plate and keep aside.

Nutritive Value: -

Total Energy: -231kcal

Total Fat: - 12.82gm

Protein: - 7.21 Gm

Carbs: - 29.02

8. Chickpea Baked Patties: - Vegetarian Chickpea Pattie is a protein rich recipe, where the Pattie is baked along with seasonal vegetables and a delicious homemade chutney or dip.



Prep. time: 20min

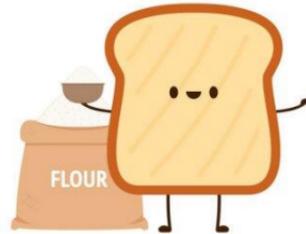
Cook Time: - 30min

Total Time- 50min

Servings: - 2

Ingredients: -

- Chickpea (cooked) ½ cup
- Chickpea's flour 2tbsp
- Groundnut powder 1tbsp
- Sesame seed 1tbsp
- Sweetcorn 2tbsp
- Broccoli florets ¼ cup
- Red Onion (chopped) ¼ cup
- Coriander leaves handful
- Raw mango powder (amchur) ¼ tsp
- Cumin powder ¼ tsp
- Garlic powder ½ tsp
- Sea salt ½ tsp
- Oil for greasing 1tbsp



Method-

- Preheat your oven to 425 degrees. Grease the baking tray with olive oil.
- Add all the ingredients, except the coconut flour, to your food processor and process until finely chopped and combined, but not pureed.
- Make the Tikki with a gently pressed Place on your baking tray and repeat with remaining batter. You should make about 5 Tikki in total.



- Bake it for 35 minutes in total, turn it after 20 min until golden brown.
- Place it on plate with your favourite dipping sauces or some sauté veggies.
- Enjoy it in weather season loaded with lots of protein and healthy fats.

Nutrition Value: -

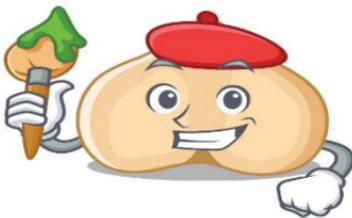
Total Energy- 259kcal

Total Fat: 13gm

Protein-11gm

Carbs -25

Do not forget to bring serving utensils for your dish. Tongs work great for finger food and appetizers.



PIZZA



9.Sheet Pan Amarnath Beet Pizza: - This crust is naturally vegan, gluten-free. Vegan Beet crust pizza dough with homemade basil pesto dip and fresh veggies. Easy to make, super flavourful.



Prep. Time: - 15min

Cook Time: - 12min

Resting Time: - 1hr 30min

Total Time: -27min

Servings: - 2

Oven baking
makes this pizza
lower in fat and
still crispy....



Ingredients: -

- Amaranth flour 1 ½tsp Cup
- Beetroot 1 (medium)
- Baking powder 1tsp
- Salt as per taste
- Water 1 ½ Cup
- Oil 2tbsp

Toppings (Optional)

- Zucchini (I used 1 yellow)
- Olives 1tbsp
- Sweet corn 1tbsp
- Onion rings 1 (medium)
- Jalapeno chopped 1tbsp
- Bell Pepper Roasted 1tbsp
- Cottage Cheese 2tbsp

Method: -

- Preheat the oven to 400 degrees. Place the beet on baking tray.
- Once roasted, puree beet in food processor blender (you may need to add a little water to help the blending).
- Start by making your dough add amaranth flour, water and baking tray. Let sit for 5 minutes until the baking tray is cool.
- Add in the pureed beet, salt and amaranth flour (add in your flour a half cup at a time).
- Turn the dough onto a plain surface and knead for 2-3 minutes until the dough is smooth.
- Place the dough on the baking tray or baking stand that is slightly grease with oil. Brush the top of the dough with some little oil and cover with a muslin cloth. Place the dough in warm temperature for about an hour.



Remember the clock is ticking



- Make basil pesto dip (if required) by placing all ingredients in blender and blend until smooth.
- Again, Preheat oven to 450 degrees.
- Once the dough has doubled in size, flour your workspace, and roll out (or stretch the dough) to about 12 inches and place on parchment paper.
- Spread on pesto and top with veggies.
- Place in oven (with parchment paper) and bake for 12-15 minutes or until the crust starts too slightly brown.
- Top with cottage and basil, slice and serve (leftovers will keep covered in fridge for up to 4 days).

Nutritive Value: -

Total Energy – 270.19kcal

Total Fat: - 13.38gm

Protein- 7.62

Carbs- 30.77

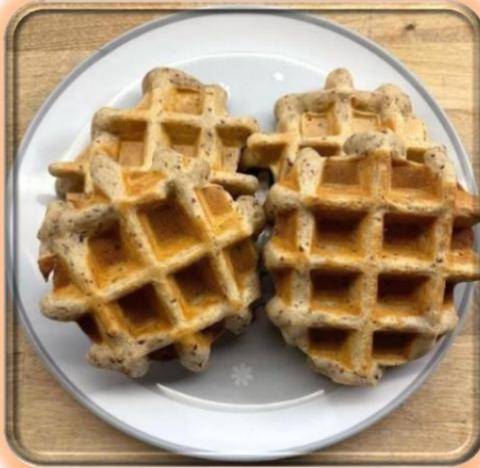


WAFFLES



10. Sweet Potato Spiced Vegan Quinoa Waffles-

Simple but elegant touches make the recipe to cherish! When the waffles are given an Indian touch by making them with a spinach flavoured batter, it becomes a treat with a difference



Prep. Time: - 15min

Cook Time: - 15min

Total Time: - 30min

Servings: - 2

Ingredients: -

- Quinoa flour $\frac{1}{4}$ cup
- Green chilli $\frac{1}{2}$ tbsp (chopped)
- Sweet potato $\frac{1}{2}$ cup (mashed)
- 2tbsp chopped spinach leaves
- 2tbsp onion chopped $\frac{1}{2}$ cup

- Coriander leaves
- Baking soda $\frac{1}{4}$ tsp
- A pinch of cinnamon
- Salt as per taste
- Oil for greasing 1 tsp
- Pinch of crush pepper
- Salt as per taste
- Red Pepper powder (a pinch)
- Water $\frac{1}{2}$ cup for batter
- Garlic powder (a pinch)
- Oil for greasing

Method: -

- Take a bowl, first add boiled potatoes, and mash them properly with a fork.
- Then add, crushed pepper, green chilli, chopped spinach leaves, pinch of cinnamon and fruit salt.
- Then add Italian seasoning and dried coriander leaves.
- Now add the quinoa flour to that bowl.
- Add water $\frac{1}{2}$ cup in this. Mix it well.
- Then add garlic powder. Add the potato mixture as well. Mix all the ingredients together well and make a thick batter.
- Preheat the waffle maker, with the cooking oil grease the waffle mould.
- You can grate paneer on top if required.
- Once the colour changed into brown, take them carefully
- serve it on a plate with coriander leaves and homemade chutney.

Nutrition Value: -

Total Energy – 194.17kcal

Total Fat: - 2.68gm

Protein- 6.84

Carbs- 34.8

11. Buckwheat Lentil Waffle: - These vegan buckwheat waffles make for the perfect weekend brunch! Top them with your seed's mixture.



Prep. Time: - 15min

Cook Time: - 15min

Total Time: - 30min

Servings: - 2

Ingredients: -



- Red lentil dal $3/4^{\text{th}}$ cup
- Buckwheat flour $1/3^{\text{rd}}$ cup
- Pinch of raw garlic powder
- Cinnamon powder $1/4^{\text{th}}$ tsp
- Chia seed 1tbsp
- Sunflower seeds 1tsp
- Paprika powder 1tbsp
- Cumin powder $1/2$ tsp
- Salt and pepper (As per taste)
- Dried onion powder 1tsp
- Dried herbs $1/2$ tsp
- Curd $1/4$ cup
- Oil for greasing

Method: -

Build The Vegan Egg First

- Dissolve 1tsp the chia seed with water and let it sit 15 minutes. That is your vegetarian egg to tie the combination later.

Acquire All Other Ingredients

- Combine everything as one and add the vegan egg. Use a big spoon to mix the blend two or three minutes. Use a waffle mould, grease it with little oil and put some mixture



in. later the light becomes green once more, don't open however continue to prepare for 2 additional minutes. Or on the other hand use a pan and make patties. season the mayonnaise and serve it with the buckwheat waffles.

Nutritive Value: -

Total Energy – 276.31kcal

Total Fat: - 6.3gm

Protein- 14.29

Carbs -42.25

Tip: Serve with maple syrup, honey lor melted butter, or with a raspberry puree, a strawberry spread (blend 3tbsp of softened butter in with 2tbsp of strawberry jelly), or a few whipped creams.

KHANDVI



12. Berries Orange Infused Khandvi: - Berries Seasoned Stuffed Khandvi Formula is a flavourful khandvi regular from the unique. This khandvi hitter is made utilizing new kiwi berries squeeze and loaded down with a tasty paneer filling. Incredible to be served at tea with some adrak chai with raw papaya chutney.



Prep. Time: - 5min

Cook Time: -30min

Total Time: - 35min

Servings: - 2

Ingredients: -

For Berries Khandvi

- Gram flour (besan) 1/3 Cup
- Curd (Dahi) 2tbsp
- Black berries juice 1tbsp
- Orange juice 1tbsp

- Red chilli powder ¼ tsp
- Salt as per taste.

For Stuffing

- Paneer (Homemade) 2tbsp
- Green Chilli, chopped 1 (medium)
- Beet root 1 (grated)
- Coriander (Dhania) Leaves, finely chopped 1tbsp
- Sesame seeds (black Til seeds) ½ tsp
- Salt to taste

For Tadka

- Mustard seeds (Rai) 1tsp
- Asafoetida (hing), a pinch
- Green Chilli 1, chopped
- Oil ½ tbsp

For Garnishing

- Coriander (Dhania) Leaves, few sprigs chopped
- Fresh coconut, grated

Method: -

- To begin making Khandvi, in a mixing bowl, combine the paneer, along with fresh coconut, coriander leaves, sesame seeds and salt to taste.
- The next step is to make the Khandvi.
- In a mixing bowl, combine besan, yogurt, orange juice, black berries juice, little bit red chilli powder and salt to taste.
- Using a whisk, mix well to form a smooth batter.
- Rest it for around 20-25 minutes. After this cook the combination in a dish and mix continually so that no knots are framed. Cook it till it turns out to be truly thick and delicate.



- Once it is extremely thick, spread somewhat on the kitchen counter to check the batter is prepared or not). In case you can move it than the batter is prepared. Assuming not, cook it for some additional time.
- Once the batter is prepared, spread it on the kitchen counter. Spread into a far layer utilizing a bowl or a palette knife.
- Once it is cool, cut it into strips. Whenever it is done spread the stuffing blend all around the khandvi and roll them firmly.
- Heat 1 tablespoon of oil in a skillet and add mustard seeds, chopped green chillies and asafoetida.
- When they splutter, pour it over the berry's orange enhanced khandvi. Topping it with chopped cilantro and ground coconut.
- Serve Pomegranate flavoured khandvi with raw papaya Chutney.

Nutritive Value: -

Total Energy – 201.72kcal

Total Fat: - 11.21gm

Protein – 8

Carbs – 17.37



PANCAKE



13. Coconut Pancake: - This simple veggie lover pancakes are my beloved fundamental flapjacks! Who realized that eggless, entire grain pancakes could be so fluffy?



Prep. Time: - 10min

Cook time: - 10min

Total Time: - 20min

Servings: - 2

Ingredients: -

- Egg-1 (medium)
- Soymilk 1/2 cup
- Banana 1
- Almond flour 1/3cup

- yogurt 2 tbsp
- Berries ¼ cup
- Chia seeds -1 tsp
- Vanilla extract 1/4tsp
- Cinnamon powder ½ tsp
- Cardamon powder ½ tsp
- Salt (a pinch)
- Coconut oil for greasing

Method: -

- Banana egg coconut milk and vanilla extract in a food processor. Blend it completely for smooth batter.
- Now add oats chia seeds or flaxseeds, cinnamon, baking powder mix well and blend the batter on high speed about 1-2 minutes.
- Pour the batter into a bowl fold in blueberries.
- Now keep the pan on medium flame and heat it and coat it with coconut oil.
- Now pour the batter into the pan, cook them for 2-3 minutes and then flip and cook for 2-3 minutes or till the pancake turns golden brown.
- Serve immediately with topping of banana slices, chia seeds, pumpkin seeds & berries.



Nutritive Value: -

Total Energy – 270.19 Kcal

Total Fat: - 13.38

Protein- 7.62

Carbs- 30.7



14. Veggies Pancake: - This batter makes light, feathery, and delightful pancakes. I have been making them for a long time and everybody that attempts them needs the formula.



Prep Time: - 10min

Cook Time: - 10min

Total Time: - 20min

Servings: - 2



Ingredients: -

- Barley flour $\frac{1}{4}$ cup
- Sorghum flour $\frac{1}{4}$ cup
- Curd 2 tbsp
- Zucchini (grated) $\frac{1}{4}$ cup
- Carrot (grated) 1tbsp
- Bell pepper (Finely chopped) 1tbsp
- Spinach 2tbsp
- Coriander leaves (finely chopped) 2tbsp
- Sesame seeds 1Tbsp
- Salt as per taste
- Turmeric powder $\frac{1}{4}$ tsp
- Red chilli powder $\frac{1}{4}$ tsp
- Oil for greasing
- Water $\frac{1}{2}$ cup

Method: -

- Grate all the veggies and keep them in a bowl.
- Take a bowl, add barley flour, sorghum flour, spinach, sesame seeds and spices. Mix well.
- Add water to the mixture, make a thick batter for pancake.
- Grease the pan using $\frac{1}{4}$ tsp of oil, pour a spoonful of batter on it and spread it in a hard thick layer.
- Cook it using $\frac{1}{4}$ tsp of oil till it turns crisp and golden brown on both sides.
- Repeat the same processor for more pancakes.
- Serve immediately.



Nutritive Value: -

Total Energy- 192.54kcal

Total Fat: - 3.6gm

Protein- 6.3

Carbs- 34.72

15. Vegan Lentil Pancake: - This delightful recipe was imparted to me by a client, I thought it was a totally awesome thought for a sound pancake recipe! lentils are a super wellspring of plant-based iron, notwithstanding protein and fibre. This formula, which can be utilized as either a flatbread or pancake, gives an extraordinary base to a feast or tidbit.



Prep Time: - 10min

Cook Time: - 30min

Total Time: - 40min

Servings 2



Ingredients: -

- Dal (masoor dal) 1/2cup
- Green chilli 1 (deseeded and chopped)
- Baby spinach (handful)
- Zucchini / carrot grated 1/4 cup
- Red chilli powder 1/4tsp
- Turmeric powder 1/4tsp
- Salt as per taste
- Oil for greasing

Method: -

- Wash the masoor dal with fresh water completely. Soak in hot water for at least 30 mins.
- Drain the dal and add to a mixer along with 1/4 cup water. Add salt, spinach, zucchini, ginger and green chilies and grind until smooth. Add water as required.
- Heat a non-stick flat pan or a tawa.
- Grease the pan with little oil. Pour the batter in the centre of the pan with ladle
- Add some oil on the sides and cook for a couple of minutes till there are bubbles on the top.



- When the chilla (pancake) cook on the top, turn it over and cook for another couple of minutes.
- Repeat with remaining batter.
- Serve hot with coriander chutney.

Nutritive Value: -

Total Energy: 185.39

Total Fat: - 26.4

Protein: 11.18

Carbs: 3.56



SALAD



16. Broccoli Chickpea Salad: - Salad is easy to make and meets up quick. It's ideal for breakfast or lunch, since chickpeas are protein pressed and leave you feeling fulfilled for a really long time.



Prep Time: - 15 Minutes

Cook Time: - 20 Minutes

Total time: - 30 Minutes

Servings: - 2

Ingredients: -

- Chickpeas 1/3cup boiled
- Broccoli florets 1/4 cup
- Cherry tomatoes 1/4th cup
- Purple cabbage 2tbsp
- Roasted cashew 4-5
- Baby corn 2 sticks
- Cucumber chopped 2tbsp
- Baked potato 1/3cup
- Grated carrot 2tbsp
- Bell pepper (coloured) 1tbsp
- Coriander leaves 2tbsp

For Dressing: - Sesame seeds, lemon juice, black pepper, roasted jeera powder, salt

Method: - Mix all the ingredients together with a 1tbsp dressing.

Energy: - 198.03

Protein: - 10.98

Carbs: - 31.61

Fat: - 3.52



17. Sprouts Salad: - Simple sound plate of healthy salad made with freshly moong beans with finely slashed spices and tomatoes. it is an ideal weight reduction which is made simply by blending the fixings with practically no cooking cycle included



Prep Time: - 15 Minutes

Cook Time: - 20 Minutes

Total time: - 30 Minutes

Servings: - 2

Ingredients: -

- Moong dal ¼ cup
- Labia 4tbsp
- Orange 3 slices
- Sweetcorn 2tbsp
- Kale leaves 1/3 cup
- Mango chunks ¼ cup
- Red radish ¼ cup
- Pineapple chunks ¼ cup
- Red Onion(optional)
- Green chilli 1 (deseeded)
- Lemon juice 1tbsp
- Salt and pepper as per taste

Method: -

For Sprouts: -

- Soaked the beans overnight at least 8-10 hrs
- Next day drain off all the water, take out the beans in a bowl and close it with a lid. Make sure the dal is slightly wet.
- Keep the bowl in some dry and dark place.
- Next day, moong sprouts are ready, rinse them in fresh water.
- Put sprouts in a bowl. Pour hot water over the sprouts. Cover the bowl with a lid. Let the sprouts sit in the hot water for 5-10 mints.

For Sprouts salad: -

- Mix all the ingredients well in a bowl and serve it. It is a good option for easy going meal and easy to carry, rich in protein.



Nutritive Value: -

Total Energy-139.81kcal

Total Fat: - 0.94gm

Protein-8.87gm

Carbs -26.7



SANDWICH



18. Sprouts and Dalia Tikki Sandwich: - A sandwich is a food normally comprising of vegetables, cut cheddar or meat, put on or between cuts of bread, or all the more by and large any dish wherein bread fills in as a holder or covering for another food type.



Prep Time: - 15 Minutes

Cook Time: - 20 Minutes

Total time: - 30 Minutes

Servings: - 2

Ingredients

For Tikki: -

- Broken wheat Dalia ½ cup
- Soy granules (powdered) ¼ cup
- Broccoli (sauté) 1/3 cup
- Chickpea flour (besan) 1tbsp
- Potato (mashed) 1tbsp
- Peas (boiled and mashed) 1tbsp
- Spring onion (finely chopped) ¼ cup

It's easy to make
homestyle
sandwiches with
less fat



- Cumin powder 1tsp
- Salt to taste
- Red chilli powder ½ tsp
- Coriander (chopped) 2tbsp
- Dry Mango Powder (amchur) 1/2tsp
- Mint leaves (handful)
- Garlic clove 2
- Curd 2tbsp
- Ginger- garlic paste 1tbsp
- Oil for greasing

Other ingredients

- Bread slices 2
- Mint garlic dip 1tbsp
- Cucumber and onion (sliced)
- Homemade green chutney 1tbsp

Nutritive Value: -

Total Energy- 286.85kcal

Total Fat- 2.74gm

Protein- 16.21

Carbs- 48.66

Instructions: -

- Pressure cooks the broken wheat in 1 Cup of water for 1 whistle over medium heat. Set aside the Dalia for cool down completely.
- Mix all the ingredients to make the Tikki except oil.
- Mix well by using spoon.
- Take a small portion of the mixture and shape it into a ball. Press softly with your fingers to make a thick Tikki. Similarly, shape the remaining mixture.
- While you preheat the oil for sauté the Tikki, keep them in the fridge for 5min.
- Heat oil in a pan. By one by one, cook the Tikki on low flame for 3-4 min till crisp and golden from both the sides. Do not turn the Tikki again and again while roasting.
- Transfer Tikki in a plate lined with tissue paper and set aside.



- To assemble the sandwich, place Tikki over a slice of the bread.
- Top it with cucumber and onion slices, add a spoonful of mint garlic dip and homemade green chutney.
- Cover the sandwich with another slice of the bread. Grill for 1-2 minutes on a sandwich maker. Enjoy Sandwich with green chutney.

19. Egg Smoked Veggies Wrap Sandwich: - Sweet, salty, spicy and flavourful. This exemplary Veg Sandwich Recipe is loaded up with flavour that will leave you needing more! It incorporates egg, spinach, mushroom, cilantro chutney. Fill in as breakfast.



Prep. Time: - 10min

Cook Time: - 20min

Total Time: - 30min

Servings: - 2

Ingredients: -

- Oats Spinach chapati (homemade) 70 % oats +30% wheat 1
- Egg white boiled (chopped into small pieces) 2
- Red onion (finely chopped) ¼ cup
- Tomatoes (finely chopped) ¼ cup
- Smoked button mushroom 20gm
- Broccoli florets ¼ cup
- Smoked red or yellow bell pepper 2tbsp
- Salt as per taste
- Red chilli powder
- Oregano 1tsp
- Homemade green chutney (coriander leaves 1/4cup + green chilli 1 + mint leaves ¼ cup+ garlic clove 3-4) 1tbsp
- Oil 1tbsp

Method: -

- Spread 1 tablespoon basil pesto dip on spinach chapati or tortilla.
- Arrange the smoked veggies, egg, onion and tomatoes over the basil pesto dip, leaving a border around the edge so that the ingredients don't push out when rolling the tortilla.
- Fold in the sides, then roll the tortillas to form a cylinder. Cut each sandwich in half. Serve



Nutrition Value: -

- **Total Energy – 174kcal**
- **Total Fat: - 7gm**
- **Protein – 13.01**
- **Carbs –14.3**



PUDDING



20. Caramel Cashew Chia Pudding: -This chia pudding formula makes a great low-carb breakfast or dessert. It has a rich surface with the perfect measure of crunch. Rich, buttery flavour with a trace of caramel supplements toasted walnuts.



Prep Time: - 10 Minutes

Total time: - 15 Minutes

Servings: - 2

Ingredients: -

- Almond butter 1tsp
- fig $\frac{3}{4}$ cup
- Cashew milk or any planned based milk $\frac{1}{2}$ cup
- Chia seeds 1tsp
- Caramel dip (sugar free) 1tsp
- Pistachios (chopped)1tbsp
- Blue berries 1cup

Method: -

- In a blender, add the cashew milk, maple syrup, chia seeds, mixed seeds butter and caramel flavouring. Blend until well-combined.
- Pour evenly into desired containers. Cover and refrigerate overnight. Add toppings of blue berries, almonds, and pistachios in morning.

Nutrition Value: -

Total Energy- 150.45

Total Fat: - 6.21gm

Carbs- 23.05

Protein- 2.89



PARFAIT



21. Amarnath Pudding Parfait: -Simple Pudding Parfaits are layered with chocolate chips, Cherrie, and whipped cream to make a basic, however flavourful weeknight dessert the entire family will love.



Prep Time: - 10 Minutes

Total time: - 15 Minutes

Servings: - 2

Ingredients: -

- Amarnath ½ cup
- Coconut yoghurt ¼ cup
- Sunflower seeds 1tbsp
- Quinoa flakes 2tbsp
- Pineapple 1/3 cup

- Mango 1/3 cup
- Chocolate chips (sugar free) 1 tsp
- Honey 1 tsp
- Pomegranate for topping 1 tsp
- Pistachios (chopped) 1 tsp

Method: -

- Add all the ingredients in the blender for the chia pudding parfait (except chocolate chips and red cherries) but taking care not to over process. Make sure chia seeds not to be broken down.
- Transfer the mixture to a small bowl and refrigerate for about 15 minutes, or until it firms up.
- Add topping of cherries and chocolate chips.

Nutritional Value-

Total Energy-207kcal

Total Fat: - 4.71

Protein-6.13

Carbs -34.68



IDLI



22. Kanchipuram Stuffed Idli: - Kanchipuram idlis are an interesting and innovative south indian breakfast idli recipe made with sooji and aloo masala. It has similar qualities as masala dosa where flavored and cooked aloo masala is full inside the idli before it is steamed to cook.



Prep Time: - 10min

Cook Time: - 30min

Total Time: - 40min

Servings: - 2

Ingredients: -

For stuffing: -

- Suji 1/4cup
- Oat's flour (Roasted oats powder 1/2 cup)
- Paneer 1/2cup
- Peas (boiled) 1/4 cup
- Onion 1/4 cup
- Capsicum 1/4 cup (fine chopped)
- Carrot 1/4 cup (grated)
- Chana dal 2tbsp
- Oil 1tbsp
- Turmeric powder 1/4tsp
- Green chilli 1-2 chopped
- Salt as per taste
- Mustard seeds 1/4tsp
- Curd 1/2 cup

For chutney: -

- Coriander leaves (handful)
- Tomato 1/4
- Peanuts 1/4
- Green chilli 1/4
- Lemon 1/2
- Ginger 1/4

Method: -

How To Make Aloo Masala Stuffing:

1. firstly, in a large Pan heat 2 tsp oil and splutter 1 tsp mustard and 1 tsp chana dal
2. add 1/2 onion, 2 chilli and 1/2 tsp ginger paste.
3. Sauté slightly until the onions shrink.



4. now add $\frac{1}{2}$ tsp turmeric and $\frac{1}{2}$ tsp salt. Sauté for a minute until the raw flavour of turmeric goes away.
5. Add Paneer, peas, capsicum, and carrot
6. mix and mash until everything is well combined.
7. further, add 2 tbsp coriander and mix well. aloo masala stuffing is ready. keep aside.

How To Make Rava Idli: -

1. firstly, in a pan heat 2 tsp oil and roast $1\frac{1}{2}$ cup suji.
2. roast until the rava turns aromatic.
3. cool completely and transfer to a large bowl.
4. Add oats flour, $\frac{1}{2}$ tsp salt and $\frac{3}{4}$ cup curd. mix well.
5. add 1 cup water or as required and mix to form idli batter consistency batter.
6. rest for 10 minutes, or until the rava absorbs the water.
7. mix gently, forming a frothy idli batter.
8. fill half the greased idli mould with idli batter.
9. place a small ball sized aloo masala. Cover the aloo masala with idli batter.
10. cover and steam for 15 minutes or until the idli is cooked completely.
11. finally, enjoy stuffed idli with green chutney

For chutney: -

- Just add all the ingredients in a blender.

Nutritive Value: -

Total Energy: 264.5kcal

Total Fat: - 13.6gm

Protein: 11.29

Carbs: 25.7



HUMMUS



23. Spiced Chickpeas Hummus: - Hummus is a delectable spread or dip produced using chickpeas, tahini, lemon, and flavours. It's ordinarily eaten in the Middle East and the Mediterranean.



Prep Time: - 10min

Cook Time: - 30min

Total Time: - 40min

Servings: - 2

Ingredients: -

- Chickpeas (cooked) ½ Cup
- Tahini 1tbsp
- Carrots (steamed & chopped) ½ Cup



- Olive oil ½ tbsp
- Beetroot (chopped) ½ Cup
- Lemons about 1/3 cup of lemon juice 2-3
- Garlic Clove (chopped) 1
- Cumin or more, to taste 1tsp
- Pink salt (as per taste)

Method: -

1. Combine the chickpeas, beetroot, tahini, carrots, lemon juice, lemon zest, garlic, cumin, and salt in a food processor or blender.
2. With the motor running, slowly drizzle in the olive oil and blend until smooth.
3. Taste and adjust seasoning as needed, adding more olive oil, lemon juice, garlic, cumin or salt if necessary.
4. Serve in a bowl.

Nutritive Value: -

Total Energy: - 190.1kcal

Total Fat: - 7.5gm

Protein: - 8gm

Carbs: - 24.7gm



24. Avocado Pineapple Salsa: - Salsa is one of my most much of the time made plans! It's ideal presented with tortilla chips or as a garnish over your beloved Mexican food, similar to tacos, burritos, taquitos, etc. The best party food around and a must-have snack!



Prep Time: - 10 min

Total Time: - 10 min

Servings: - 2

Ingredients: -

- Avocado (chopped) 1 medium
- Tomato – (seeded and chopped) ½ Small
- Jalapeños 1-2 (seeded and chopped)
- Red onion 1/3 Cup (minced)
- Pineapple (chopped) ½ Cup

- Cilantro (chopped) 2tbsp
- Olive oil 1tbsp
- Lime juice 1tbsp (fresh)
- Garlic powder 1/3 tsp
- Salt and pepper to taste

Method: -

1. Place chopped avocados, tomatoes, jalapeños, onions, sesame seed, pineapple, and cilantro in a medium-size bowl. Set aside.
2. In a jar with a lid or small mixing bowl, add olive oil, lime juice, garlic powder, and salt and pepper. Shake or whisk until blended. Pour over chopped vegetables. Lightly toss together. Serve immediately or can be stored up to 24 hours.

Nutrition Value: -

Total Energy: - 137kcal

Total Fat: - 11.74gm

Protein: -1.7

Carbs -10.4



25. Banana Oatmeal Porridge: - Cooking stovetop cereal with crushed banana is a recipe for the creamiest, cosiest oats of all time. To make this amazing, straightforward rich banana cereal, all you really want is an additional a ready, inconsistent banana, moved oats, cinnamon, chia seeds, water, and almond milk.



Prep. time: - 5 min

Cook Time: - 5 min

Total Time: - 10min

Servings: - 1 cup



Ingredients: -

- Rolled oats 1/3 cup
- Water 1/2 cup
- Salt (a pinch of)
- Cinnamon powder (pinch of)

For topping: -

- Banana 1/4
- Apple 1/4
- Chocolate chips 1tbsp
- Red cherry 1/4 cup
- Chia seed 1/4 tsp
- Almond butter 1/2tp
- Raisins 1tbsp

Method: -

- Take a bowl add rolled oats, water, pinch of salt.
- Next, add cinnamon powder and almond butter in the bowl and stir to mix well all the ingredients.
- Peel the bananas, apples and cut thick slices of them and add to the oat bowls.
- Topping with chocolate chips, red cherry, chia seed and raisins. Sprinkle a little cinnamon powder over the dish and enjoy it!



Nutritive Value: -

Total Energy: 185kcal

Total Fat: - 5.08gm

Protein: - 4.31

Carbs: - 31

