



VEGETARIAN

including TIPS, suitable AGE, 200+ RECIPES
and VARIATIONS to master

BABY-FRIENDLY

FOR 6 MONTHS TO 5 YEARS OLD

RECIPES

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ABOUT ME



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I'm Salaka Chopra, the enthusiast behind the Instagram page. Hailing from the vibrant city of Mumbai. My culinary journey has been a labor of love, rooted in my lifelong passion for food and its endless possibilities.

Before starting the page, I embarked on a flavorful adventure with my previous page,

where I joyfully shared recipes infused with creative fusion twists. Alongside my culinary endeavors, I find immense joy in crafting wholesome meals for my precious little one.

With a certification in child nutrition, I've honed my expertise in ensuring balanced meals and addressing common parenting challenges, such as getting your baby to eat and introducing solids to your baby. I take joy in preparing simple, delicious, and healthy meals for my baby.

Message me on Instagram if you're seeking advice on crafting a balanced meal, overcoming the hurdles of a picky eater, or embarking on the exciting world of solid foods. Let's make mealtime a delightful experience for you and your little one!

[**Message me on Instagram**](#)

DISCLAIMER

- The recipes provided are intended as a guide and source of inspiration for making homemade baby food. Feel free to experiment and create variations that suit your baby's taste and nutritional needs, but always prioritize their health and safety.
- As a parent or guardian, it is your responsibility to seek appropriate medical attention when you have concerns about your child. Babies may have allergies or intolerances to certain foods.
- Please exercise caution when working on recipes for your child. We are not liable for how you implement the information provided on this account. Some foods may pose a choking hazard for infants, so make sure to follow guidelines for appropriate food textures and consistencies that may not be covered in these recipes. Some food can burn your baby's mouth if not served at an appropriate temperature.

FOOD GROUPS FOR BALANCED DIET

A well-balanced diet, emphasizing iron-rich foods, is essential to support growth and cognitive development. While introducing solids, it's important to remember that breast milk or formula remains the primary source of nutrition during the first year, providing essential nutrients for overall well-being. Focus on introducing a wide variety of healthy, nutrient-dense foods from 6-12 months to optimize nutrition and reduce likelihood of picky eating.



FRUITS



VEGETABLES



GRAINS



PROTEIN



DAIRY

Fruits & Vegetables

Nurtures babies with energy, vitamins, antioxidants, fiber, and hydration for healthy growth. Choose fresh Fruits and Vegetables of different colors, textures, and tastes.

Grains

Provide essential vitamins, minerals, and energy for optimal growth and development. Examples: Millets, Oats, Rice, Barley, and Wheat

Dairy

Provides essential calcium and nutrients for a baby's bone development and overall growth. Examples: Yogurt/Curd, Low-Sodium Cheese, Ghee or Butter, and Milk

Protein

Fuels growth, builds tissues, and supports immune system development. Examples: Lentils, Beans, Chickpeas, Paneer, and Nuts Butter/Powder

DID YOU KNOW?

Infants and children who start eating healthy foods at an early age are less likely to be picky eaters as they get older.

FOOD STAGES

The concept of baby food stages is generally applicable to both Baby-Led Weaning (BLW) and traditional weaning methods. These stages help parents understand the progression of introducing solids to infants. Here are the typical baby food stages and how they can apply to both BLW and traditional weaning:

Stage 1 (Around 6 months)

Introduction of single-ingredient purees: In traditional weaning, this stage often involves offering Single-ingredient purées with a smooth texture and thin consistency like Ragi Porridge, or Avocado purée. For BLW, some parents may choose to offer appropriately sized pieces of soft foods for the baby to grasp and explore independently.



Stage 2 (Around 6-8 months)

Transition to thicker textures: In traditional weaning, you might introduce multiple ingredients thicker texture or mashed food like Beet Pear Purée, or Quinoa Khichdi. For BLW, continue offering appropriately sized, soft, and easy-to-hold foods. The baby starts to work on chewing and self-feeding skills.



Stage 3 (Around 8-24 months)

Introduction of a variety of foods: In traditional weaning, you might introduce multiple ingredients soft, chewable chunkier textures, or finger food like Makhana Tikki or Ragi Banana Pancake. Gradually transition your baby to eating what the family eats in appropriate portions and sizes. In BLW, the emphasis is on self-feeding, allowing the baby to explore various textures and flavors independently.



NO. OF MEALS PER DAY

The number of meals per day can vary depending on the baby's age and needs. Please pay attention to your child's hunger cues and adjust their meals and feeding schedule accordingly. Here's a general guideline:

MONTHS	NO. OF SOLID MEALS PER DAY
3-5 months	None until showing all signs*
6-7 months	1 to 2 meals
8-9 months	2 meals
10-11 months	3 meals
12-15 months	3 meals + 2 optional snacks
16-24 months	3 meals + 2 snacks

* Is your baby ready for solid foods?

Starting solid before 4 months of age is NOT recommended. The AAP and many top organizations now recommend starting solids around 6 months of age, when a baby is showing signs of readiness to start solids. Check these seven critical developmental milestones to get started with solid food:

- Sits with support
- Head control
- Watches you eat or lean forward for it
- Opens mouth when food is offered
- Brings objects to the mouth
- Tries to grasp small objects, such as toys or food

QUANTITY TO OFFER

It's normal for babies to eat more on some days and less on others. Babies have ways to tell you when they are hungry and when they are full—these are called cues. Responding to your baby's cues for hunger and fullness is called responsive feeding. Trusting your baby to decide how much they want to eat helps them learn healthy eating habits and enjoy mealtimes, and can help you avoid feeding them too much or too little.

Breastfeed your baby on cue and feed them solid foods before or after, depending on what works best for you. Slowly increase the amount of food and offer them different food choices. Try feeding your baby without distractions like TV and cellphones and let their cues for hunger and fullness guide you.

Baby is hungry if they are:

- sucking on their fist
- fussing or crying
- smacking their lips
- showing excitement when put in their high chair
- reaching or leaning for food

Baby is full if they are:

- showing they are bored with food
- Turning their head away from the spoon
- Closing their mouth tightly when offered food
- Fussing or crying
- Falling asleep
- Covering their mouth with their hand

NUTRITION TIP

Never force your baby to eat. If he or she doesn't eat very much at one meal they will make up for it at another meal.

IRON FOOD OPTIONS

Importance of Iron

- Vital for proper brain development and function
- Contributes to optimal cognitive and motor development
- Helps prevent anemia, a condition characterized by low hemoglobin levels
- Needs to meet their high energy demands

Vegetables

Cauliflower Greens, Beet, Broccoli, Peas, Sweet Potato, Potato with Skin, Mushrooms Cow Pea (Chawli leaves), Parsley, Dill leaves, Mint leaves, Spinach, and Methi leaves

Grains

Poha, All Dals/Lentils, All Beans & Soybeans, Jowar, Bajra, Ragi/Finger Millet, Chickpeas, Oats, and Roasted Bengal gram

Fruits

Watermelon, Pineapple, Pomegranate, Apple, and Strawberry

Dry Fruits & Seeds

Pistachios, Raisins, Apricot, Dates, Walnuts, Peanuts, Almonds, Figs, Poppy Seeds, Sesame Seeds, Watermelon Seeds, and Sunflower Seeds

DID YOU KNOW?

After starting iron-rich foods, the order in which you introduce other foods to your baby is up to you. Vegetables, fruit, cheese, yogurt and grains can all be offered to babies 6 months of age and older

WEIGHT GAIN OPTIONS

- If your baby is generally happy, meeting milestones, pooping normally, and has good energy levels, then their weight gain is on track
- Focus on nutrient-dense options/balanced diet with a variety of foods from different food groups for baby's growth and development
- Following responsive feeding means parents honor the baby's hunger and fullness cues rather than worrying about exact portions.

Vegetables

Corn, Peas, Sweet Potato, Potato, Pumpkin, Beets, Yam

Grains

Ragi/Finger Millet, Oats, Barley, All Dals/Lentils, Sathu Maavu, Rice, Kidney Beans, Chickpeas, Quinoa

Fruits

Banana, Avocado, Mango, Papaya, Chikoo (Sapodilla)

Dry Fruits & Seeds

Almond Butter, Peanut Butter, Walnut Powder, Chia Seeds Powder, Flax Seeds Powder, Nuts Powder

Dairy

Ghee, Full fat/Whole milk Curd/Yogurt, Paneer, Low sodium Cheese

Oils

Olive Oil, Avocado Oil, Coconut Oil, or any oils

NUTRITION TIP

Never force your baby to eat. If he or she doesn't eat very much at one meal they will make up for it at another meal.

FOODS TO AVOID

When it comes to introducing solids, it's essential to be mindful of their delicate digestive system and nutritional needs. There are several foods you should avoid during this crucial stage of development.

Salt



Babies are more likely to develop high blood pressure. Makes them feel bloated and uncomfortable.

Sugar



*Including Juices/
Dates/Jaggery/Biscuits*

Avoid any form of sugar to reduce the diversity of foods a child is interested in eating. This may increase the risk of obesity, Type 2 diabetes, and dental caries.

Cow's milk



Causes stomach upset and diarrhea. Not a good source of nutrition for babies under 12 months of age.

Honey



Contains a bacteria called *Clostridium botulinum*, which can cause botulism, a serious illness that can be fatal in babies.

Raw Seafood



Raw or undercooked meat, poultry, fish, and shellfish can contain harmful bacteria and can increase the risk of food poisoning.

Raw sprouts



Contains harmful bacteria, such as salmonella.

FOOD SAFETY TIP

Do not give unpasteurized milk, cheese or juice to babies and children because they are more likely to get food poisoning.

HIGH-RISK CHOKING HAZARD

Any food that is small enough to fit through a baby's airway is a choking hazard. There are a number of foods that are not safe to serve infants and toddlers. Foods that are round, sharp, or firm can be choking hazards. Any food can be a choking hazard, but we have listed some of the top high-risk foods below.

- Raw fruits or vegetables, such as raw apples or raw carrots
- Whole grapes, berries, cherries, tomatoes, or melon balls
- Dried fruit, such as raisins
- Whole nuts, seeds, or hard beans
- Cooked or raw whole corn kernels
- Popcorn
- Hot dogs
- Large chunks of cheese, especially string cheese
- Hard or sharp foods, such as potato chips or pretzels
- Hard candy, jelly beans, or chewing gum
- Large globs or spoonfuls of nut butters, such as peanut butter
- Cubes of meat or seafood, such as steak or shrimp
- Marshmallows

Watermelon



Raw hard Veggies



Whole Grapes



Corn Kernel



Cherries



Blueberries



Olives



Cherry Tomatoes



Apple



Pear



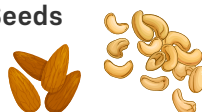
Marshmallows



Dried Fruits



Whole Nuts & Seeds



Hard Candies & Gummies



Hard Cookies



Popcorn



Chips



Bread



Cheese Cubes/Sticks



ALLERGENS

Babies can be sensitive to a variety of allergens. Introducing top allergenic foods both early and often may actually help prevent allergies from developing. Introducing these potential allergenic foods *one at a time* is essential, waiting several days between each new introduction. This enables you to monitor your baby for any signs of an allergic reaction. Here is a list of common food allergens

- Cow's Milk
- Eggs
- Peanuts
- Fish and Shellfish
- Sesame
- Tree Nuts such as almonds, cashews, and walnuts
- Soy
- Wheat
- Mustard

Symptoms of a food allergy

Allergic reactions to food often happen within minutes to a couple of hours after eating. If you think your child is having an allergic reaction, seek medical care or call your pediatrician immediately.

Minor Allergic Reaction

- Itchy mouth
- Rashes, such as red blotchy spots or hives on the face, hands, or body (not widespread)
- Itchy nose, runny nose, sneezing
- Upset stomach or nausea

Severe Allergic Reaction

- Difficulty breathing, wheezing, repetitive coughing
- Swelling of the lips or tongue
- Hives all over the body
- Repetitive vomiting
- Extreme tiredness
- Loss of consciousness

KITCHEN TOOLS (INDIA)

Here are some amazing essential tools to make meals easy for you.

Blender



[View Details](#)

Food Processor



[View Details](#)

Cast Iron Tawa



[View Details](#)

Kadai



[View Details](#)

Pressure Cooker



[View Details](#)

Steamer Insert



[View Details](#)

Glass Container



[View Details](#)

Measuring Cups



[View Details](#)

Waffle Machine



[View Details](#)

Chopper



[View Details](#)

Cheese Cloth



[View Details](#)

Mason Jars



[View Details](#)

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A top-down view of a hand pointing towards a collection of fresh produce. The produce includes carrots, cucumbers, tomatoes, mushrooms, green onions, broccoli, and various nuts. The background is dark, making the vibrant colors of the food stand out. The text 'FINGER FOOD OPTIONS' is overlaid in large, white, bold letters across the center of the image.

FINGER FOOD OPTIONS

FINGER FOOD OPTIONS

Always ensure that the finger foods are cut into appropriately sized pieces to prevent choking hazards and supervise your infant while they eat. Here are some finger food options suitable for infants

Steamed Vegetables

- Broccoli florets
- Carrot sticks
- French beans
- Sweet potato sticks
- Potato sticks
- Pumpkin sticks
- Beet sticks
- Bottle gourd sticks
- Bell peppers sticks
- Butternut squash sticks
- Cauliflower florets
- Tomtato sticks

Grains

- Cooked and flattened black beans
- Cooked and flattened pinto beans
- Cooked and flattened chickpeas
- Tofu slices
- Low-sodium cheese slices
- Paneer slices

Fruits

- Soft pear slices
- Avocado wedges
- Bananas spears
- Pineapple sticks
- Steamed apple slices
- Flattened Blueberries
- Mango slices
- Dragonfruit wedges
- Watermelon sticks
- Kiwi slices
- Peach slices
- Plum slices
- Cantaloupe slices
- Orange wedges (remove membranes)
- Papaya spears
- Half strawberry soft and ripe



BASICS

11 RECIPES

Curd

Paneer

Almond Butter

Peanut Butter

Coconut Milk

Almond Milk

Flax Egg

Applesauce

Cream Cheese

Nut and Seeds Powder

Cashew Powder

BASICS

Method for Curd

1. In a saucepan, heat the milk on medium heat until the milk comes to a boil. Once the milk comes to a boil, reduce the heat to low and simmer for another 5-8 minutes for a thicker curd.
2. Take the saucepan off the heat and set it aside. Let it cool down until it feels lukewarm. The easiest way to check milk is to dip your finger into it; it should feel cozy, warm, and never hot.
3. Add the yogurt with active culture to the lukewarm milk. Whisk or stir well until the culture is blended well with the milk.
4. Transfer it to a steel container or glass bowl. Keep the bowl in a mildly warm place, for example in the oven.
5. Allow the curd to ferment for 8-9 hours and your curd will be ready!

Method for Paneer

1. In a bowl, mix 1 tbsp lemon juice and ½ liter water.
2. In a saucepan, heat the 1-liter milk on medium heat until the milk comes to a boil. Keep stirring and ensure that the milk doesn't burn.
3. Once the milk boils, reduce the heat and add 1 tbsp malai. Stir for a minute.
4. Add diluted lemon water to the milk slowly and gradually and keep on stirring. You will notice the milk solids have separated and the milk has now curdled.
5. Once the whey has separated completely, take it from the gas and stop the cooking process.
6. Now, strain using the muslin cloth. Hang the panner and allow its whey to drain completely. Don't squeeze. Wash the paneer completely with fresh water.
7. Now, place a heavy object over it so that excess moisture drains out and the milk solids come together to form a big paneer block.

BASICS

Method for Almond Butter

1. Heat a pan on low heat. Add 1 cup Almonds to the dry pan and dry roast it for about 4-5 minutes. Allow them to cool down.
2. Transfer them to a blender and blend for 5-7 minutes. ensure that you only blend for 15-20 seconds at a time or your blender will overheat
3. Stop the blender and scrape down the sides to make sure everything is evenly processed.
4. Repeat the process until you get creamy almond butter.

Method for Peanut Butter

1. Heat a pan on low heat. Add 1 cup peanuts to the dry pan and dry roast it for about 4-5 minutes. Allow them to cool down.
2. Transfer them to a blender and blend for 5-7 minutes. ensure that you only blend for 15-20 seconds at a time or your blender will overheat
3. Stop the blender and scrape down the sides to make sure everything is evenly processed.
4. Repeat the process until you get creamy peanut butter.

Method for Coconut Milk

1. In a blender, add 1 cup water and ½ cup coconut slices. Blend until smooth.
2. Pour the mixture into a bowl covered with a muslin cloth.
3. Squeeze the milk out with your hands until the pulp inside becomes fully dry.
4. Your coconut milk is ready.

BASICS

Method for Flax Egg(replacement of eggs)

1. Mix 1 tbsp of ground flaxseeds with three tablespoons of water.
2. Let it sit for about 5-10 minutes so it can thicken. Then, add it to the batter in place of the egg.

Method for Applesauce

1. Combine $\frac{1}{2}$ cup apples and water in a saucepan and cook over medium heat until the apples are soft, then mash the apples with a fork until you've reached the desired consistency.

Method for Cream Cheese

1. In a saucepan, heat the 1 liter full-fat milk on medium heat and add 250 ml of fresh cream. Keep stirring and ensure that the milk doesn't burn.
2. Once the milk simmers, switch off the flame.
3. Add 1 lemon juice to the milk and gently stir. You will notice the milk solids have separated and the milk has now curdled.
4. Now, strain using the muslin cloth. Wash it completely with fresh water.
5. Now squeeze it and remove the excess water.
6. Add the same to a blender, and grind it until smooth texture.
7. Your cream cheese is ready.

BASICS

Method for Nut and Seeds powder.

1. In a small bowl. Take 1 cup of almonds, soak overnight, peel the skin, and dry it. Heat a pan on low heat. Add the soaked almonds to the dry pan and dry roast it for about 4-5 minutes. Transfer them to a mixing bowl.
2. Add the 1 cup cashews to the dry pan and dry roast it for about 4-5 minutes. Transfer them to the same mixing bowl. Repeat the process for 1 cup walnuts, ½ cup unsalted pistachios, ½ cup pumpkin seeds, ½ cup sunflower seeds, ½ cup flax seeds, ½ cup watermelon, and 3 pieces cardamom
3. Add a few saffron strands to the mixture. Allow the mixture to cool down.
4. Once cooled, transfer it to a blender. Pulse in intervals. Over-grinding the mixture may leave out the oil.
5. Sieve it well to get a fine powder. Grind the hard particles again and sieve them. Your powder is ready.
6. Store the powder in an airtight container.

Method for Cashew powder

1. In a grinder/blender, pulse or blend the cashews until they turn into a fine powder.



PURÉES & PORRIDGES

16 RECIPES

Banana Purée

Fruit Purée

Applesauce

Sweet Potato Purée

Carrot Makhana Purée

Spinach Banana Purée

Avocado Banana Purée

Broccoli Apple Purée

Beet Carrot Pear Purée

Chickpea Carrot Pumpkin Purée

Black Bean Sweet Potato Purée

Carrot Rice Purée

Banana Peanut butter Purée

Ragi Porridge

Banana Ragimeal

Sweet Potato Ragimeal

6 months+

single-ingredient

BANANA PURÉE

Ingredients

- ½ to 1 cup banana, roughly cut
- A pinch of ground cinnamon

Method

1. In a medium bowl, take the banana.
2. Use a fork or masher to mash the banana until smooth.
3. Add a pinch of cinnamon powder. Mix it well and serve.

Substitutes

You can substitute ground cinnamon with cardamom powder, ground flax seeds, makhana powder, almond powder, walnut powder, cashew powder, or nutmeg powder.

6 months+

single-ingredient

FRUIT PURÉE

Ingredients

- ½ to 1 cup papaya, roughly cut

Method

1. In a small bowl, take the papaya.
2. Use a fork or masher to mash or blend the papaya until smooth.

Variations

Apply the same method to prepare a variety of other fruit-based purée recipes such as

Peach Purée

Mango Purée

Strawberry Purée

Blueberry Purée

Chikoo Purée

Plum Purée

Apricot Purée

Mixed Berries Purée

Custard Apple Purée

Avocado Purée

6 months+

single-ingredient

APPLESAUCE

Ingredients

- ½ to 1 cup apple, roughly cut
- A pinch of cinnamon powder

Method

1. In a saucepan with a steamer basket or insert, bring about 2-3 inches of water to a simmer.
2. Add the peeled apple. Cover and simmer over low heat for 12-15 minutes, or until the apples are soft.
3. Use a fork or masher to mash or blend the apple until smooth.
4. Add a pinch of cinnamon powder and mix it well.

Variations

Apply the same method to prepare a variety of other purée recipes such as

Pear Purée

6 months+

single-ingredient

SWEET POTATO PURÉE

Ingredients

- ½ to 1 cup sweet potato, roughly cut
- Water

Method

1. In a saucepan with a steamer basket or insert, bring about 2-3 inches of water to a simmer.
2. Add the peeled sweet potato. Cover and simmer over low heat for 12-15 minutes, or until the sweet potatoes are soft.
3. Use a fork or masher to mash or blend until smooth, adding the water to achieve your desired consistency.

Variations

Apply the same method to prepare a variety of other vegetable-based recipes such as.

Potato Purée

Peas Purée

Green Beans Purée

Pumpkin Purée

Broccoli Purée

Beet Purée

Carrot Purée

Cauliflower Purée

CARROT MAKHANA PURÉE

Ingredients

- ½ cup carrot, roughly cut
- 1 tbsp lotus seeds/makhana powder
- Water

Method

1. In a saucepan with a steamer basket or insert, bring about 2-3 inches of water to a simmer.
2. Add the carrots. Cover and simmer over low heat for 12-15 minutes, or until the carrots are soft.
3. Remove from the burner/stove.
4. Transfer the carrots to a blender and add Makhana powder. Blend until smooth, adding a few tablespoons of water as needed to achieve your desired consistency.

Variations

Apply the same method to prepare a variety of other makhana purée recipes such as

Beet Makhana Purée

Pumpkin Makhana Purée

SPINACH BANANA PURÉE

Ingredients

- ½ cup spinach/palak
- 1 banana, roughly cut
- Water

Method

1. Wash and add the spinach in boiling water until the color of the leaves turns bright green. Turn off the heat. Drain excess water and dip in ice water immediately.
2. Remove from the burner/stove.
3. Transfer the spinach to a blender and banana. Blend until smooth, adding a few tablespoons of water as needed to achieve your desired consistency.

Variations

Apply the same method to prepare a variety of other purée recipes such as

Peas Banana Purée

Carrot Banana Purée

Sweet Potato Banana Purée

Pumpkin Banana Purée

Apple Banana Spinach Purée

Apple Banana Purée

Pear Banana Purée

6 months+

2-ingredients

AVOCADO BANANA PURÉE

Ingredients

- ½ cup ripe avocado
- ½ cup banana

Method

1. Scoop the avocado into a medium bowl.
2. Add banana to the bowl.
3. Use a fork or masher to mash or blend together until smooth to achieve your desired consistency.

Variations

Apply the same method to prepare a variety of other purée recipes such as

Blueberry Banana Purée

Strawberry Banana Purée

Peach Banana Purée

BROCCOLI APPLE PURÉE

Ingredients

- ½ cup broccoli, roughly cut
- ½ cup apple, roughly cut
- Water

Method

1. In a saucepan with a steamer basket or insert, bring about 2-3 inches of water to a simmer.
2. Add the peeled chopped apples and broccoli. Cover and simmer over low heat for 8-10 minutes, or until the apples and broccoli are soft.
3. Remove from the burner/stove and transfer the apples and broccoli to a blender. Blend until smooth, adding a few tablespoons of water as needed to achieve your desired consistency.

Variations

Apply the same method to prepare a variety of other purée recipes such as

Broccoli Pear Purée

Pumpkin Apple Purée

Pumpkin Pear Purée

Peas Pear Purée

Pumpkin Carrot Purée

Beet carrot Purée

Green Beans Pumpkin Purée

Sweet Potato Apple Purée

Carrot Sweet Potato Purée

BEET CARROT PEAR PURÉE

Ingredients

- ¼ cup beet, roughly cut
- ¼ cup carrot, roughly cut
- ¼ cup pear, roughly cut
- 1 almond, soaked
- Water

Method

1. In a saucepan with a steamer basket or insert, bring about 2-3 inches of water to a simmer.
2. Add the peeled beet, carrot, and pear. Cover and simmer over low heat for 4-5 minutes. Remove the pear and let the carrot and beet steam further until they become soft.
3. Remove from the burner/stove. Transfer all to a blender and add a soaked almond. Blend until smooth, adding a few tablespoons of water as needed to achieve your desired consistency.

Variations

Apply the same method to prepare a variety of other purée recipes such as

Pumpkin Pea Pear Purée

Apple Spinach Sweet Potato Purée

Pea Spinach Pear Purée

Apple Beet Pear Purée

Apple Carrot Pumpkin Purée

Sweet Potato Carrot Pumpkin Purée

CHICKPEA CARROT PUMPKIN PURÉE

Ingredients

- ¼ cup boiled chickpea, boiled
- ¼ cup carrot, roughly cut
- ¼ cup pumpkin, roughly cut
- ½ tsp olive oil
- Water

Method

1. In a saucepan with a steamer basket or insert, bring about 2-3 inches of water to a simmer.
2. Add the peeled carrot and pumpkin. Cover and simmer over low heat for 8-10 minutes, or until they are soft.
3. Remove from the burner/stove.
4. Transfer them and add boiled chickpeas to a blender. Blend until smooth, adding a few tablespoons of water as needed to achieve your desired consistency.
5. Top it up with olive oil.

Variations

Apply the same method to prepare a variety of other purée recipes such as

Chickpea Spinach Broccoli Purée

Chickpea Spinach Pea Purée

Chickpea Sweet Potato Purée

Chickpea Beet Purée

BLACK BEAN SWEET POTATO PURÉE

Ingredients

- ¼ cup black beans, boiled
- ¼ cup sweet potato, roughly cut
- Water

Method

1. In a saucepan with a steamer basket or insert, bring about 2-3 inches of water to a simmer.
2. Add the peeled sweet potato. Cover and simmer over low heat for 8-10 minutes, or until it's soft.
3. Remove from the burner/stove.
4. In a mixing bowl, add boiled black beans and sweet potato. Mash them until smooth, adding a few tablespoons of water as needed to achieve your desired consistency.

Variations

Apply the same method to prepare a variety of other purée recipes such as

Black Bean Avocado Purée

6 months+

2-ingredients

CARROT RICE PURÉE

Ingredients

- ½ cup rice
- ½ cup carrot, grated

Method

1. In a small saucepan, combine the rice with grated carrot and water and boil over medium heat.
2. Reduce the heat to low, cover, and cook for 10-15 minutes, or until the water is absorbed. Turn off the heat and let it cool down
3. Transfer to a blender. Blend until smooth.

Variations

Apply the same method to prepare a variety of other porridge recipes such as

Sweet Potato Rice Porridge

Peas Rice Porridge

Pumpkin Rice Porridge

6 months+

2-ingredients

BANANA PEANUT BUTTER PURÉE

Ingredients

- ½ cup ripe banana, mashed
- 1 tsp peanut butter, unsalted and roasted

Method

1. In a mixing bowl, add banana and peanut butter.
2. Mix it well and serve.

RAGI PORRIDGE

Ingredients

- 1 tbsp ragi flour
- ½ cup water
- Breastmilk/Formula
- A pinch of cardamom powder

Method

1. In a small saucepan, combine the ragi flour, cardamom powder, and water. Mix it well to avoid lumps.
2. Now place it on the heat on a low flame and stir continuously for 5-6 minutes.
3. Once done, turn off the heat and let sit, covered, for 5 additional minutes.
4. Add breastmilk or formula and mix well to achieve your desired consistency.

Substitutes

You can substitute cardamom powder with ground flax seeds, makhana powder, cashew powder, nuts and seeds powder, or pista powder.

Variations

Apply the same method to prepare a variety of other grain-based recipes such as

Amaranth Porridge

Jowar Porridge

Rava Porridge

Wheat Porridge

Barley Porridge

Bajra Porridge

Oats Porridge

Rice Cereal Porridge

Sathu Mauve Porridge

6 months+

2-ingredients

BANANA RAGIMEAL

Ingredients

- 2 tbsp ragi flour
- ½ cup ripe banana, mashed
- ½ cup water
- Ghee

Method

1. In a small saucepan, combine the ragi flour and water. Mix it well to avoid lumps.
2. Now place it on the heat on a low flame, stir continuously for 5-6 minutes, and then, add a little ghee.
3. Once done, turn off the heat.
4. Add mashed banana and mix well to achieve your desired consistency.

Variations

Apply the same method to prepare a variety of other ragimeal recipes such as

Avocado Ragimeal

Applesauce Ragimeal

SWEET POTATO RAGIMEAL

Ingredients

- 2 tbsp ragi flour
- ½ cup sweet potato, steamed and mashed
- ½ cup water
- Ghee

Method

1. In a small saucepan, combine the ragi flour and water. Mix it well to avoid lumps.
2. Now place it on the heat on a low flame, stir continuously for 5-6 minutes, and then, add a little ghee.
3. Once done, turn off the heat.
4. Add steamed mashed sweet potato and mix well to achieve your desired consistency.

Variations

Apply the same method to prepare a variety of other ragimeal recipes such as

Carrot Ragimeal

Pumpkin Ragimeal

Potato Ragimeal

Beet Ragimeal

Broccoli Ragimeal

Peas Ragimeal

Makhana Ragimeal

Nuts & Seeds Ragimeal



OATMEAL

OPTIONS

5 RECIPES

Plain Oatmeal

Apple Oatmeal

Blueberry Oatmeal

Spinach Oatmeal

Overnight Banana Oats

PLAIN OATMEAL

Ingredients

- 2 tbsp rolled old-fashioned oats, roasted
- Ghee
- Water
- A pinch of ground cinnamon

Method

1. Heat a saucepan over medium heat and add ghee until it melts and starts to sizzle.
2. Add the oats to the saucepan and roast for 1-2 minutes.
3. Then, add water and ground cinnamon, and stir occasionally until the oatmeal thickens to the desired consistency.
4. Mash to achieve your desired texture and serve.

Substitutes

You can substitute ground cinnamon with ground flax seeds, makhana powder, cashew powder, nuts and seeds powder or pista powder.

6 months+

2-ingredients

APPLE OATMEAL

Ingredients

- 2 tbsp rolled old-fashioned oats, roasted
- ½ cup apple, peeled and grated
- Ghee
- A pinch of cinnamon powder(optional)
- Water

Method

1. Heat a saucepan over medium heat and add ghee until it melts and starts to sizzle.
2. Add the apple to the saucepan, and sauté for 3-4 minutes or until the apple starts to get tender. Then, sprinkle in the cinnamon powder.
3. Add the oats and water then cook until almost all the liquid has thickened. Mix it well.
4. Mash to achieve your desired texture.

Variations

Apply the same method to prepare a variety of other oatmeal recipes such as

Pear Oatmeal

6 months+

2-ingredients

BLUEBERRY OATMEAL

Ingredients

- 2 tbsp rolled old-fashioned oats, roasted
- ½ cup blueberries, mashed
- Water

Method

1. In a saucepan, add the oats and water. Bring the mixture to a gentle boil over medium heat.
2. Once the oats are cooked and have reached a smooth and creamy consistency, add the blueberries. Mix it well.
3. Mash to achieve your desired texture.

Variations

Apply the same method to prepare a variety of other oatmeal recipes such as

Peach Oatmeal

Mango Oatmeal

Plum Oatmeal

Cherry Oatmeal

Apricot Oatmeal

Banana Oatmeal

6 months+

2-ingredients

SPINACH OATMEAL

Ingredients

- 2 tbsp rolled old-fashioned oats, roasted
- ⅓ cup spinach/palak purée
- Water

Method

1. In a saucepan, add the oats and water. Bring the mixture to a gentle boil over medium heat.
2. Once the oats are cooked and have reached a smooth and creamy consistency, add the spinach purée.
3. Cook until your desired texture is reached.

Variations

Apply the same method to prepare a variety of other oatmeal recipes such as

Carrot Oatmeal

Pumpkin Oatmeal

Potato Oatmeal

Sweet Potato Oatmeal

Green Bean Oatmeal

Beet Oatmeal

Broccoli Oatmeal

OVERNIGHT BANANA OATS

Ingredients

- ¼ cup rolled old-fashioned oats, roasted
- ¼ cup formula/breast milk/almond milk
- ¼ cup ripe banana, mashed
- ½ tsp of chia seeds
- 1 tbsp nuts & seeds powder
- A pinch of cinnamon powder
- Maple syrup(1 year old+)

Method

1. In a small glass container, add the oats and formula/breast milk/almond milk.
2. Add nuts & seeds powder, cinnamon powder, chia seeds, and maple syrup to the bowl.
3. Stir all the ingredients together until well combined.
4. Cover the container and refrigerate overnight, allowing the oats to absorb the liquid and flavors.
5. The next morning, give the overnight oats a good stir and check the consistency. If needed, you can add a little more milk to reach the desired thickness.
6. Add mashed banana to the container and serve.

Substitutes

You can substitute banana with custard apple, mango, strawberry, blueberry, or peanut butter.



KHICHDIS

7 RECIPES

Bottle Gourd Khichdi
Sabudana Khichdi
Qunioa Khichdi
Oats Khichdi

Millet Khichdi
Palak Dal Khichdi
Beet Dalia Khichdi

TIPS

Soaking

- For whole millet, soak for at least 6 to 8 hours for better digestion.

Consistency

- You can add hot water in the end to adjust the consistency as per your preference.

Serving

- Drizzle 1 tsp ghee over the khichdi except Sabudana khichdi.
- You can serve khichdi with plain yougurt/curd.

BOTTLE GOURD KHICHDI

Ingredients

- ¼ cup rice
- ¼ cup split green moong dal
- ½ cup bottle gourd, grated
- A pinch of cumin powder, turmeric powder, and asafoetida/hing
- 1 tbsp ghee
- 2 cup water

Method

1. Wash and soak rice and moong dal for 30 minutes.
2. In a pressure cooker, heat ghee over medium heat until it melts and starts to sizzle.
3. Add cumin powder and hing.
4. Add bottle gourd, turmeric powder, and soaked ingredients. Sauté for a few seconds and then, add water.
5. Pressure cook for 4 whistles over medium heat.
6. Once cooked, switch off the flame and let the cooker de-pressurize naturally.
7. Mash it to the desired consistency. Your khichdi is ready.

Variations

Apply the same method to prepare a variety of other khichdi recipes such as

Pumpkin Khichdi

Mix Veg Khichdi

Spinach Khichdi

Peas Khichdi

SABUDANA KHICHDI

Ingredients

- ½ cup sago pearls/sabudana
- ½ cup potatoes, boiled and mashed
- 1 tbsp peanut powder, roasted and unsalted
- 1 tbsp coriander leaves, chopped
- A pinch of cumin powder and black pepper powder
- 1 tsp lemon juice
- 1 tbsp ghee

Method

1. Wash sabudana under cold running water. Add an equal amount of water and soak for 5-6 hours covered, then drain excess water from soaked ingredients. When properly soaked, the sabudana should get mashed when pressed.
2. Heat a pan/kadai over medium heat and add ghee until it melts and starts to sizzle.
3. Add cumin powder and potatoes. Stir and cook for 1-2 minutes.
4. Add peanut powder, black pepper powder, and lemon juice to the pan. Stir it well.
5. Cover the pan with the lid and let it cook until the sabudana turns translucent.
6. Sprinkle coriander leaves and stir. Your khichdi is ready.

QUNIOA KHICHDI

Ingredients

- ½ cup quinoa
- ¼ cup yellow moong dal
- ¾ cup mixed vegetables(bell peppers, carrot, peas, and beans), finely chopped
- A pinch of cumin powder, turmeric powder, and asafoetida/hing
- 1 tbsp ghee
- 3 cup water

Method

1. Wash quinoa and soak yellow moong dal for 30 minutes.
2. In a pressure cooker, heat ghee over medium heat until it melts and starts to sizzle.
3. Add cumin powder and hing.
4. Then, add mixed vegetables, turmeric powder, black pepper powder, and soaked ingredients. Sauté for a few seconds and then, add water.
5. Pressure cook for 4 whistles over medium heat.
6. Once cooked, switch off the flame and let the cooker de-pressurize naturally.
7. Mash it to the desired consistency. Your khichdi is ready.

OATS KHICHDI

Ingredients

- ½ cup rolled old-fashioned oats, roasted
- ¼ cup yellow moong dal
- ¾ cup mixed vegetables(carrot, onion, tomato, beans), finely chopped
- A pinch of cumin powder, turmeric powder, black pepper powder, and asafoetida/hing
- 1 tbsp ghee
- Water

Method

1. Wash and soak yellow moong dal for 30 minutes.
2. In a pressure cooker, heat ghee over medium heat until it melts and starts to sizzle.
3. Add cumin powder and hing.
4. Add mixed vegetables, turmeric powder, black pepper powder, oats, and soaked ingredients. Sauté for a few seconds and then, add water. Water should be 2 inches above the ingredients' surface.
5. Pressure cook for 2 whistles over medium heat.
6. Once cooked, switch off the flame and let the cooker de-pressurize naturally.
7. Mash it to the desired consistency. Your khichdi is ready.

MILLET KHICHDI

Ingredients

- ½ cup foxtail millet
- ⅓ cup yellow moong dal
- ⅓ cup masoor dal
- ¾ cup mixed vegetables(carrot, potato, broccoli, and peas), finely chopped
- 1 tbsp onion, finely chopped
- 1 tbsp tomato, finely chopped
- 1 garlic clove, chopped
- A pinch of cumin powder, black pepper powder, turmeric powder, and asafoetida/hing
- 1 tbsp ghee
- 3 cup water

Method

1. Wash and soak foxtail millet for 6 to 8 hours.
2. Wash and soak yellow moong dal and masoor dal for 30 minutes.
3. In a pressure cooker, heat ghee over medium heat until it melts and starts to sizzle.
4. Add cumin powder and hing.
5. Then, add garlic and onions, and sauté until they become translucent.
6. Add mixed vegetables, turmeric powder, black pepper powder, and soaked ingredients. Sauté for a few seconds and then, add water.
7. Pressure cook for 4-5 whistles over medium heat.
8. Once cooked, switch off the flame and let the cooker de-pressurize naturally. Mash it to the desired consistency. Your khichdi is ready.

7 months+

MILLET KHICHDI

Variations

Apply the same method to prepare a variety of other khichdi recipes such as

Little Millet Khichdi

Broken Jowar Dalia Khichdi

PALAK DAL KHICHDI

Ingredients

- ½ cup rice
- ½ cup yellow moong dal
- 1 cup spinach
- 1 tbsp onion, finely chopped
- 1 tbsp tomato, finely chopped
- 1 garlic clove, roughly cut
- A pinch of cumin powder, black pepper powder, and asafoetida/hing
- 1 tbsp ghee
- 4 cup water

Method

1. Wash rice and yellow moong dal for 30 minutes.
2. Wash and add the spinach in boiling water for 1 minute or until the color of the leaves turns bright green. Turn off the heat. Drain excess water and dip in ice water immediately.
3. Blend Spinach and garlic clove together to make a smooth spinach purée.
4. In a pressure cooker, heat ghee over medium heat until it melts and starts to sizzle.
5. Add cumin powder and hing.
6. Then, add onions and sauté until they become translucent.
7. Add spinach purée, black pepper powder, and soaked ingredients. Sauté for a few seconds and then, add water.
8. Pressure cook for 3 whistles over medium heat.
9. Once cooked, switch off the flame and let the cooker de-pressurize naturally.
10. Mash it to the desired consistency. Your khichdi is ready.

BEET DALIA KHICHI

Ingredients

- ½ cup broken wheat/dalia
- 1 tbsp yellow moong dal
- ½ cup beet, grated
- 1 garlic clove, chopped
- A pinch of cumin powder, black pepper powder, and asafoetida/hing
- 1 tbsp ghee
- 2 cup water

Method

1. Wash and soak dalia and yellow moong dal for 30 minutes
2. In a pressure cooker, heat ghee over medium heat until it melts and starts to sizzle.
3. Add cumin powder and hing.
4. Add garlic clove and beet, and sauté for a few seconds.
5. Add black pepper powder and soaked ingredients. Sauté for a few seconds and then, add water.
6. Pressure cook for 5 whistles over medium heat.
7. Once cooked, switch off the flame and let the cooker de-pressurize naturally.
8. Mash it to the desired consistency. Your khichdi is ready.

Variations

Apply the same method to prepare a variety of other khichdi recipes such as

Mix Veg Dalia Khichdi



RICE BALLS

8 RECIPES

Broccoli Moong Rice Balls
Dal Makhani Rice Balls
Tomato Masoor Rice Balls
Beet Rice Balls

Paneer Hariyali Rice Balls
Paneer Rice Balls
Mix Veg Rice Balls
Mexican Balls

TIPS

Consistency

- If the dal and rice mixture is dry, you can add more dal.
- If the dal and rice mixture is runny, you can add more cooked rice.

BROCCOLI MOONG RICE BALLS

Ingredients

- ½ cup rice, cooked
- ¼ cup split yellow lentils/moong dal
- ¼ cup broccoli, chopped
- 1 tbsp onion, chopped
- 1 garlic clove, chopped
- A pinch of cumin powder, turmeric powder, coriander powder, and asafoetida/hing
- 1 tbsp ghee
- Water

Method for Broccoli Lentil/Dal

1. Wash and soak yellow moong dal for 30 minutes.
2. In a pressure cooker, heat ghee over medium heat until it melts and starts to sizzle.
3. Add cumin powder and hing.
4. Then, add garlic and onions, and sauté until they become translucent.
5. Add chopped broccoli, soaked moong dal, coriander powder, and turmeric powder.
6. Sauté for a few seconds and then, add water. Water should be 1.5 inches above the dal surface.
7. Pressure cook for 3 whistles over medium heat.
8. Once cooked, switch off the flame and let the cooker de-pressurize naturally. Your dal is ready.

Method for Balls

1. When both lentil/dal and cooked rice are at room temperature, mix them and combine well.
2. Make small balls from the mixture. Your rice balls are ready.

DAL MAKHANI RICE BALLS

Ingredients

- ½ cup rice, cooked
- 1 tbsp kidney beans/rajma
- ¼ cup whole black lentils/black urad dal
- ¼ cup tomato, grated
- 1 tbsp onion, chopped
- 1 garlic clove, chopped
- A pinch of cumin powder, turmeric powder, coriander powder, and asafoetida/hing
- 1 tbsp ghee
- Water

Method for Black Dal

1. Wash and soak rajma and black urad dal overnight.
2. In a pressure cooker, heat ghee over medium heat until it melts and starts to sizzle.
3. Add cumin powder and hing.
4. Then, add garlic and onions, and sauté until they become translucent.
5. Add grated tomato, soaked black dal, soaked rajma, coriander powder, and turmeric powder.
6. sauté for a few seconds and then, add water.
7. Pressure cook for 6-7 whistles over medium heat.
8. Once cooked, switch off the flame and let the cooker de-pressurize naturally. Your dal is ready.

Method for Balls

1. When both dal makhani and rice are at room temperature, mix them and combine well.
2. Make small balls from the mixture. Your rice balls are ready.

TOMATO MASOOR RICE BALLS

Ingredients

- ½ cup rice, cooked
- ¼ cup red lentils/masoor dal
- ¼ cup tomato, grated
- 1 tsp cashew powder
- 1 tbsp onion, chopped
- 1 garlic clove, chopped
- A pinch of cumin powder, turmeric powder, coriander powder, and asafoetida/hing
- 1 tbsp ghee
- Water

Method for Masoor dal

1. Wash and soak masoor dal for 30 minutes.
2. In a pressure cooker, heat ghee over medium heat until it melts and starts to sizzle.
3. Add cumin powder and hing.
4. Then, add garlic and onions, and sauté until they become translucent.
5. Add grated tomato, masoor dal, coriander powder, and turmeric powder.
6. Sauté for a few seconds and then, add water.
7. Pressure cook for 3 whistles over medium heat.
8. Once cooked, switch off the flame and let the cooker de-pressurize naturally. Your dal is ready.

Method for Balls

1. When both masoor dal and rice are at room temperature, mix them and combine them with cashew powder.
2. Make small balls from the mixture. Your rice balls are ready.

BEET RICE BALLS

Ingredients

- ½ cup rice
- ¼ cup beet, grated
- 1 tbsp onion, chopped
- 1 garlic clove, chopped
- A pinch of cumin powder, coriander powder, and asafoetida/hing
- 1 tbsp ghee
- Water



Method

1. Wash and soak rice for 30 minutes.
2. In a pressure cooker, heat ghee over medium heat until it melts and starts to sizzle.
3. Add cumin powder and hing.
4. Then, add garlic and onions, and sauté until they become translucent.
5. Add grated beet, coriander powder, and drained rice.
6. Sauté for a few seconds and then, add water. Water should be 1 inch above the rice surface.
7. Pressure cook for 3 whistles over medium heat.
8. Once cooked, switch off the flame and let the cooker de-pressurize naturally.
9. Make small balls. Your rice balls are ready.

PANEER HARIYALI RICE BALLS

Ingredients

- ½ cup rice
- 1 cup spinach/palak
- ½ cup mixed vegetables(peas, beans, and capsicum), finely chopped
- 3 tbsp Indian cottage cheese/paneer, crumbled/grated
- 1 tbsp onion, chopped
- 1 garlic clove, chopped
- A pinch of cumin powder, black pepper powder, and coriander powder.
- 1 tbsp ghee
- Water

Method

1. Wash and soak rice for 30 minutes.
2. Wash and add the spinach in boiling water until the color of the leaves turns bright green. Turn off the heat. Drain excess water and dip in ice water immediately.
3. Blend Spinach and coriander to make a smooth spinach purée.
4. In a pan, heat ghee over medium heat until it melts and starts to sizzle. Add cumin powder, garlic, and onions. Sauté until they become translucent.
5. Add mixed vegetables and sauté for a few minutes.
6. Add spinach purée, cumin powder, coriander powder, black pepper powder, and drained rice. Sauté for a few seconds and then, add water. Water should be 2 inches above the ingredients' surface.
7. Let it cook on a medium flame. Once cooked, switch off the flame and let the cooker de-pressurize naturally.
8. Add grated paneer and make small balls.

PANEER RICE BALLS

Ingredients

- ½ cup rice, cooked
- ¼ cup Indian cottage cheese/paneer, crumbled/grated
- ⅛ cup tomato, grated
- 1 tbsp onion, chopped
- A pinch of cumin powder, turmeric powder, black pepper powder, and coriander powder
- 1 tbsp ghee
- Water

Method

1. In a pan, heat ghee over medium heat until it melts and starts to sizzle.
2. Add cumin powder.
3. Then, add garlic and onions, and sauté until they become translucent.
4. Add tomatoes and sauté until they are soft and mushy.
5. Add grated paneer, turmeric powder, black pepper powder, and coriander powder. Cook until most of the water evaporates. Ensure that the curry is not too dry when cooked.
6. When both paneer and rice are at room temperature, mix them and combine well.
7. Make small balls. Your rice balls are ready.

MIX VEG RICE BALLS

Ingredients

- ¼ cup rice
- ⅛ cup carrot, chopped
- ⅛ cup capsicum, chopped
- ⅛ cup peas
- ⅛ cup tomato, chopped
- ⅛ cup potato, chopped
- ⅛ cup green beans, chopped
- A pinch of turmeric powder, coriander powder, cumin powder, black pepper powder, and asafoetida/hing
- 1 tbsp ghee
- Water

Method

1. Wash and soak rice for 30 minutes.
2. In a pressure cooker, heat ghee over medium heat until it melts and starts to sizzle.
3. Add cumin powder and hing.
4. Add tomatoes and sauté until they are soft and mushy.
5. Add mixed vegetables and sauté for a few minutes.
6. Add coriander powder, turmeric powder, black pepper, asafoetida, and drained rice. Sauté for a few seconds and then, add water.
7. Pressure cook for 3 whistles over medium heat.
8. Once cooked, switch off the flame and let the cooker de-pressurize naturally.
9. Make small balls. Your rice balls are ready.

MEXICAN BALLS

Ingredients

- ½ cup rice, cooked
- ⅓ cup black beans
- ¼ ripe avocado
- ¼ cup tomato, grated
- 1 tbsp red bell pepper, chopped
- 1 tbsp onion, chopped
- 1 garlic clove, chopped
- A pinch of cumin powder, and asafoetida/hing
- 1 tbsp olive oil
- Water

Method for Black Bean Curry

1. Wash and soak black beans overnight.
2. In a pressure cooker, heat olive oil over medium heat until it melts and starts to sizzle.
3. Add cumin powder and hing.
4. Then, add garlic and onions, and sauté until they become translucent.
5. Add tomatoes and sauté until they are soft and mushy.
6. Add red bell pepper, and soaked black beans, and sauté for a few seconds. Then, add water.
7. Pressure cook for 6-7 whistles over medium heat.
8. Once cooked, switch off the flame and let the cooker de-pressurize naturally.

Method for Balls

1. When both black bean curry and rice are at room temperature, mix curry, rice, and avocado together and combine well.
2. Make small balls from the mixture.



DIPS

14 RECIPES

Tomato Ketchup

Tomato Chutney

Tomato Peanut Chutney

Coconut Chutney

Beet Coconut Chutney

Green Chutney

Avocado Dip

Hummus

Red Bell Pepper Hummus

Beet Raita

Berry Chia Jam

Peanut Sauce

Red Pepper Sauce

Flax Seeds Yogurt

TOMATO KETCHUP

Ingredients

- 6 ripe tomatoes, deseeded and roughly cut
- 1 garlic clove, roughly cut
- ¼ cup onion, roughly cut
- ¼ cup beet, roughly cut
- ¼ cup red bell pepper, roughly cut
- ½ cup apple, roughly cut(for less than 1 year)
- 2 tbsp jaggery powder(for 1 year+)
- A pinch of cinnamon powder, black pepper powder, and asafoetida/hing
- 2 tsp lemon juice
- ¼ cup water

Method

1. Heat a pan/kadai over medium heat.
2. Add tomatoes, garlic clove, onion, beet, red bell pepper, apple, cinnamon powder, black pepper, hing, and water.
3. Cover the pan with the lid and let it cook for 20-30 minutes or until it turns mushy.
4. Remove the kadai from the heat and let it cool down until it reaches room temperature.
5. Transfer to a blender and blend until it's smooth. Strain the paste into a saucepan and cook over low heat for 15-20 minutes until it gets thicker.
6. Add jaggery and keep stirring. It shouldn't have any water left.
7. Add lemon juice and your tomato ketchup is ready.

TOMATO CHUTNEY

Ingredients

- ¼ cup onion, roughly cut
- ½ cup tomato, roughly cut
- 1 garlic clove, roughly cut
- 2 tbsp bengal gram/chana dal, roasted
- A pinch of cumin seeds, black pepper powder
- 1 tbsp ghee

Method

1. In a kadai or frying pan, heat ghee over low-medium heat until it melts and starts to sizzle.
2. Add the cumin seeds until they start to sizzle.
3. In the same kadai, add the roasted chana dal and sauté for 1-2 minutes.
4. Then, add garlic and onions, and sauté until they become translucent.
5. Add tomatoes and sauté until they are soft and mushy.
6. Add black pepper powder and mix it well.
7. Remove the kadai from the heat and let it cool down until it reaches room temperature.
8. Transfer everything to a blender and blend them until smooth.
9. Your chutney is ready.

TOMATO PEANUT CHUTNEY

Ingredients

- ½ cup tomato, roughly cut
- ¼ cup onion, roughly cut
- ¼ cup peanut powder, unsalted and roasted
- 1 garlic clove, roughly cut
- A pinch of cumin seeds and black pepper powder
- 1 tbsp ghee

Method

1. In a kadai or frying pan, heat ghee over low-medium heat until it melts and starts to sizzle.
2. Add the cumin seeds until they start to sizzle.
3. Then, add garlic and onions, and sauté until they become translucent.
4. Add tomatoes and sauté until they are soft and mushy.
5. Add black pepper powder and mix it well.
6. Remove the kadai from the heat and let it cool down until it reaches room temperature.
7. Transfer everything with peanut powder to a blender and blend them until smooth.
8. Your chutney is ready.

COCONUT CHUTNEY

Ingredients

- ½ cup coconut, grated
- 2 tbsp bengal gram/chana dal, roasted
- 1 tbsp coriander leaves
- A pinch of cumin seeds, black pepper powder
- 1 garlic clove, roughly cut(optional)
- 1 tbsp plain yogurt/curd (optional)
- Water

Method

1. In a blender, combine grated coconut with roasted bengal gram, dal, coriander leaves, garlic clove, cumin seeds, black pepper powder, curd, and a little water.
2. Blend them until smooth. Your chutney is ready.

BEET COCONUT CHUTNEY

Ingredients

- ¼ cup beet, boiled
- ½ cup coconut, grated
- 2 tbsp bengal gram/chana dal, roasted
- 1 tbsp coriander leaves
- A pinch of cumin seeds, black pepper powder
- 1 garlic clove, roughly cut(optional)
- 1 tbsp plain yogurt/curd (optional)
- Water

Method

1. In a blender, combine grated coconut with boiled beet, roasted bengal gram, dal, coriander leaves, garlic clove, cumin seeds, black pepper powder, curd, and a little water.
2. Blend them until smooth. Your chutney is ready.

Variations

Apply the same method to prepare a variety of other chutney recipes such as

Carrot Coconut Chutney

GREEN CHUTNEY

Ingredients

- ½ cup coriander leaves
- 2 tbsp bengal gram/chana dal, roasted
- 1 tbsp peanut powder, unsalted and roasted
- 1 garlic clove, roughly cut(optional)
- 1 tsp lemon juice
- A pinch of cumin seeds

Method

1. In a blender, combine coriander leaves with garlic clove, peanut powder, bengal gram, lemon juice, and cumin seeds.
2. Blend them until smooth. Your chutney is ready.

AVOCADO DIP

Ingredients

- ½ cup ripe avocado
- 1 tbsp coriander leaves
- ½ tsp garlic
- 1 tsp lemon juice
- Water

Method

1. In a blender, combine avocado with coriander leaves, garlic lemon juice, and a little water.
2. Blend them until smooth. Your dip is ready.

HUMMUS

Ingredients

- ½ cup chickpeas, boiled
- 1 garlic clove, roughly cut
- 1 tbsp sesame seeds, roasted
- 3 tbsp olive oil
- 1-2 ice cubes
- 1 tsp lemon juice

Method

1. In a blender, combine chickpeas with garlic clove, roasted sesame seeds, lemon juice, olive oil, and ice cubes.
2. Blend them until smooth. Add extra oil if required. Your hummus is ready.

RED BELL PEPPER HUMMUS

Ingredients

- ¼ cup red bell pepper, roughly cut
- ½ cup chickpeas, boiled
- 1 garlic clove, roughly cut
- 1 tbsp sesame seeds, roasted
- 3 tbsp olive oil
- 1-2 ice cubes
- 1 tsp lemon juice

Method

1. In a pan, spread the olive over medium heat.
2. Add red bell pepper to it and sauté until it gets soft and mushy.
3. In a blender, combine chickpeas with red bell pepper, garlic clove, roasted sesame seeds, lemon juice, olive oil, and ice cubes.
4. Blend them until smooth. Add extra oil if required. Your hummus is ready.

Variations

Apply the same method to prepare a variety of other hummus recipes such as

Carrot Hummus

Beet Hummus

Pumpkin Hummus

BEET RAITA

Ingredients

- 1 cup plain yogurt/curd
- 1 beet, boiled and grated
- 1 tbsp coriander leaves, finely chopped
- A pinch of cumin seeds

Method

1. In a mixing bowl, add curd, cumin powder, beet, and coriander leaves.
2. mix them until smooth. Your raita is ready.

7 months+

2-ingredients

BERRY CHIA JAM

Ingredients

- 1 cup mixed berries (strawberries and blueberries)
- 1 tbsp chia seeds
- 1-2 tbsp Maple syrup(for 1 year+)

Method

1. Wash the mixed berries thoroughly and remove any stems or leaves.
2. Place the berries in a saucepan and cook over medium heat until they are soft.
3. Add chia seeds and maple syrup to the saucepan. Mix it well. Chia seeds will absorb moisture and thicken the jam over time.
4. Use a masher to mash it. Continue cooking and mashing until the berries break down into a jam-like consistency.
5. Allow the jam to cool down. As it cools, it will thicken further.

Variations

Apply the same method to prepare a variety of other jam recipes such as

Strawberry Chia Jam

Peach Chia Jam

Cherry Chia Jam

Apricot Chia Jam

Raspberry Chia Jam

Blueberry Chia Jam

1 year+

single-ingredient

PEANUT SAUCE

Ingredients

- 1 tbsp peanut butter, unsalted and roasted
- 1 tbsp water
- 1 tsp maple syrup or honey(for 1 year+)

Method

1. In a small bowl, mix peanut butter, water, and maple syrup or honey.
2. Mix it well. Your peanut sauce is ready.

RED PEPPER SAUCE

Ingredients

- 1 cup red bell pepper, roughly cut
- 1 garlic clove
- 10 almonds, soaked
- 1 tsp lemon juice
- ⅛ olive oil
- Water

Method

1. In a pan, spread the olive over medium heat.
2. Add red bell pepper to it and sauté until it gets soft and mushy.
3. In a blender, combine red bell peppers with garlic clove, almonds, lemon juice, olive oil, and a little water.
4. Blend it smooth. Your sauce is ready.

6 months+

2-ingredients

FLAX SEEDS YOGURT

Ingredients

- Ground flaxseeds (grind seeds to powder it)
- Yogurt

To make powder, grind flax seeds to powder it

Method

1. Add ground flaxseeds to the yogurt.
2. Mix it well.



PANCAKES/ WAFFLES

18 RECIPES

Banana Oats Pancake

Apple Oats Pancake

Beet Oats Pancake

Spinach Banana Oats Pancake

Peanut Butter Pancake

Mix Veg Oats Pancake

Banana Ragi Pancake

Sweet Ragi Pancake

Mix Veg Ragi Pancake

Blueberry Pancake

Bottle gourd Rava Pancake

Mix veg Rava Chilla

Besan Pancake

Carrot Jowar Pancake

Moong Dal Pancake

Multi-grain Beet Pancake

Protein-Rich Pancake

Spinach Broccoli Pancake

Oatmeal Bread

TIPS

Cooking

- Always grease your pan with ghee before pouring the batter.
- Always cook on low to medium heat.
- Consider using a non-stick ceramic or cast iron pan(it shouldn't be too thin)

Substitutes

- You can add 1 flax egg in the pancake recipes.

Method for Flax egg(replacement of egg)

- Mix 1 tbsp of ground flaxseeds with three tablespoons of water.
- Let it sit for about 5-10 minutes so it can thicken. Then, add it to the batter in place of the egg.

Serving

- Serve pancakes alongside the dips provided in this book.

BANANA OATS PANCAKE

Ingredients

- ¼ cup rolled old-fashioned oats, roasted
- ½ ripe banana
- A pinch of cinnamon Powder
- ½ cup water(for less than 1 year)
- ½ cup milk(for 1 year+)
- 1 tbsp ghee

Method

1. In a blender, add oats, bananas, cinnamon powder, and water/milk.
2. Blend until you achieve a smooth batter with a consistency suitable for pancakes. Remember, the consistency should be fairly thin, like a pancake batter.
3. Heat a skillet or griddle over low-medium heat and add ghee to it. Spread the ghee evenly.
4. Once the skillet is hot, pour a small amount of the pancake batter onto the skillet to form small pancakes.
5. Cook the pancakes until you see small bubbles forming on the surface and the edges start to turn slightly golden brown. This may take 2-3 minutes.
6. Flip the pancakes using a spatula and cook the other side for another 1-2 minutes or until they are lightly browned.

Variations

Apply the same method to prepare a variety of other recipes such as

Blueberry Banana Oats Pancake

APPLE OATS PANCAKE

Ingredients

- ½ apple, Peeled and finely grated
- 3 tbsp roasted oats flour
- A pinch of cinnamon powder
- ½ cup water(for less than 1 year)
- ½ cup milk(for 1 year+)
- 1 tbsp ghee

Method

1. In a bowl, mix oats, apples, cinnamon powder, and water/milk.
2. Heat a skillet or griddle over low-medium heat and add ghee to it. Spread the ghee evenly.
3. Once the skillet is hot, pour a small amount of the pancake batter onto the skillet to form small pancakes.
4. Cook the pancakes until you see small bubbles forming on the surface and the edges start to turn slightly golden brown. This may take 2-3 minutes.
5. Flip the pancakes using a spatula and cook the other side for another 1-2 minutes or until they are lightly browned.

BEET OATS PANCAKE

Ingredients

- ½ cup beet, roughly cut
- ½ cup rolled old-fashioned oats, roasted
- ½ cup water(for less than 1 year)
- ½ cup milk(for 1 year+)
- 1 tbsp ghee

Method

1. In a blender, add oats, beet, and water/milk.
2. Blend until you achieve a smooth batter with a consistency suitable for pancakes. Remember, the consistency should be fairly thin, like a pancake batter.
3. Heat a skillet or griddle over low-medium heat and add ghee to it. Spread the ghee evenly.
4. Once the skillet is hot, pour a small amount of the pancake batter onto the skillet to form small pancakes.
5. Cook the pancakes until you see small bubbles forming on the surface and the edges start to turn slightly golden brown. This may take 2-3 minutes.
6. Flip the pancakes using a spatula and cook the other side for another 1-2 minutes or until they are lightly browned.

Variations

Apply the same method to prepare a variety of other recipes such as

Sweet Potato Oats Pancake

Pumpkin Carrot Oats Pancake

SPINACH BANANA OATS PANCAKE

Ingredients

- 1 cup spinach/palak
- ½ ripe banana
- ½ cup rolled old-fashioned oats, roasted
- ½ cup water(for less than 1 year)
- ½ cup milk(for 1 year+)
- 1 tbsp ghee

Method

1. Wash and add the spinach in boiling water until the color of the leaves turns bright green. Turn off the heat. Drain excess water and dip in ice water immediately.
2. In a blender, add oats, bananas, blanched spinach, and water/milk.
3. Blend until you achieve a smooth batter with a consistency suitable for pancakes. Remember, the consistency should be fairly thin, like a pancake batter.
4. Heat a skillet or griddle over low-medium heat and add ghee to it. Spread the ghee evenly.
5. Once the skillet is hot, pour a small amount of the pancake batter onto the skillet to form small pancakes.
6. Cook the pancakes until you see small bubbles forming on the surface and the edges start to turn slightly golden brown. This may take 2-3 minutes.
7. Flip the pancakes using a spatula and cook the other side for another 1-2 minutes or until they are lightly browned.

PEANUT BUTTER PANCAKE

Ingredients

- 1 ripe banana
- ¼ cup oats flour
- 1 tbsp peanut butter, unsalted and roasted
- 1 tbsp flax egg(egg replacement)
- 1 tbsp ghee

Method for Flax egg

1. Mix one tablespoon of ground flaxseeds with three tablespoons of water.
2. Let it sit for about 5-10 minutes so it can thicken. Then, add it to the batter in place of the egg.

Method

1. In a mixing bowl, add ripe banana and mash it
2. Add peanut butter and flax egg to the bowl. Mix it well and combine oats flour to it.
3. Heat a skillet or griddle over low-medium heat and add ghee to it. Spread the ghee evenly.
4. Once the skillet is hot, pour a small amount of the pancake batter onto the skillet to form small pancakes.
5. Cook the pancakes until you see small bubbles forming on the surface and the edges start to turn slightly golden brown. This may take 2-3 minutes.
6. Flip the pancakes using a spatula and cook the other side for another 1-2 minutes or until they are lightly browned.

MIX VEG OATS PANCAKE

Ingredients

- ½ cup rolled old-fashioned oats, roasted flour
- ⅓ cup semolina/rava
- 1 tbsp gram flour/besan
- ½ cup mixed vegetables(bell pepper and onion), finely chopped You can add vegetables of your choice such as spinach, carrot, beans, and tomato)
- ¼ cup plain yogurt/curd
- Coriander leaves
- A pinch of cumin powder, turmeric powder, and black pepper powder
- 1 tbsp ghee
- ½ cup water

Method

1. In a mixing bowl, add oats flour, rava, besan, yogurt, and water. Rest for 20-30 minutes.
2. Add cumin powder, turmeric powder, black pepper powder, coriander leaves, mixed vegetables, and water. Mix it well. Remember, the consistency should not be too thick or runny.
3. Heat a skillet or griddle over low-medium heat and add ghee to it. Spread the ghee evenly.
4. Once the skillet is hot, pour a small amount of the pancake batter onto the skillet to form small pancakes.
5. Cook the pancakes until you see small bubbles forming on the surface and the edges start to turn slightly golden brown. This may take 2-3 minutes.
6. Flip the pancakes using a spatula and cook the other side for another 1-2 minutes or until they are lightly browned.

BANANA RAGI PANCAKE

Ingredients

- ½ cup Ragi flour
- ¼ cup ripe banana
- 1 tbsp nuts & seeds powder
- ½ cup water(for less than 1 year)
- ½ cup milk(for 1 year+)
- 1 tbsp ghee

Method

1. In a blender, add ragi, banana, nuts & seeds powder, and water/milk.
2. Blend until you achieve a smooth batter with a consistency suitable for pancakes. Remember, the consistency should be fairly thin, like a pancake batter.
3. Heat a skillet or griddle over low-medium heat and add ghee to it. Spread the ghee evenly.
4. Once the skillet is hot, pour a small amount of the pancake batter onto the skillet to form small pancakes.
5. Cook the pancakes until you see small bubbles forming on the surface and the edges start to turn slightly golden brown. This may take 2-3 minutes.
6. Flip the pancakes using a spatula and cook the other side for another 1-2 minutes or until they are lightly browned.

SWEET RAGI PANCAKE

Ingredients

- ¼ cup ragi flour
- ¼ cup wheat flour
- A pinch of cinnamon powder
- 1 tbsp nuts & seeds powder
- 1 tbsp jaggery powder
- ½ cup milk
- 1 tbsp ghee

Method

1. In a mixing bowl, add ragi flour, wheat flour, cinnamon, nuts & seeds powder, jaggery powder, and milk.
2. Mix it well. Remember, the consistency should not be too thick or runny.
3. Heat a skillet or griddle over low-medium heat and add ghee to it. Spread the ghee evenly.
4. Once the skillet is hot, pour a small amount of the pancake batter onto the skillet to form small pancakes.
5. Cook the pancakes until you see small bubbles forming on the surface and the edges start to turn slightly golden brown. This may take 2-3 minutes.
6. Flip the pancakes using a spatula and cook the other side for another 1-2 minutes or until they are lightly browned.

MIX VEG RAGI PANCAKE

Ingredients

- ¼ cup ragi flour
- ¼ cup semolina/rava
- 1 tbsp rice flour
- ¼ cup plain yogurt/curd
- ½ cup mixed vegetables(onion, carrot, beans, and tomatoes), finely chopped
- Coriander leaves
- A pinch of cumin powder and black pepper
- 1 tbsp ghee
- ½ cup water

Method

1. In a mixing bowl, add ragi flour, rava, rice flour, yogurt, and water. Rest for 20-30 minutes.
2. Add cumin powder, black pepper powder, coriander leaves, mixed vegetables, and water. Mix it well. Remember, the consistency should not be too thick or runny.
3. Heat a skillet or griddle over low-medium heat and add ghee to it. Spread the ghee evenly.
4. Once the skillet is hot, pour a small amount of the pancake batter onto the skillet to form small pancakes.
5. Cook the pancakes until you see small bubbles forming on the surface and the edges start to turn slightly golden brown. This may take 2-3 minutes.
6. Flip the pancakes using a spatula and cook the other side for another 1-2 minutes or until they are lightly browned.

BLUEBERRY PANCAKE

Ingredients

- ½ cup ragi flour
- ¼ cup oats flour
- ¼ cup fresh blueberries
- ½ ripe banana
- 1 tsp nuts & seeds powder
- ¼ cup water
- 1 tbsp ghee

Method

1. In a blender, add ragi flour, oats flour, blueberries, ripe banana, nuts & seeds powder, and water.
2. Blend until you achieve a smooth batter with a consistency suitable for pancakes. Remember, the consistency should be fairly thin, like a pancake batter.
3. Heat a skillet or griddle over low-medium heat and add ghee to it. Spread the ghee evenly.
4. Once the skillet is hot, pour a small amount of the pancake batter onto the skillet to form small pancakes.
5. Cook the pancakes until you see small bubbles forming on the surface and the edges start to turn slightly golden brown. This may take 2-3 minutes.
6. Flip the pancakes using a spatula and cook the other side for another 1-2 minutes or until they are lightly browned.

BOTTLE GOURD RAVA PANCAKE

Ingredients

- ½ cup semolina/rava
- ¼ cup plain yogurt/curd
- ½ cup bottle gourd/lauki, peeled and grated
- A pinch of cumin powder and turmeric powder
- Coriander leaves
- ½ cup water
- 1 tbsp ghee

Method

1. In a mixing bowl, add rava, yogurt, and water. Rest for 20-30 minutes.
2. Add cumin powder, turmeric powder, bottle gourd, and coriander leaves. Mix it well. Remember, the consistency should be fairly thin, like a pancake batter.
3. Heat a skillet or griddle over low-medium heat and add ghee to it. Spread the ghee evenly.
4. Once the skillet is hot, pour a small amount of the pancake batter onto the skillet to form small pancakes.
5. Cook the pancakes until you see small bubbles forming on the surface and the edges start to turn slightly golden brown. This may take 2-3 minutes.
6. Flip the pancakes using a spatula and cook the other side for another 1-2 minutes or until they are lightly browned.

Variations

Apply the same method to prepare a variety of other recipes such as

Carrot Rava Pancake

Spinach Rava Pancake

Beet Rava Pancake

Broccoli Rava Pancake

MIX VEG RAVA PANCAKE

Ingredients

- ½ cup semolina/rava
- ¼ cup plain yogurt/curd
- ¾ cup mixed vegetables(Onion, tomato, bell peppers, carrots, beans), finely chopped
- A pinch of black pepper powder, cumin powder, turmeric powder
- Coriander leaves
- ½ cup water
- 1 tbsp ghee

Method

1. In a mixing bowl, add rava, yogurt, and water. Rest for 20-30 minutes.
2. Add cumin powder, black pepper powder, turmeric powder, coriander leaves, mixed vegetables, and water. Mix it well. Remember, the consistency should not be too thick or runny.
3. Heat a skillet or griddle over low-medium heat and add ghee to it. Spread the ghee evenly.
4. Once the skillet is hot, pour a small amount of the pancake batter onto the skillet to form small pancakes.
5. Cook the pancakes until you see small bubbles forming on the surface and the edges start to turn slightly golden brown. This may take 2-3 minutes.
6. Flip the pancakes using a spatula and cook the other side for another 1-2 minutes or until they are lightly browned.

BESAN/GRAM FLOUR PANCAKE

Ingredients

- ½ cup gram flour/besan
- ⅓ cup wheat flour
- ½ cup mixed vegetables(Onion, tomato, bell peppers), finely chopped
- A pinch of cumin powder, black pepper powder, turmeric powder, ajwain
- Coriander leaves
- ½ cup water
- 1 tbsp ghee

Method

1. In a mixing bowl, add besan, whole wheat flour, ajwain, turmeric powder, black pepper powder, cumin powder, vegetables, coriander leaves, and water.
2. Mix it well. The consistency should not be too thick or runny.
3. Heat a skillet or griddle over low-medium heat and add ghee to it. Spread the ghee evenly.
4. Once the skillet is hot, pour a small amount of the pancake batter onto the skillet to form small pancakes.
5. Cook the pancakes until you see small bubbles forming on the surface and the edges start to turn slightly golden brown. This may take 2-3 minutes.
6. Flip the pancakes using a spatula and cook the other side for another 1-2 minutes or until they are lightly browned.

CARROT JOWAR PANCAKE

Ingredients

- $\frac{3}{4}$ cup jowar flour
- $\frac{1}{2}$ cup carrot, grated
- 1 tbsp cashew powder
- $\frac{1}{4}$ cup curd
- 1-2 tbsp water
- 1 tbsp ghee

Method

1. In a mixing bowl, combine jowar flour with carrot, cashew powder, curd, and water.
2. Mix it well. The consistency should not be too thick or runny.
3. Heat a skillet or griddle over low-medium heat and add ghee to it. Spread the ghee evenly.
4. Once the skillet is hot, pour a small amount of the pancake batter onto the skillet to form small pancakes.
5. Cook the pancakes until you see small bubbles forming on the surface and the edges start to turn slightly golden brown. This may take 2-3 minutes.
6. Flip the pancakes using a spatula and cook the other side for another 1-2 minutes or until they are lightly browned.

MOONG DAL PANCAKE

Ingredients

- 1 cup moong split dal/moong dal, soaked
- 1 garlic clove, roughly cut
- A pinch of cumin powder, and asafoetida/hing
- Coriander leaves
- Peanut butter, unsalted and roasted(for topping)
- Water
- 1 tbsp ghee

Method

1. Wash and soak moong dal for 3-4 hours. Drain excess water from soaked ingredients.
2. In a blender, add soaked moong dal, garlic clove, coriander leaves, cumin powder, hing, and water
3. Blend until you achieve a smooth batter with a consistency suitable for pancakes. Remember, the consistency should be fairly thin, like a pancake batter.
4. Heat a skillet or griddle over low-medium heat and add ghee to it. Spread the ghee evenly.
5. Once the skillet is hot, pour a small amount of the pancake batter onto the skillet to form small pancakes.
6. Cook the pancakes until you see small bubbles forming on the surface and the edges start to turn slightly golden brown. This may take 2-3 minutes.
7. Flip the pancakes using a spatula and cook the other side for another 1-2 minutes or until they are lightly browned.
8. Apply a thin layer of peanut butter on the pancake and serve.

MULTI-GRAIN BEET PANCAKE

Ingredients

- ½ tbsp wheat flour
- ½ tbsp barley flour
- ½ tbsp oats flour
- ½ tbsp ragi flour
- ½ tbsp semolina/rava
- 2 tbsp plain yogurt/curd
- ½ cup beet, peeled and grated
- A pinch of cumin powder
- Water
- 1 tbsp ghee

Method

1. In a mixing bowl, add wheat flour, barley flour, oats flour, ragi flour, rava, yogurt, cumin powder, beet, and water.
2. Cover it for 15-20 minutes. Remember, the consistency should be fairly thin, like a pancake batter.
3. Heat a skillet or griddle over low-medium heat and add ghee to it. Spread the ghee evenly.
4. Once the skillet is hot, pour a small amount of the pancake batter onto the skillet to form small pancakes.
5. Cook the pancakes until you see small bubbles forming on the surface and the edges start to turn slightly golden brown. This may take 2-3 minutes.
6. Flip the pancakes using a spatula and cook the other side for another 1-2 minutes or until they are lightly browned.

PROTEIN-RICH PANCAKE

Ingredients

- 1 cup yellow lentils/yellow moong dal, soaked
- 1 cup spinach/palak
- $\frac{1}{8}$ cup sweet corn, boiled
- A pinch of cumin powder, and asafoetida/hing
- $\frac{1}{4}$ cup Water
- 1 tbsp ghee

Method

1. Wash and soak yellow moong dal for 3-4 hours. Drain excess water from soaked ingredients.
2. Wash and add the spinach in boiling water for 1 minute or until the color of the leaves turns bright green. Turn off the heat. Drain excess water and dip in ice water immediately.
3. In a blender, add soaked moong dal, blanched spinach, boiled sweet corn, cumin powder, hing, and water
4. Blend until you achieve a smooth batter with a consistency suitable for pancakes. Remember, the consistency should be fairly thin, like a pancake batter.
5. Heat a skillet or griddle over low-medium heat and add ghee to it. Spread the ghee evenly.
6. Once the skillet is hot, pour a small amount of the pancake batter onto the skillet to form small pancakes.
7. Cook the pancakes until you see small bubbles forming on the surface and the edges start to turn slightly golden brown. This may take 2-3 minutes.
8. Flip the pancakes using a spatula and cook the other side for another 1-2 minutes or until they are lightly browned.
9. Apply a thin layer of peanut butter on the pancake and serve.

SPINACH BROCCOLI PANCAKE

Ingredients

- ½ cup gram flour/besan
- ⅓ cup whole wheat flour
- ¼ cup spinach/palak
- ¼ cup broccoli florets
- A pinch of cumin powder, black pepper powder, and asafoetida/hing
- ¼ cup water
- 1 tbsp ghee

Method

1. In a saucepan with a steamer basket or insert, bring about 2-3 inches of water to a simmer.
2. Add the broccoli florets and spinach. Cover and simmer over low heat for 4-5 minutes. Remove the spinach and let the broccoli steam further until it becomes soft.
3. In a blender, add gram flour, whole wheat flour, spinach, broccoli, cumin powder, black pepper powder, hing, and a little water.
4. Blend until you achieve a smooth batter with a consistency suitable for pancakes. Remember, the consistency should be fairly thin, like a pancake batter.
5. Heat a skillet or griddle over low-medium heat and add ghee to it. Spread the ghee evenly.
6. Once the skillet is hot, pour a small amount of the pancake batter onto the skillet to form small pancakes.
7. Cook the pancakes until you see small bubbles forming on the surface and the edges start to turn slightly golden brown. This may take 2-3 minutes.
8. Flip the pancakes using a spatula and cook the other side for another 1-2 minutes or until they are lightly browned.

OATMEAL BREAD

Ingredients

- ¼ cup oats flour
- 1 tbsp ground flaxseeds
- water
- ghee

Method

1. In a mixing bowl, add oats flour, ground flaxseeds, and a little water.
2. let it rest for 15 mins. Add a little water to adjust the consistency. It should be a little thicker batter compared to pancake batter.
3. Heat a skillet or griddle over low-medium heat and add ghee to it. Spread the ghee evenly.
4. Once the skillet is hot, pour a small amount of the batter onto the skillet to form rectangle breads.
5. Cook both sides until they are lightly browned.



DOSAS & UTTAPAMS

15 RECIPES

Dosa Batter

Spinach Dosa

Ragi Dosa

Protein Uttapam

Wheat Dosa

Foxtail Millet Dosa

Jowar Dosa

Mixed Millet Dosa

Quinoa Dosa

Beet Adai Dosa

Spinach Pesarattu Dosa

Pumpkin Oats Dosa

Carrot Masoor Dosa

Beet Rava Dosa

Pizza Dosa

DOSA BATTER

Ingredients

- 1½ cup dosa rice
- ½ cup urad dal
- ½ tsp fenugreek seeds/methi
- 2 tbsp flattened rice/poha
- Ghee
- Water



Method

1. Wash rice under cold running water until clear. Soak for 6-7 hours in a bowl covered.
2. Wash urad dal with methi under cold running water until clear. Soak for 6-7 hours in another bowl covered.
3. Before grinding the dal batter, rinse and soak poha for 30 minutes and add it with soaked dal.
4. Drain excess water from the soaked ingredients.
5. Blend them separately with a little water until you get a smooth and thick batter.
6. Mix both batters together in a bowl with your hand.
7. Cover and ferment in a warm place overnight.
8. After fermentation, your batter is ready.

SPINACH DOSA

Ingredients

- 1 cup dosa batter(refer to dosa batter recipe)
- 1 cup spinach/palak
- ¼ cup onion, roughly cut
- 1 garlic clove
- A pinch of cumin seeds
- Ghee
- Water



Method

1. In a pan/kadai, heat ghee over low-medium heat until it melts and starts to sizzle.
2. Add the cumin seeds until they start to sizzle. Then, add onion and garlic clove together and sauté until onion becomes translucent.
3. Add spinach to the saucepan until it becomes soft.
4. Remove the kadai from the heat and let it cool down.
5. Transfer everything to a blender, add a little water, and blend them until smooth. This is spinach puree.
6. Combine spinach puree with dosa batter.
7. Heat a dosa pan/tawa over medium heat.
8. Grease it lightly with ghee. Pour 1 ladle and spread it.
9. Cook until the edges start to turn golden brown. Once the top looks cooked, apply ghee and flip over to cook the other side.

Variations

Apply the same method to prepare a variety of other dosa recipes such as

Beet Dosa

Carrot Dosa

Pumpkin Dosa

Mix Veg Dosa

RAGI DOSA

Ingredients

- ½ cup whole ragi millet
- ¼ cup urad dal
- ½ tsp fenugreek seeds/methi
- 2 tbsp flattened rice/poha
- Ghee
- Water



Method

1. Wash ragi millet under cold running water until clear. Soak for 6-7 hours in a bowl covered.
2. Wash urad dal with methi under cold running water until clear. Soak for 6-7 hours in another bowl covered.
3. Before grinding the dal batter, rinse and soak poha for 30 minutes and add it with soaked dal.
4. Drain excess water from the soaked ingredients.
5. Blend them separately with a little water until you get a smooth and thick batter.
6. Mix both batters together in a bowl with your hand.
7. Cover and ferment in a warm place overnight.
8. After fermentation, your batter is ready.
9. In another bowl, combine the fermented batter with a little water to get a regular dosa batter consistency. You can also add veggies of your choice and mix them well.
10. Heat a dosa pan/tawa over medium heat.
11. Grease it lightly with ghee. Pour 1 ladle and spread it slightly thick.
12. Cook until the edges start to turn golden brown. Once the top looks cooked, apply ghee and flip over to cook the other side.

PROTEIN UTTAPAM

Ingredients

- $\frac{3}{4}$ cup idli rice
- $\frac{1}{8}$ cup urad dal
- $\frac{1}{8}$ cup split chickpeas/chana dal
- $\frac{1}{8}$ cup soya bean dal
- $\frac{1}{8}$ cup yellow moong dal
- $\frac{1}{8}$ cup mixed dals(toor dal and masoor dal)
- $\frac{1}{2}$ tsp methi seeds
- Ghee
- Water

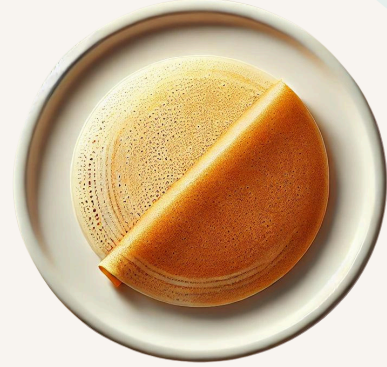
Method

1. Wash rice, dals, and methi under cold running water until clear. Soak for 6-8 hours covered, then drain excess water from soaked ingredients.
2. In a blender, combine soaked ingredients with a little water. Blend until you get a smooth and thick batter.
3. Cover and ferment in a warm place overnight.
4. In another bowl, combine the fermented batter with a little water to get a regular dosa batter consistency.
5. Heat a dosa pan/tawa over medium heat.
6. Grease it lightly with ghee. Pour 1 ladle and spread it slightly thick.
7. Cook until the edges start to turn golden brown. Once the top looks cooked, apply ghee and flip over to cook the other side.

WHEAT DOSA

Ingredients

- ¼ cup wheat Flour
- 1 tbsp oats flour
- ¼ cup onion, finely chopped
- Coriander leaves, finely chopped
- A dash of black pepper powder, nuts & seeds powder, and cumin powder
- Ghee
- Water



Method

1. In a mixing bowl, combine the whole wheat flour, oats flour, cumin powder, black pepper powder, nuts & seeds powder, and water. Mix it well.
2. Add chopped onions and coriander leaves to the batter. Remember, the consistency should be runny.
3. Heat a dosa pan/tawa over high heat.
4. Make sure the tawa is very hot before pouring to get the perfect texture. Grease it lightly with ghee. Pour 1 ladle in a circular motion. Now lower down the flame to medium heat.
5. Cook until the edges start to turn golden brown. Once the top looks cooked, apply ghee and flip over to cook the other side.

BOTTLE GOURD FOXTAIL MILLET DOSA

Ingredients

- ½ cup foxtail millet
- ¼ cup dosa rice
- ¼ cup urad dal
- ½ tsp fenugreek seeds/methi
- ½ cup bottle gourd/lauki, grated
- Ghee
- Water

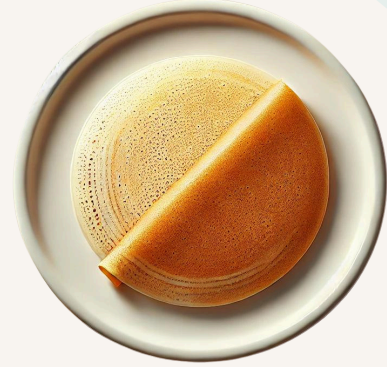
Method

1. Wash foxtail millet and dosa rice under cold running water until clear. Soak for 6-7 hours in a bowl covered.
2. Wash urad dal with methi under cold running water until clear. Soak for 6-7 hours in another bowl covered.
3. Before grinding the dal batter, rinse and soak poha for 30 minutes and add it with soaked dal.
4. Drain excess water from the soaked ingredients.
5. Blend them separately with a little water until you get a smooth and thick batter.
6. Mix both batters together in a mixing bowl with your hand.
7. Cover and ferment in a warm place overnight.
8. After fermentation, your batter is ready.
9. In another bowl, combine the fermented batter with a little water to get a regular dosa batter consistency. Add grated bottle gourd to the batter and mix it well.
10. Heat a dosa pan/tawa over medium heat.
11. Grease it lightly with ghee. Pour 1 ladle and spread it slightly thick.
12. Cook until the edges start to turn golden brown. Once the top looks cooked, apply ghee and flip over to cook the other side.

JOWAR DOSA

Ingredients

- 1 cup sorghum millet/jowar
- ½ cup urad dal
- ½ tsp fenugreek seeds/methi
- ¼ cup flattened rice/poha
- Water
- Ghee



Method

1. Wash jowar, urad dal, with methi under cold running water until clear. Soak for 6-7 hours covered.
2. Before grinding the batter, rinse and soak poha for 30 minutes and add to it.
3. Drain excess water from soaked urad dal, methi, and poha. In a blender, combine soak poha with urad dal and methi. Blend until smooth and thick batter. Transfer this batter to a large bowl.
4. Cover and ferment in a warm place overnight.
5. After fermentation, your batter is ready.
6. In another bowl, combine the fermented batter with a little water to get a regular dosa batter consistency.
7. Heat a dosa pan/tawa over medium heat.
8. Grease it lightly with ghee. Pour 1 ladle and spread it.
9. Cook until the edges start to turn golden brown. Once the top looks cooked, apply ghee and flip over to cook the other side.

Variations

Apply the same method to prepare a variety of other dosa recipes such as

Spinach Jowar Dosa

Beet Jowar Dosa

Carrot Jowar Dosa

MIXED MILLET DOSA

Ingredients

- ½ cup foxtail millet
- ½ cup ragi millet
- ½ cup sorghum millet/jowar
- 1 cup urad dal
- ½ tsp fenugreek seeds/methi
- ¼ cup flattened rice/poha
- Water
- Ghee



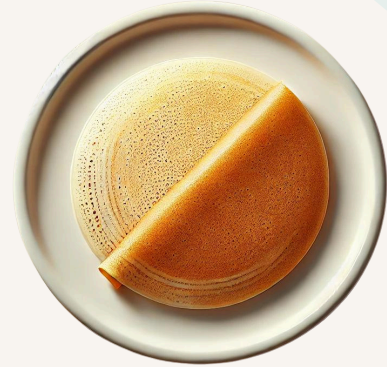
Method

1. Wash all millets, urad dal, with methi under cold running water until clear. Soak for 6-7 hours in a bowl covered.
2. Before grinding the batter, rinse and soak poha for 30 minutes and add to it.
3. Drain excess water from the soaked ingredients.
4. Blend them with a little water until you get a smooth and thick batter. Transfer this batter to a large bowl.
5. Cover and ferment in a warm place overnight.
6. After fermentation, your batter is ready.
7. In another bowl, combine the fermented batter with a little water to get a regular dosa batter consistency.
8. Heat a dosa pan/tawa over medium heat.
9. Grease it lightly with ghee. Pour 1 ladle and spread it.
10. Cook until the edges start to turn golden brown. Once the top looks cooked, apply ghee and flip over to cook the other side.

QUINOA DOSA

Ingredients

- ¼ cup urad dal
- ¼ cup yellow moong dal
- ½ cup quinoa
- ½ cup red bell pepper, roughly cut
- A pinch of cumin powder, and asafoetida/hing
- Water
- Ghee



Method

1. Wash quinoa and all dals under cold running water until clear. Soak for 4-5 hours covered, then drain excess water from soaked ingredients.
2. In a blender, combine soaked ingredients with cumin powder, hing, red bell pepper, and a little water to the blender as well. Blend until you get a smooth and thick batter.
3. Heat a dosa pan/tawa over medium heat.
4. Grease it lightly with ghee. Pour 1 ladle and spread it slightly thick.
5. Cook until the edges start to turn golden brown. Once the top looks cooked, apply ghee and flip over to cook the other side.

BEET ADAI DOSA

Ingredients

- ½ cup dosa rice
- ⅓ cup toor dal
- ⅓ cup chana dal
- 1 tbsp urad dal
- 1 tbsp moong dal
- ½ cup boiled beet
- A pinch of cumin powder, and asafoetida/hing
- Water
- Ghee

Method

1. Wash rice and all dals under cold running water until clear. Soak for 4-5 hours covered, then drain excess water from soaked ingredients.
2. In a blender, combine soaked ingredients with hing, cumin powder, boiled beet, and a little water to the blender as well. Blend until you get a smooth and thick batter.
3. Heat a dosa pan/tawa over medium heat.
4. Grease it lightly with ghee. Pour 1 ladle and spread it slightly thick.
5. Cook until the edges start to turn golden brown. Once the top looks cooked, apply ghee and flip over to cook the other side.

SPINACH PESARATTU DOSA

Ingredients

- ½ cup green moong dal
- 1 tbsp chana dal
- 1 tbsp flattened rice/poha
- ½ cup spinach/palak, blanched
- A pinch of cumin powder, and asafoetida/hing
- 1 garlic clove
- Water
- Ghee

Method

1. Wash chana and moong dal under cold running water until clear. Soak for 4-5 hours covered, then drain excess water from soaked ingredients.
2. Before grinding the batter, rinse and soak poha for 30 minutes and add to it.
3. Drain excess water from the soaked ingredients.
4. In a blender, combine soaked ingredients with hing, cumin powder, blanched spinach, garlic clove, and a little water to the blender as well. Blend until you get a smooth and thick batter.
5. Heat a dosa pan/tawa over medium heat.
6. Grease it lightly with ghee. Pour 1 ladle and spread it slightly thick.
7. Cook until the edges start to turn golden brown. Once the top looks cooked, apply ghee and flip over to cook the other side.

PUMPKIN OATS DOSA

Ingredients

- ¼ cup toor dal
- ¼ cup urad dal
- ¼ cup chana dal
- ½ cup rolled old-fashioned oats, roasted
- ½ cup pumpkin, steamed
- A pinch of cumin powder, and asafoetida/hing
- Water
- Ghee

Method

1. Wash all dals under cold running water until clear. Soak for 4-5 hours covered, then drain excess water from soaked ingredients.
2. In a blender, combine soaked ingredients with roasted oats, hing, cumin powder, steamed pumpkin, and a little water to the blender as well. Blend until you get a smooth and thick batter.
3. Heat a dosa pan/tawa over medium heat.
4. Grease it lightly with ghee. Pour 1 ladle and spread it slightly thick.
5. Cook until the edges start to turn golden brown. Once the top looks cooked, apply ghee and flip over to cook the other side.

CARROT MASOOR DOSA

Ingredients

- ¼ cup dosa rice
- ¼ cup masoor dal
- ½ cup carrot, roughly cut
- 1 tbsp flattened rice/poha
- A pinch of cumin powder, and asafoetida/hing
- 1 garlic clove
- Water
- Ghee

Method

1. Wash rice and dal under cold running water until clear. Soak for 4-5 hours covered, then drain excess water from soaked ingredients.
2. Before grinding the batter, rinse and soak poha for 30 minutes and add to it.
3. In a blender, combine soaked ingredients with hing, cumin powder, garlic clove, carrot, and a little water to the blender as well. Blend until you get a smooth and thick batter.
4. Heat a dosa pan/tawa over medium heat.
5. Grease it lightly with ghee. Pour 1 ladle and spread it slightly thick.
6. Cook until the edges start to turn golden brown. Once the top looks cooked, apply ghee and flip over to cook the other side.

BEET RAVA DOSA

Ingredients

- ½ cup semolina/rava
- ½ cup rice flour
- ½ cup plain yogurt/curd
- ¼ cup beet, boiled and grated
- ⅛ cup onion, finely chopped
- A pinch of cumin powder
- Water
- Ghee

Method

1. In a mixing bowl, add rava, rice flour, yogurt and water. Soak for 20-30 minutes.
2. In the same mixing bowl, add beet and finely chopped onions. The batter should be a thin consistency.
3. Heat a dosa pan/tawa over high heat.
4. Make sure the tawa is very hot before pouring to get the perfect texture. Grease it lightly with ghee. Pour 1 ladle in a circular motion.
5. Cook on medium flame until the edges start to turn golden brown. Once the top looks cooked, apply ghee and flip over to cook the other side.

PIZZA DOSA

Ingredients

- 1 cup dosa batter(refer to dosa batter recipe)
- ¼ cup mixed vegetables(bell peppers and onion, finely chopped and carrot, grated)
- A pinch of black pepper powder
- Homemade tomato ketchup
- 1 low-sodium cheese cube, grated
- Ghee

Method

1. In a saucepan, heat ghee over medium heat until it melts and starts to sizzle.
2. Add cumin powder and hing.
3. Then, add onions and sauté until they become translucent.
4. Add mixed vegetables and sauté for a few minutes.
5. Heat a dosa pan/tawa over medium heat.
6. Grease it lightly with ghee. Pour 1 ladle and spread it.
7. Spread homemade tomato ketchup on dosa. Add mixed vegetables from the saucepan and let it cook for 2 minutes. Top it up with cheese.
8. Cook until the edges start to turn golden brown. Once the top looks cooked, apply ghee and flip over to cook the other side.



IDLIS

3 RECIPES

Plain Idli

Spinach Idli

Foxtail Millet idli

PLAIN IDLI

Ingredients

- 1 cup idli rice
- ¼ cup urad dal
- 2 tbsp flattened rice/poha
- 1 tsp fenugreek seeds/methi
- Water
- Ghee

Method

1. Wash idli rice under cold running water until it runs clear. Soak it in a covered bowl for 6-7 hours.
2. Wash the urad dal with methi under cold running water until it runs clear. Soak them in a separate covered bowl for 6-7 hours.
3. Before grinding the dal batter, rinse and soak poha for 30 minutes and add it with soaked dal.
4. Drain the water from the soaked ingredients.
5. Blend them separately with a little water until you get a smooth paste. Mix both pastes together in a bowl. The batter should be of dropping consistency. Add water as needed.
6. Cover the bowl with a lid and let it ferment for 6-8 hours or overnight. Place it in a warm place. The batter should rise and become slightly fluffy. Add a little water if it's too thick.
7. Grease the idli molds with a tiny amount of ghee. Pour the batter into the molds, filling them about 3/4 full.
8. Steam the idlis in an idli steamer until they are cooked through. Your idlis are ready.

SPINACH IDLI

Ingredients

- 1 cup idli rice
- 1 cup spinach/palak
- ¼ cup urad dal
- 2 tbsp flattened rice/poha
- 1 tsp fenugreek seeds/methi
- Water
- Ghee

Method

1. Wash idli rice under cold running water until it runs clear. Soak it in a covered bowl for 6-7 hours.
2. Wash the urad dal with methi under cold running water until it runs clear. Soak them in a separate covered bowl for 6-7 hours.
3. Before grinding the dal batter, rinse and soak poha for 30 minutes and add it with soaked dal.
4. Drain the water from the soaked ingredients.
5. Blend them separately with a little water until you get a smooth paste. Mix both pastes together in a bowl. The batter should be of dropping consistency. Add water as needed.
6. Cover the bowl with a lid and let it ferment for 6-8 hours or overnight. Place it in a warm place. The batter should rise and become slightly fluffy. If it's too thick, you can add a little water to thin it out.
7. Wash and add the spinach in boiling water until the color of the leaves turns bright green. Turn off the heat. Drain excess water and dip in ice water immediately. Transfer it to a blender and blend until smooth. This is spinach purée.
8. Combine spinach purée with Idli batter.

SPINACH IDLI

9. Grease the idli molds with a tiny amount of ghee. Pour the batter into the molds, filling them about 3/4 full.
10. Steam the idlis in an idli steamer until they are cooked through. Your idlis are ready.

Variations

Apply the same method to prepare a variety of other idli recipes such as

Beet Idli

Carrot Idli

FOXTAIL MILLET IDLI

Ingredients

- 1 cup foxtail millet
- ¼ cup urad dal
- 2 tbsp flattened rice/poha
- 1 tsp fenugreek seeds/methi
- Water
- Ghee

Method

1. Wash the millet under cold running water until it runs clear. Soak it in a covered bowl for 6-7 hours.
2. Wash the urad dal with methi under cold running water until it runs clear. Soak them in a separate covered bowl for 6-7 hours.
3. Before grinding the dal batter, rinse and soak poha for 30 minutes and add it with soaked dal.
4. Drain excess water from the soaked ingredients.
5. Blend them separately with a little water until you get a smooth paste. Mix both pastes together in a bowl. The batter should be of dropping consistency. Add water as needed.
6. Cover the bowl with a lid and let it ferment for 6-8 hours or overnight. Place it in a warm place. The batter should rise and become slightly fluffy. Add a little water if it's too thick.
7. Grease the idli molds with a tiny amount of ghee. Pour the batter into the molds, filling them about 3/4 full.
8. Steam the idlis in an idli steamer until they are cooked through.

Variations

Apply the same method to prepare a variety of other millet idli recipes such as

Little Millet Idli

Ragi Idli

Jowar Idli

Bajra Idli



TIKKIS

11 RECIPES

Broccoli Paneer Tikki

Broccoli Sweet Potato Tikki

Makhana Tikki

Beet Tikki

Hara Bhara Kebab

Black Beans Quinoa Tikki

Paneer Cheese Tikki

Chickpea Tikki

Sweet Potato Rajma Tikki

Sabudana Tikki

Moong Sprout Tikki

TIPS

Cooking

- Sauté vegetables before adding them to the tikki mixture.

Binding

- For binding, you can do one of the following
 - If your tikki texture is moist or falling apart, use oats flour, rice flour, semolina, or soaked poha.
 - Freeze the tikkis for 20 minutes before cooking, this will harden and bind them naturally.

Serving

- Serve tikkis alongside the dips provided in this book.

BROCCOLI PANEER TIKKI

Ingredients

- ½ cup broccoli, boiled and mashed
- 1 cup potato, boiled and grated
- ¼ cup Indian cottage cheese/paneer, crumbled/grated
- A pinch of cumin powder, black pepper powder, and asafoetida/hing
- Ghee

Method

1. In a mixing bowl, combine mashed broccoli with potatoes, paneer, cumin powder, black pepper powder, and hing. Mix it well.
2. Divide the mixture into small portions and shape them into small patties or kebabs.
3. Heat ghee in a skillet or griddle over medium heat.
4. Place the tikkis on the skillet and cook them until they turn golden brown.
5. Apply ghee on the other side. Flip over and cook the other side until they turn golden brown.

Variations

Apply the same method to prepare a variety of other tikkis recipes such as

Broccoli Sweet Potato Tikki

BROCCOLI SWEET POTATO TIKKI

Ingredients

- ½ cup broccoli, boiled and mashed
- 1 cup sweet potato, boiled and grated
- ¼ cup cheese, low-sodium
- A pinch of cumin powder, black pepper powder, and asafoetida/hing
- Ghee

Method

1. In a mixing bowl, combine broccoli with sweet potatoes, cheese, cumin powder, black pepper powder, and hing. Mix it well.
2. Divide the mixture into small portions and shape them into small patties or kebabs.
3. Heat ghee in a skillet or griddle over medium heat.
4. Place the tikkis on the skillet and cook them until they turn golden brown.
5. Apply ghee on the other side. Flip over and cook the other side until they turn golden brown.

Variations

Apply the same method to prepare a variety of other tikkis recipes such as

Broccoli Potato Tikki

MAKHANA TIKKI

Ingredients

- ½ cup potato, roughly cut
- ¼ cup carrot, roughly cut
- ¼ cup peas
- 1 tbsp lotus seeds/makhana powder
- 2 tbsp flattened rice/poha, soaked
- A pinch of cumin powder, black pepper powder, asafoetida/hing, and turmeric powder.
- Water

Method

1. Wash poha under cold running water until clear. Soak for 30 minutes in a bowl.
2. In a pressure cooker, add potatoes, carrots, peas, and water.
3. Pressure cook for 3 whistles on a medium flame
4. In a mixing bowl, combine boiled vegetables with soaked poha, makhana powder, black pepper powder, cumin powder, hing, and turmeric powder. Mix it well.
5. Divide the mixture into small portions and shape them into small patties or kebabs.
6. Heat ghee in a skillet or griddle over medium heat.
7. Place the tikkis on the skillet and cook them until they turn golden brown.
8. Apply ghee on the other side. Flip over and cook the other side until they turn golden brown.

BEET TIKKI

Ingredients

- $\frac{3}{4}$ cup beet, boiled and grated
- $\frac{1}{2}$ cup Indian cottage cheese/paneer, crumbled/grated
- $\frac{3}{4}$ cup potatoes, boiled and grated
- $\frac{1}{8}$ cup oats flour
- A pinch of cumin powder, black pepper powder, and asafoetida/hing
- 1 tbsp cashew powder
- Ghee

Method

1. In a mixing bowl, combine beet with paneer, potatoes, oats flour, cumin powder, black pepper powder, cashew powder, and hing. Mix it well.
2. Divide the mixture into small portions and shape them into small tikkis.
3. Heat ghee in a skillet or griddle over medium heat.
4. Place the tikkis on the skillet and cook them until they turn golden brown.
5. Apply ghee on the other side. Flip over and cook the other side until they turn golden brown.

Variations

Apply the same method to prepare a variety of other tikki/kebab recipes such as

Carrot Tikki

HARA BHARA KEBAB

Ingredients

- ½ cup spinach/palak, steamed
- ¼ cup green peas, steamed
- ¼ cup Indian cottage cheese/paneer, crumbled/grated
- ¼ cup potatoes, boiled and grated
- ½ tbsp roasted gram flour/besan
- A pinch of cumin powder, black pepper powder, and asafoetida/hing
- 1 tbsp cashew powder
- Ghee

Method

1. In a grinder/food processor, add steamed peas and steamed spinach. Grind it.
2. In a mixing bowl, combine ground ingredients with grated paneer, mashed potatoes, besan, cumin powder, black pepper powder, cashew powder, and hing. Mix it well.
3. Divide the mixture into small portions and shape them into small patties or kebabs.
4. Heat ghee in a skillet or griddle over medium heat.
5. Place the kebabs on the skillet and cook them until they turn golden brown.
6. Apply ghee on the other side. Flip over and cook the other side until they turn golden brown.

BLACK BEANS QUINOA TIKKI

Ingredients

- ½ cup black beans, boiled and mashed
- ½ cup quinoa, cooked
- ¼ cup red bell peppers, finely chopped
- ¼ cup onion, chopped, finely chopped
- ¼ cup carrot, grated
- A pinch of cumin powder, black pepper powder, and asafoetida/hing
- 1 tbsp tomato ketchup
- Ghee

Method

1. In a pan/kadai, heat ghee over low-medium heat until it melts and starts to sizzle.
2. Add the cumin powder and hing until it starts to sizzle.
3. Then, add onion and sauté until it becomes translucent.
4. Add mixed red bell peppers, carrots, and tomato ketchup. Sauté for a few seconds.
5. Remove the kadai from the heat and let it cool down. Transfer it to a mixing bowl.
6. In a mixing bowl, combine mixed vegetables with mashed black beans, mashed quinoa, and black pepper powder. Mix it well.
7. Divide the mixture into small portions and shape them into small tikkis.
8. Heat ghee in a skillet or griddle over medium heat.
9. Place the tikkis on the skillet and cook them until they turn golden brown.
10. Apply ghee on the other side. Flip over and cook the other side until they turn golden brown.

PANEER CHEESE TIKKI

Ingredients

- 1 cup Indian cottage cheese/paneer, crumbled/grated
- $\frac{3}{4}$ cup boiled mixed vegetables(potato, carrot, peas), mashed
- $\frac{1}{4}$ cup oats flour
- A pinch of cumin powder, turmeric powder, black pepper powder
- 2 tbsp coriander leaves, chopped
- $\frac{1}{4}$ cup low-sodium cheese

Method

1. In a mixing bowl, combine paneer with mixed vegetables, oats flour, cumin powder, black pepper powder, turmeric powder, coriander leaves, and low-sodium cheese. Mix it well.
2. Divide the mixture into small portions and shape them into small tikkis.
3. Heat ghee in a skillet or griddle over medium heat.
4. Place the tikkis on the skillet and cook them until they turn golden brown.
5. Apply ghee on the other side. Flip over and cook the other side until they turn golden brown.

CHICKPEA TIKKI

Ingredients

- 1 cup chickpeas, boiled and mashed
- 1 cup potato, boiled and grated
- ¼ cup oats flour
- ½ cup bell peppers, finely chopped
- ½ cup carrot, grated
- ½ cup coriander leaves, chopped
- A pinch of cumin powder, and asafoetida/hing
- A pinch of sesame seeds, roasted
- Ghee

Method

1. In a pan/kadai, heat ghee over low-medium heat until it melts and starts to sizzle.
2. Add the cumin powder and hing until it starts to sizzle.
3. Add mixed red bell peppers and carrots. Sauté for a few seconds.
4. Remove the kadai from the heat and let it cool down. Transfer it to a mixing bowl.
5. In a mixing bowl, combine mixed vegetables with chickpeas, potatoes, oats flour, coriander leaves, and sesame seeds. Mix it well.
6. Divide the mixture into small portions and shape them into small tikkis.
7. Heat ghee in a skillet or griddle over medium heat.
8. Place the tikkis on the skillet and cook them until they turn golden brown.
9. Apply ghee on the other side. Flip over and cook the other side until they turn golden brown.

SWEET POTATO RAJMA TIKKI

Ingredients

- 1 cup kidney beans/rajma, boiled and mashed
- 1 cup sweet potato, boiled and mashed
- ¼ cup oats flour
- A pinch of cumin powder, black pepper powder, and asafoetida/hing
- Ghee

Method

1. In a mixing bowl, combine mashed rajma with mashed sweet potatoes, oats flour, cumin powder, black pepper powder, and hing. Mix it well.
2. Divide the mixture into small portions and shape them into small tikkis.
3. Heat ghee in a skillet or griddle over medium heat.
4. Place the tikkis on the skillet and cook them until they turn golden brown.
5. Apply ghee on the other side. Flip over and cook the other side until they turn golden brown.

Variations

Apply the same method to prepare a variety of other tikki/kebab recipes such as

Potato Rajma Tikki

SABUDANA TIKKI

Ingredients

- ½ cup sago pearls/sabudana
- ½ cup potatoes, boiled and grated
- ½ tsp rice flour
- 2 tbsp peanut powder, roasted and unsalted
- ½ tbsp coriander leaves, chopped
- A pinch of cumin powder, black pepper powder, and asafoetida/hing
- Ghee

Method

1. Wash sabudana under cold running water until clear. Add an equal amount of water and soak for 5-6 hours covered, then drain excess water from soaked ingredients. When properly soaked, the sabudana should be mashed when pressed.
2. In a mixing bowl, combine sabudana with rice flour, potatoes, coriander leaves, peanut powder, cumin powder, black pepper powder, and hing. Mix it well.
3. Divide the mixture into small portions and shape them into small tikkis.
4. Heat ghee in a skillet or griddle over medium heat.
5. Place the tikkis on the skillet and cook them until they turn golden brown.
6. Apply ghee on the other side. Flip over and cook the other side until they turn golden brown.

MOONG SPROUT TIKKI

Ingredients

- 1 cup moong bean sprouts, raw and uncooked
- 1 cup Indian cottage cheese/paneer, crumbled/grated
- ¼ cup oats flour/besan
- 1 tbsp ground flaxseeds
- A pinch of cumin powder, coriander powder, black pepper powder, and asafoetida/hing
- 1 tbsp coriander leaves, chopped
- Ghee

Method

1. Steam the moong sprouts until they are soft. Crush sprouts using a chopper.
2. In a mixing bowl, combine the steamed crushed moong sprouts, paneer, oats flour, coriander leaves, ground flaxseeds, cumin powder, coriander powder, black pepper powder, and hing. Mix it well.
3. Divide the mixture into small portions and shape them into small tikkis.
4. Heat ghee in a skillet or griddle over medium heat.
5. Place the tikkis on the skillet and cook them until they turn golden brown.
6. Apply ghee on the other side. Flip over and cook the other side until they turn golden brown.



PARATHAS

17 RECIPES

Healthy Green Paratha
Broccoli Aloo Paratha
Avocado Paratha
Sweet Potato Paratha
Bottle Gourd Paratha
Aloo Paratha
Mix Veg Paratha
Palak Paneer Paratha
Beet Paneer Paratha

Broccoli Paneer Paratha
Green Peas Paratha
Lauki Ragi Paratha
Methi Malai Ragi Paratha
Avocado Paratha
Ragi Sathu Paratha
Methi Thepla
Palak Thepla

TIPS

To get soft paratha

1. Add 1 tbsp ghee while kneading the dough.
2. After kneading the dough, cover it with a damp cotton cloth for 15-20 minutes.
3. The dough should neither be too thick nor too thin otherwise it will crack when rolling it out.
4. Make sure the tawa gets hot once and then lower the flame to medium.
5. Always apply a small amount of ghee on the cooked side. Once the other side gets cooked, flip the paratha again and apply ghee on the other side.
6. If your paratha is little hard, you can apply curd on it to make it soft while serving.

Serving

- Serve parathas alongside the dips provided in this book.

HEALTHY GREEN PARATHA

Ingredients

- ½ cup mixed vegetables(broccoli, peas, and beans), steamed
- ⅓ cup whole wheat flour
- 1 tbsp jowar flour
- A pinch of black pepper powder, cumin powder, coriander powder
- Water
- Ghee

Method

1. In a mixing bowl, combine jowar flour, whole wheat flour, and steamed vegetables.
2. Add the cumin powder, coriander powder, and black pepper powder, and ghee. Mix well.
3. Vegetables will release some moisture. Knead the mixture into a soft dough. Add a little water only if required.
4. Divide the dough into small portions and roll them into balls.
5. Take one dough ball, flatten it slightly, and roll it out into a small paratha and a little dry flour to prevent sticking.
6. Heat a skillet or griddle over high heat. Once the griddle is hot, lower it to medium heat.
7. Place the paratha on the skillet and cook the paratha on one side until you see small bubbles forming. Then, flip it over.
8. Apply a small amount of ghee on the cooked side and spread it evenly. Flip the paratha again and apply ghee on the other side.
9. Cook the paratha until both sides are golden brown.

BROCCOLI ALOO PARATHA

Ingredients

- ½ cup broccoli, steamed
- ½ cup potatoes, steamed
- 1 cup whole wheat flour
- A pinch of black pepper powder, cumin powder, coriander powder
- Water
- Ghee

Method

1. In a mixing bowl, combine whole wheat flour with and steamed vegetables.
2. Add the cumin powder, coriander powder, and black pepper powder, and ghee. Mix well.
3. Vegetables will release some moisture. Knead the mixture into a soft dough. Add a little water only if required.
4. Divide the dough into small portions and roll them into balls.
5. Take one dough ball, flatten it slightly, and roll it out into a small paratha and a little dry flour to prevent sticking.
6. Heat a griddle or non-stick pan over medium heat.
7. Place the paratha on the skillet and cook the paratha on one side until you see small bubbles forming. Then, flip it over.
8. Apply a small amount of ghee on the cooked side and spread it evenly. Flip the paratha again and apply ghee on the other side.
9. Cook the paratha until both sides are golden brown.

AVOCADO PARATHA

Ingredients

- ½ cup ripe avocado, mashed
- ½ cup whole wheat flour
- 1 tbsp ground flaxseeds
- Coriander leaves, chopped
- Water
- Ghee

Method

1. In a mixing bowl, combine the mashed avocado, whole wheat flour, fresh coriander leaves, flaxseeds, and ghee. Mix well
2. Knead the mixture into a soft dough. Add a little water only if required.
3. Divide the dough into small portions and roll them into balls.
4. Take one dough ball, flatten it slightly, and roll it out into a small s paratha and a little dry flour to prevent sticking.
5. Heat a skillet or griddle over high heat. Once the griddle is hot, lower it to medium heat.
6. Place the paratha on the skillet and cook the paratha on one side until you see small bubbles forming. Then, flip it over.
7. Apply a small amount of ghee on the cooked side and spread it evenly. Flip the paratha again and apply ghee on the other side.
8. Cook the paratha until both sides are golden brown.

SWEET POTATO PARATHA

Ingredients

- ½ cup sweet potato, boiled and mashed
- ½ cup whole wheat flour
- A pinch of cumin powder, turmeric powder, black pepper and ajwain
- Ghee

Method

1. Pressure cook sweet potato for 3 whistles.
2. In a mixing bowl, combine sweet potato with whole wheat flour, ajwain, turmeric powder, cumin powder, black pepper powder, and ghee. Mix well.
3. Knead the mixture into a soft dough. Add a little water only if required.
4. Divide the dough into small portions and roll them into balls.
5. Take one dough ball, flatten it slightly, and roll it out into a small paratha and a little dry flour to prevent sticking.
6. Heat a skillet or griddle over high heat. Once the griddle is hot, lower it to medium heat.
7. Place the paratha on the skillet and cook the paratha on one side until you see small bubbles forming. Then, flip it over.
8. Apply a small amount of ghee on the cooked side and spread it evenly. Flip the paratha again and apply ghee on the other side.
9. Cook the paratha until both sides are golden brown.

BOTTLE GOURD PARATHA

Ingredients

- ½ cup bottle gourd, grated and squeeze the excess water.
- ½ cup whole wheat flour
- A pinch of cumin powder, turmeric powder, and black pepper
- Coriander leaves, chopped
- Ghee
- Water

Method

1. In a mixing bowl, combine bottle gourd with whole wheat flour, fresh coriander leaves, ajwain, turmeric powder, cumin powder, black pepper powder, and ghee. Mix well.
2. Knead the mixture into a soft dough. Add a little water only if required.
3. Divide the dough into small portions and roll them into balls.
4. Take one dough ball, flatten it slightly, and roll it out into a small paratha and a little dry flour to prevent sticking.
5. Heat a skillet or griddle over high heat. Once the griddle is hot, lower it to medium heat.
6. Place the paratha on the skillet and cook the paratha on one side until you see small bubbles forming. Then, flip it over.
7. Apply a small amount of ghee on the cooked side and spread it evenly. Flip the paratha again and apply ghee on the other side.
8. Cook the paratha until both sides are golden brown.

ALOO PARATHA

Ingredients

- 1 medium potato, boiled and grated
- ½ cup whole wheat flour
- 1 tsp nuts & seeds powder
- Coriander leaves, chopped
- A pinch of cumin powder, black pepper powder, and ajwain
- Water
- Ghee

Method

1. In a mixing bowl, combine the whole wheat flour, ghee, and water. Knead a semi-soft dough. Cover it with a damp cloth, and let it rest for 15-20 minutes.
2. In another bowl, mix boiled potato with coriander leaves, cumin powder, black pepper powder, ajwain, and nuts & seeds powder. This will be the filling for your parathas.
3. Divide the dough into small portions and roll each portion into a small ball. Take one dough ball and flatten it with your hands to create a small disc. Place the filling in the center and seal it completely to form a stuffed ball.
4. Roll out the stuffed ball gently into a flat paratha. Make sure it's not too thin.
5. Heat a skillet or griddle over high heat. Once the griddle is hot, lower it to medium heat.
6. Place the stuffed paratha on the skillet and cook the paratha on one side until you see small bubbles forming. Then, flip it over.
7. Apply a small amount of ghee on the cooked side and spread it evenly. Flip the paratha again and apply ghee on the other side.
8. Cook the paratha until both sides are golden brown.

MIX VEG PARATHA

Ingredients

- ½ cup mixed vegetables (carrots, peas, bell pepper, green beans), finely chopped
- 1 medium potato, boiled and grated
- 1 cup whole wheat flour
- A pinch of cumin powder and black pepper powder
- Coriander leaves, chopped
- Water
- Ghee

Method

1. In a mixing bowl, combine the whole wheat flour, ghee, and water. Knead a semi-soft dough. Cover it with a damp cloth, and let it rest for 15-20 minutes.
2. In a pan, add ghee, peas, bell pepper, green beans, grated carrot, and potato with coriander leaves, cumin powder, and black pepper powder. Sauté for a few minutes. This will be the filling for your parathas. Turn off the heat and let it cool down.
3. Divide the dough into small portions and roll each portion into a small ball. Take one dough ball and flatten it with your hands to create a small disc. Place the filling in the center and seal it completely to form a stuffed ball.
4. Roll out the stuffed ball gently into a flat paratha. Make sure it's not too thin.
5. Heat a skillet or griddle over high heat. Once the griddle is hot, lower it to medium heat.
6. Place the stuffed paratha on the skillet and cook the paratha on one side until you see small bubbles forming. Then, flip it over.
7. Apply a small amount of ghee on the cooked side and spread it evenly. Flip the paratha again and apply ghee on the other side.
8. Cook the paratha until both sides are golden brown.

PALAK PANEER PARATHA

Ingredients

- 1 cup spinach/palak
- ½ cup Indian cottage cheese/paneer, crumbled/grated
- ½ cup whole wheat flour
- Coriander leaves, chopped
- A pinch of cumin powder and ajwain
- Water
- Ghee

Method

1. Wash and add the spinach in boiling water until the color of the leaves turns bright green. Turn off the heat. Drain excess water and dip in ice water immediately.
2. Blend Spinach to make a smooth spinach purée.
3. In a mixing bowl, combine the grated paneer, cumin powder, ajwain, fresh coriander and mix it well and keep it aside. This will be the filling for your parathas.
4. In another bowl, add whole wheat flour, ghee, and pureed spinach. Mix it well.
5. Now, take a small ball. Knead a semi-soft dough. Cover it with a damp cloth, and let it rest for 15-20 minutes.
6. Divide the dough into small portions and roll each portion into a small ball. Take one dough ball and flatten it with your hands to create a small disc. Place the filling in the center and seal it completely to form a stuffed ball.
7. Roll out the stuffed ball gently into a flat paratha. Make sure it's not too thin.

8 months+

PALAK PANEER PARATHA

8. Heat a skillet or griddle over high heat. Once the griddle is hot, lower it to medium heat.
9. Place the stuffed paratha on the skillet and cook the paratha on one side until you see small bubbles forming. Then, flip it over.
10. Apply a small amount of ghee on the cooked side and spread it evenly. Flip the paratha again and apply ghee on the other side.
11. Cook the paratha until both sides are golden brown.

BEET PANEER PARATHA

Ingredients

- ¼ cup beet, puréed(boiled and blend)
- ½ cup Indian cottage cheese/paneer, crumbled/grated
- ½ cup whole wheat flour
- A pinch of cumin powder, black pepper, and ajwain
- Water
- Ghee

Method

1. In a mixing bowl, combine the whole wheat flour, beet puree, ghee, and water. Knead a semi-soft dough. Cover it with a damp cloth, and let it rest for 15-20 minutes.
2. In another bowl, mix grated paneer with cumin powder, black pepper powder, and ajwain. This will be the filling for your parathas.
3. Divide the dough into small portions and roll each portion into a small ball. Take one dough ball and flatten it with your hands to create a small disc. Place the filling in the center and seal it completely to form a stuffed ball.
4. Roll out the stuffed ball gently into a flat paratha. Make sure it's not too thin.
5. Heat a skillet or griddle over high heat. Once the griddle is hot, lower it to medium heat.
6. Place the stuffed paratha on the skillet and cook the paratha on one side until you see small bubbles forming. Then, flip it over.
7. Apply a small amount of ghee on the cooked side and spread it evenly. Flip the paratha again and apply ghee on the other side.
8. Cook the paratha until both sides are golden brown.

BROCCOLI PANEER PARATHA

Ingredients

- ½ cup broccoli, boiled and grated
- ½ cup Indian cottage cheese/paneer, crumbled/grated
- 1 cup whole wheat flour
- 1 tbsp cashew powder
- A pinch of cumin powder and black pepper
- Water
- Ghee

Method

1. In a mixing bowl, combine the whole wheat flour, ghee, and water. Knead a semi-soft dough. Cover it with a damp cloth, and let it rest for 15-20 minutes.
2. In another bowl, combine the grated broccoli, grated paneer, cumin powder, black pepper powder, and cashew powder. Mix it well, and keep it aside. This will be the filling for your parathas.
3. Divide the dough into small portions and roll each portion into a small ball. Take one dough ball and flatten it with your hands to create a small disc. Place the filling in the center and seal it completely to form a stuffed ball.
4. Roll out the stuffed ball gently into a flat paratha. Make sure it's not too thin.
5. Heat a skillet or griddle over high heat. Once the griddle is hot, lower it to medium heat.
6. Place the stuffed paratha on the skillet and cook the paratha on one side until you see small bubbles forming. Then, flip it over.
7. Apply a small amount of ghee on the cooked side and spread it evenly. Flip the paratha again and apply ghee on the other side.
8. Cook the paratha until both sides are golden brown.

GREEN PEAS PARATHA

Ingredients

- ½ cup peas, crushed(using chopper)
- ½ cup whole wheat flour
- A pinch of cumin powder, black pepper powder, and asafoetida/hing
- 1 tsp cashew powder
- Coriander leaves, chopped
- Water
- Ghee

Method

1. In a mixing bowl, combine the whole wheat flour, ghee, and water. Knead a semi-soft dough. Cover it with a damp cloth, and let it rest for 15-20 minutes.
2. In a pan, add ghee, chopped peas with coriander leaves, cumin powder, and black pepper powder. Sauté for a few minutes. This will be the filling for your parathas. Turn off the heat and let it cool down. Add cashew powder to the filling.
3. Divide the dough into small portions and roll each portion into a small ball. Take one dough ball and flatten it with your hands to create a small disc. Place the filling in the center and seal it completely to form a stuffed ball.
4. Roll out the stuffed ball gently into a flat paratha. Make sure it's not too thin.
5. Heat a skillet or griddle over high heat. Once the griddle is hot, lower it to medium heat.
6. Place the stuffed paratha on the skillet and cook the paratha on one side until you see small bubbles forming. Then, flip it over.
7. Apply a small amount of ghee on the cooked side and spread it evenly. Flip the paratha again and apply ghee on the other side.
8. Cook the paratha until both sides are golden brown.

CHEESE PARATHA

Ingredients

- ¼ cup mixed vegetables(onion and bell pepper), finely chopped
- 1 low-sodium cheese cube, grated
- ½ cup whole wheat flour
- A pinch of cumin powder and oregano
- Water
- Ghee

Method

1. In a mixing bowl, combine the whole wheat flour, ghee, and water. Knead a semi-soft dough. Cover it with a damp cloth, and let it rest for 15-20 minutes.
2. In a pan, add ghee, chopped mixed vegetables, cumin powder, and oregano. Sauté for a few minutes. This will be the filling for your parathas. Turn off the heat and let it cool down. Once cooled, add grated cheese to the filling.
3. Divide the dough into small portions and roll each portion into a small ball. Take one dough ball and flatten it with your hands to create a small disc. Place the filling in the center and seal it completely to form a stuffed ball.
4. Roll out the stuffed ball gently into a flat paratha. Make sure it's not too thin.
5. Heat a skillet or griddle over high heat. Once the griddle is hot, lower it to medium heat.
6. Place the stuffed paratha on the skillet and cook the paratha on one side until you see small bubbles forming. Then, flip it over.
7. Apply a small amount of ghee on the cooked side and spread it evenly. Flip the paratha again and apply ghee on the other side.
8. Cook the paratha until both sides are golden brown.

LAUKI RAGI PARATHA

Ingredients

- 1 cup ragi flour
- ¼ cup bottle gourd/lauki, grated
- A pinch of cumin powder, turmeric powder, and black pepper powder
- Coriander leaves
- Warm water
- Ghee

Method

1. In a mixing bowl, combine bottle gourd with ragi flour, grated bottle gourd, coriander leaves, cumin powder, black pepper powder, turmeric powder, and ghee. Mix well.
2. Knead the mixture into a soft dough. Add a little water only if required.
3. Divide the dough into small portions and roll them into balls.
4. Take one dough ball, flatten it slightly, and roll it out into a small paratha and a little dry flour to prevent sticking.
5. Heat a skillet or griddle over high heat. Once the griddle is hot, lower it to medium heat.
6. Place the paratha on the skillet and cook the paratha on one side until you see small bubbles forming. Then, flip it over.
7. Apply a small amount of ghee on the cooked side and spread it evenly. Flip the paratha again and apply ghee on the other side.
8. Cook the paratha until both sides are golden brown.

METHI MALAI RAGI PARATHA

Ingredients

- ½ cup ragi flour
- ½ cup whole wheat flour
- ½ cup methi leaves, finely chopped
- 1 tbsp fresh malai
- A pinch of cumin powder and black pepper powder
- Water
- Ghee

Method

1. In a mixing bowl, combine the whole wheat flour, ragi flour, methi leaves, fresh malai, cumin powder, and black pepper powder. Mix well.
2. Knead the mixture into a soft dough using a little water.
3. Divide the dough into small portions and roll them into balls.
4. Take one dough ball, flatten it slightly, and roll it out into a small s paratha and a little dry flour to prevent sticking.
5. Heat a skillet or griddle over high heat. Once the griddle is hot, lower it to medium heat.
6. Place the paratha on the skillet and cook the paratha on one side until you see small bubbles forming. Then, flip it over.
7. Apply a small amount of ghee on the cooked side and spread it evenly. Flip the paratha again and apply ghee on the other side.
8. Cook the paratha until both sides are golden brown.

RAGI SATHU PARATHA

Ingredients

- ½ cup ragi flour
- ½ cup whole wheat flour
- ¼ cup sathu powder
- ¼ cup onion, finely chopped
- A pinch of cumin powder, turmeric powder, black pepper powder, and asafoetida/hing
- Coriander leaves, chopped
- Water
- Ghee

Method

1. In a mixing bowl, combine the whole wheat flour, ragi flour, ghee, and a little water. Knead a semi-soft dough. Cover it with a damp cloth, and let it rest for 15-20 minutes.
2. In another bowl, add sathu powder, finely chopped onion, coriander leaves, cumin powder, turmeric powder, black pepper powder, 1 tbsp ghee, and hing. This will be the filling for your parathas.
3. Divide the dough into small portions and roll each portion into a small ball. Take one dough ball and flatten it with your hands to create a small disc. Place the filling in the center and seal it completely to form a stuffed ball.
4. Roll out the stuffed ball gently into a flat paratha using a rolling pin.
5. Heat a skillet or griddle over low to medium heat.
6. Place the stuffed paratha on the skillet and cook the paratha on one side until you see small bubbles forming. Then, flip it over.
7. Apply a small amount of ghee on the cooked side and spread it evenly. Flip the paratha again and apply ghee on the other side.
8. Cook the paratha until both sides are golden brown.

METHI THEPLA

Ingredients

- ½ cup methi leaves, finely chopped
- 1 cup whole wheat flour
- ½ tsp ginger, grated
- ½ tsp jaggery powder(optional)
- Coriander leaves, chopped
- A pinch of turmeric powder, black pepper and ajwain
- A pinch of sesame seeds, roasted
- 1 tbsp curd
- Ghee
- Water

Method

1. In a mixing bowl, combine whole wheat flour, methi leaves, grated ginger, fresh coriander leaves, ajwain, sesame seeds, turmeric powder, black pepper powder, jaggery powder, and ghee and curd mix it well.
2. Knead the mixture into a soft dough using little water. Knead it well, cover it with a cloth, and let it rest for 15-20 minutes.
3. Divide the dough into small portions and roll them into balls.
4. Take one dough ball, flatten it slightly, and roll it out into a small semi-thick thepla and a little dry flour to prevent sticking.
5. Heat a skillet or griddle over high heat. Once the griddle is hot, lower it to medium heat.
6. Place the thepla on the skillet and cook on one side until you see small bubbles forming. Then, flip it over.
7. Apply a small amount of ghee on the cooked side and spread it evenly. Flip the thepla again and apply ghee on the other side.
8. Cook the thepla until both sides are golden brown.

PALAK THEPLA

Ingredients

- ½ cup spinach/palak, chopped
- 1 cup whole wheat flour
- A pinch of turmeric powder, black pepper and ajwain
- A pinch sesame seeds, roasted
- ½ tsp ginger, grated
- ½ tsp jaggery powder(optional)
- Coriander leaves, chopped
- Ghee
- Water

Method

1. In a mixing bowl, combine whole wheat flour, palak, grated ginger, fresh coriander leaves, ajwain, sesame seeds, turmeric powder, black pepper powder, jaggery powder, and ghee. Mix it well.
2. Knead the mixture into a soft dough using a little water. cover it with a cloth, and let it rest for 15-20 minutes.
3. Divide the dough into small portions and roll them into balls.
4. Take one dough ball, flatten it slightly, and roll it out into a small semi-thick thepla and a little dry flour to prevent sticking.
5. Heat a griddle or non-stick pan over medium heat.
6. Place the thepla on the skillet and cook the thepla on one side until you see small bubbles forming. Then, flip it over.
7. Apply a small amount of ghee on the cooked side and spread it evenly. Flip the thepla again and apply ghee on the other side.
8. Cook the thepla until both sides are golden brown.

MIX VEG OATS UPMA

Ingredients

- ¼ cup rolled old-fashioned oats, roasted
- ¼ cup mixed vegetables(carrots, peas, bell pepper, onion, and tomato), finely chopped
- 1 tsp peanut powder
- ½ tsp mustard seeds
- A pinch of turmeric powder, black pepper powder, and cumin powder
- ½ cup hot water
- Ghee

Method

1. Dry roast oats until it turns light brown.
2. Heat ghee in a pan.
3. Add mustard seeds, cumin powder, and peanut powder. Sauté for 1-2 minutes.
4. Add finely chopped onion to the pan and sauté until the onion turns light golden on a medium flame.
5. Add finely chopped mixed vegetables to the pan and sauté for a few minutes.
6. Add roasted oats, turmeric powder, black pepper powder, and hot water to the pan and mix well.
7. Cook on a low flame. Stir in between, and cook till the water is been absorbed.
8. Mash peas before serving to avoid choking.

Variations

Apply the same method to prepare a variety of other recipes such as

Mix Veg Rava Upma

Vermicelli

VEN PONGAL

Ingredients

- ¼ cup rice
- ¼ cup split yellow lentils/moong dal
- 1 tsp roasted bengal gram/chana dal, powdered
- 1 tbsp cashew powder
- A pinch of cumin powder, and asafoetida/hing
- 2 tbsp ghee
- 1.5 cup water

Method

1. Add rice and lentils to a bowl and rinse well a few times until the water runs clear.
2. In a pressure cooker, add the washed rice and moong dal. Then, add water and 1 tbsp ghee to the cooker.
3. Pressure cook for 4 whistles over medium heat.
4. Once cooked, switch off the flame and let the cooker de-pressurize naturally.
5. In a pan, add 1 tbsp ghee, powdered roasted Bengal gram, black pepper powder, and cumin powder, cashew powder on a low flame.
6. Add a pinch of asafoetida.
7. Add the cooked rice and dal mixture to the pan and mix well. You can add a little more water if needed to achieve the desired texture.

POHA

Ingredients

- 1 cup flattened rice/poha
- 1 tbsp onion, finely chopped
- ⅓ cup potato, boiled and grated
- 1 tbsp carrot, grated
- 1 tsp peanut powder
- ½ tsp mustard seeds
- A pinch of turmeric powder, cumin powder, and black pepper.
- A dash of lemon juice
- Coriander leaves, finely chopped
- 1 tbsp oil
- Water

Method

1. Wash the thick poha thoroughly under running water until it becomes soft. Drain the water and set it aside.
2. Heat oil in a pan over a medium flame.
3. Add mustard seeds, cumin powder, finely chopped onion, and grated carrot to the pan and sauté for 1-2 minutes. Then add potato
4. Add the soaked poha along with peanut powder, turmeric powder, black pepper powder, fresh coriander, and lemon juice.
5. Stir everything well.
6. Further, add a splash of water over the poha and cover the pan with the lid. Switch off the flame, and let it rest for 3-4 minutes. Following this step will ensure that the poha turns out to be moist.

VAGANI/PUFFED RICE

Ingredients

- 2 cups puffed rice
- ¼ cup onion, finely chopped
- ¼ cup tomatoes, finely chopped
- ½ tbsp peanut powder
- ½ tbsp roasted chana dal powder
- ½ tbsp podi powder
- ½ tsp mustard seeds
- A pinch of turmeric powder, cumin powder, and black pepper
- A dash of lemon juice
- Coriander leaves, finely chopped
- 1 tbsp oil
- Water

Method

1. Soak the puffed rice in a large bowl of water for 15 minutes. Drain water and squeeze away the excess water from puffed rice and set it aside.
2. Heat oil in a pan over a medium flame.
3. Add mustard seeds, cumin powder, and finely chopped onion and sauté for 1-2 minutes. Then add tomatoes.
4. Add the soaked puffed rice along with peanut powder, roasted chana dal powder, podi powder, turmeric powder, black pepper powder, fresh coriander, and lemon juice.
5. Stir everything well.



PASTAS

7 RECIPES

Pumpkin Pasta

Avocado Pasta

Creamy Spinach Pasta

Avocado Spinach Pasta

Mix Veg Pasta

Pesto Pasta

White Sauce Pasta

TIPS

Texture

1. For a creamy texture, you can use one of the following:
 - a. 5 overnight-soaked cashews
 - b. Cream cheese

PUMPKIN PASTA

Ingredients

- 1 cup lentil pasta, cooked
- ½ cup pumpkin, roughly cut
- ⅓ cup tomato, roughly cut
- 1 garlic clove(optional)
- ⅓ cup onion, roughly cut(optional)
- 5 cashews, soaked
- 1 tbsp olive oil
- A pinch of black pepper powder
- ¼ cup pasta water

Method

1. Boil the pasta in the water and add a few drop of oil until it's soft and easily mashed. Drain and set aside.
2. Heat a skillet over medium heat and add olive oil.
3. Add garlic and onions, sauté until they become translucent.
4. Add pumpkin, tomatoes, cashews, black pepper powder, and pasta water. Sauté until vegetables are soft and mushy.
5. Transfer all of them to the blender. Blend until it's smooth.
6. Transfer it to a pan and simmer the sauce for 10 minutes on a low-medium heat, stirring occasionally.
7. Stir cooked pasta into the sauce simmering 2-3 minutes more until thick.

Variations

Apply the same method to prepare a variety of other pasta recipes such as

Beet Pasta

Sweet Potato Carrot Pasta

Carrot Pasta

AVOCADO PASTA

Ingredients

- 1 cup lentil pasta
- ½ cup ripe avocado
- 5 cashews, soaked
- 1 tbsp olive oil
- A pinch of black pepper powder
- 1 tsp lemon juice
- ⅓ cup pasta water

Method

1. Boil the pasta in the water and add a few drop of oil until it's soft and easily mashed. Drain and set aside.
2. In a blender, add avocado, cashews, olive oil, black pepper powder, lemon juice, and pasta water.
3. In a mixing bowl, add cooked pasta and combine it with the avocado sauce. Mix it well.

CREAMY SPINACH PASTA

Ingredients

- 1 cup lentil pasta, cooked
- 1 cup spinach/palak
- 1 garlic clove
- ¼ cup cream cheese
- ¼ cup pasta water
- 1 tbsp olive oil
- A pinch of black pepper powder

Method

1. Boil the pasta in the water and add a few drops of oil until it's soft and easily mashed. Drain and set aside.
2. Wash and add the spinach in boiling water until the color of the leaves turns bright green. Turn off the heat. Drain excess water and dip in ice water immediately.
3. In a blender, add blanched spinach, garlic clove, cream cheese, olive oil, black pepper powder, and pasta water. Blend until it's smooth.
4. In a mixing bowl, add cooked pasta and combine it with the sauce. Mix it well.

Variations

Apply the same method to prepare a variety of other pasta recipes such as

Creamy Carrot Pasta

AVOCADO SPINACH PASTA

Ingredients

- 1 cup lentil pasta, cooked
- ½ cup ripe avocado
- 1 cup spinach/palak
- 1 garlic clove
- 3-4 walnuts, soaked
- ⅛ cup pasta water
- 1 tbsp olive oil
- A pinch of black pepper powder
- 1 tsp lemon juice

Method

1. Boil the pasta in the water and add a few drop of oil until it's soft and easily mashed. Drain and set aside.
2. Wash and add the spinach in boiling water until the color of the leaves turns bright green. Turn off the heat. Drain excess water and dip in ice water immediately.
3. In a blender, add avocado, blanched spinach, garlic clove, walnuts, olive oil, black pepper powder, lemon juice, and pasta water. Blend until it's smooth.
4. In a mixing bowl, add cooked pasta and combine it with the sauce. Mix it well.

MIX VEG PASTA

Ingredients

- 1 cup lentil pasta
- ⅓ cup tomato, deseeded and roughly cut
- ⅓ cup red bell pepper, roughly cut
- ⅓ cup carrot, roughly cut
- ⅓ cup pumpkin, roughly cut
- 1 garlic clove
- ⅓ cup onion, roughly cut
- 5 cashews, soaked
- 1 tbsp olive oil
- A pinch of black pepper powder(optional)
- ¼ cup pasta water

Method

1. Boil the pasta in the water and add a few drop of oil until it's soft and easily mashed. Drain and set aside.
2. Heat a skillet over medium heat and add olive oil.
3. Add garlic and onions, sauté until they become translucent.
4. Add red bell pepper, carrot, pumpkin, tomatoes, cashews, black pepper powder, and pasta water. Sauté until vegetables are soft and mushy.
5. Transfer all of them to the blender. Blend until it's smooth.
6. Transfer it to a pan and simmer the sauce for 10 minutes on a low-medium heat, stirring occasionally.
7. Stir cooked pasta into the sauce simmering 2-3 minutes more until thick.

PESTO PASTA

Ingredients

- 1 cup lentil pasta
- ½ cup basil leaves
- 1 garlic clove
- 5 walnuts, soaked
- 1 tbsp olive oil
- A pinch of black pepper powder(optional)
- ¼ cup pasta water

Method

1. Boil the pasta in the water and add a few drop of oil until it's soft and easily mashed. Drain and set aside.
2. In a blender, add basil leaves, garlic clove, walnuts, olive oil, and pasta water. Blend it.
3. In a mixing bowl, add cooked pasta and combine it with the sauce. Mix it well.

WHITE SAUCE PASTA

Ingredients

- 1 cup lentil pasta
- 1 tbsp wheat flour
- 1 garlic clove
- 1 cup milk
- 1 slice low-sodium cheese
- 4 tbsp unsalted butter
- A pinch of black pepper powder

Method

1. Boil the pasta in the water and add a few drop of oil until it's soft and easily mashed. Drain and set aside.
2. Heat a skillet over medium heat and add unsalted butter. Then, add garlic clove and sauté for a few seconds.
3. Add the whole wheat flour to the melted butter and stir continuously for about 1-2 minutes.
4. Gradually pour in the milk while stirring constantly to avoid lumps. Continue to cook and stir until the mixture thickens and becomes a smooth white sauce. This should take about 5-7 minutes.
5. Add a small amount of grated low-sodium cheese. Stir until it's melted and incorporated into the sauce.
6. Add black pepper powder and stir it well.
7. Stir cooked pasta into the sauce simmering 2-3 minutes more until thick.



SOUPS

12 RECIPES

Pumpkin Almond Soup

Broccoli Walnut Soup

Tomato Beet Soup

Beet Carrot Soup

Bottle Gourd Drumstick Soup

Sweet Corn Spinach Soup

Carrot Sweet Potato Soup

Broccoli potato Soup

Pea Carrot Soup

Mix Veg Soup

PUMPKIN ALMOND SOUP

Ingredients

- 1 cup Pumpkin, roughly cut
- 3 almonds, soaked
- 1 tbsp onion, roughly cut
- 1 garlic clove, roughly cut
- A pinch of black pepper powder
- 1 cup water
- 1 tbsp ghee

Method

1. Heat a pan/kadai over medium heat and add ghee until it melts and starts to sizzle.
2. Then add garlic and onions, and sauté until they become translucent.
3. Add pumpkin and almonds to the pan. sauté. Then, add water and black pepper powder.
4. Cover the pan and cook for about 15 minutes, until all vegetables are soft.
5. Remove from the heat and let it cool down until it reaches room temperature.
6. In a blender, blend the mixture until smooth.
7. Strain the soup into a saucepan and bring it to a gentle boil, allowing it to simmer for 2-3 minutes.

BROCCOLI WALNUT SOUP

Ingredients

- 1 cup broccoli, roughly cut
- 2 walnuts, roughly cut and soaked
- 1 tbsp onion, roughly cut
- 1 garlic clove, roughly cut
- A pinch of black pepper powder
- 1 cup water
- 1 tbsp ghee

Method

1. Heat a pan/kadai over medium heat and add ghee until it melts and starts to sizzle.
2. Add garlic and onion to the pan and sauté for 2-3 minutes on a medium flame.
3. Add broccoli and walnuts to the pan. sauté. Then, add water and black pepper powder.
4. Cover the pan and cook for about 15 minutes, until all vegetables are soft.
5. Remove from the heat and let it cool down until it reaches room temperature.
6. In a blender, blend the mixture until smooth.
7. Strain the soup into a saucepan and bring it to a gentle boil, allowing it to simmer for 2-3 minutes.

TOMATO BEET SOUP

Ingredients

- ½ cup tomato, deseeded, and roughly cut
- ¼ cup beet, roughly cut
- ⅛ cup onions, roughly cut
- 1 garlic clove
- 2 cashews
- A pinch of cumin powder and black pepper powder
- 1 tbsp ghee
- 1 cup water

Method

1. In a pressure cooker, add ghee, garlic clove, and onion. Sauté them up till light brown and translucent.
2. Add tomatoes, beet, cumin powder, black pepper powder, and cashews.
3. Pressure cook for 3 whistles over medium heat.
4. Once cooked, switch off the flame and let the cooker de-pressurize naturally.
5. Transfer the ingredients to a blender and blend it until smooth.
6. Strain the soup into a saucepan and bring it to a gentle boil, allowing it to simmer for 2-3 minutes.

Variations

Apply the same method to prepare a variety of other tomato soup recipes such as

Tomato Carrot Soup

Tomato Pumpkin Soup

BEET CARROT SOUP

Ingredients

- ½ cup beet, roughly cut
- ½ cup carrot, roughly cut
- 2 soaked almonds
- A pinch of cumin powder and black pepper powder
- 1 tbsp ghee
- 1 cup water

Method

1. In a pressure cooker, add ghee, carrot, beet, almonds, cumin powder, and black pepper powder.
2. Pressure cook for 3 whistles over medium heat.
3. Once cooked, switch off the flame and let the cooker de-pressurize naturally.
4. Transfer the ingredients to a blender and blend it until smooth.
5. Strain the soup into a saucepan and bring it to a gentle boil, allowing it to simmer for 2-3 minutes.

BOTTLE GOURD DRUMSTICK SOUP

Ingredients

- ½ cup bottle gourd/lauki, roughly cut
- 3 pieces of 3-inch drumstick, peeled
- ½ tsp ginger
- A pinch of cumin powder and black pepper
- 1 cup water
- 1 tbsp ghee

Method

1. In a pressure cooker, add ghee.
2. Add ginger, drumstick, and black pepper; and sauté for a few minutes.
3. Add bottle gourd. Sauté for a few seconds and then, add water
4. Pressure cook for 1-2 whistles on a medium flame.
5. Remove from the heat and let it cool down until it reaches room temperature.
6. Transfer the cooked drumstick onto a plate. Remove the plum of the drumstick and discard the peel.
7. Transfer plum and bottle gourd to a blender and blend it until smooth.
8. Strain the soup into a saucepan and bring it to a gentle boil, allowing it to simmer for 2-3 minutes.

SWEET CORN SPINACH SOUP

Ingredients

- ½ cup sweet corn, boiled
- ¼ cup spinach/palak, blanched
- A pinch of black pepper powder
- 1 cup water
- 1 tbsp ghee

Method

1. Heat the ghee in a pan.
2. In a pan, add sweet corn and black pepper powder. Sauté for a minute.
3. Add water and cover the pan and cook on a medium flame for about 15 minutes, until the sweet corn is soft.
4. Remove from the heat and let it cool down until it reaches room temperature.
5. Transfer sweet corn and blanched spinach to a blender and blend it until smooth.
6. Strain the soup into a saucepan and bring it to a gentle boil, allowing it to simmer for 2-3 minutes.

CARROT SWEET POTATO SOUP

Ingredients

- ½ cup Carrot, roughly cut
- ¼ cup Sweet Potato, roughly cut
- 3 almonds, soaked
- 1 garlic clove, chopped
- A pinch of black pepper powder
- 1 cup Water
- 1 tbsp ghee

Method

1. Heat the ghee in a pan.
2. Add garlic to the pan and sauté for 2-3 minutes on a medium flame.
3. Add carrot, sweet potatoes, and almonds to the pan. Sauté for a minute.
Then, add water and black pepper powder.
4. Cover the pan and cook for about 15 minutes, until all vegetables are soft.
5. Remove from the heat and let it cool down until it reaches room temperature.
6. In a blender, blend the mixture until smooth.
7. Strain the soup into a saucepan and bring it to a gentle boil, allowing it to simmer for 2-3 minutes.

BROCCOLI POTATO SOUP

Ingredients

- ½ cup broccoli, roughly cut
- ¼ cup potato, roughly cut
- A pinch of black pepper powder
- ½ cup water
- 1 tbsp ghee

Method

1. Heat the ghee in a pan.
2. In a pan, add broccoli and potatoes. Sauté for a minute. Then, add water and black pepper powder.
3. Cover the pan and cook for about 15 minutes, until all vegetables are soft.
4. Remove from the heat and let it cool down until it reaches room temperature.
5. In a blender, blend the mixture until smooth.
6. Strain the soup into a saucepan and bring it to a gentle boil, allowing it to simmer for 2-3 minutes.

PEA CARROT SOUP

Ingredients

- ½ cup peas
- ½ cup carrot, roughly cut
- ¼ tbsp potato, roughly cut
- 1 tsp lemon juice
- A pinch of black pepper
- 1 cup water
- 1 tbsp ghee

Method

1. Heat the ghee in a pan.
2. In a pan, add peas, carrots, potatoes, and black pepper powder. Sauté for a minute.
3. Add water and cover the pan and cook on a medium flame for about 15 minutes, until all vegetables are soft.
4. Remove from the heat and let it cool down until it reaches room temperature
5. Transfer vegetables to a blender and blend them until smooth.
6. Add lemon juice.
7. Strain the soup into a saucepan and bring it to a gentle boil, allowing it to simmer for 2-3 minutes.

MIX VEG SOUP

Ingredients

- ½ cup tomato, roughly cut
- ⅓ cup bottle gourd, roughly cut
- ⅓ cup carrot, roughly cut
- ⅓ cup potato, roughly cut
- ⅓ cup red bell pepper, roughly cut
- A pinch of black pepper powder
- ½ cup water
- 1 tbsp ghee

Method

1. Heat the ghee in a pan.
2. In the pan, add chopped bottle gourd, chopped carrot, chopped potato, chopped red bell pepper, and black pepper powder. Sauté for a minute.
3. Add water and cover the pan and cook on a medium flame for about 15 minutes, until all vegetables are soft.
4. Remove from the heat and let it cool down until it reaches room temperature
5. Transfer vegetables to a blender and blend them until smooth.
6. Strain the soup into a saucepan and bring it to a gentle boil, allowing it to simmer for 2-3 minutes.



COOKIES

12 RECIPES

Ragi Nuts Sticks

Sweet Potato Chia Cookie

Peanut Butter Cookie

Pumpkin Oatmeal Cookie

Sweet Potato Banana Cookie

Carrot Walnut Oats Cookie

Banana Almond Cookie

Banana Ragi Cookie

Chickpea Cookie

Banana Chia Cookie

Banana Blueberry Cookie

Blueberry Yogurt Melts

TIPS

Cooking

- If you are using roasted oats, allow the dough to rest for at least 20 minutes. This will help the oats become more soft.

Suitable Age

- Crawls without tummy touching the ground
- Eats thicker solids with larger pieces
- Uses jaws to mash food between gums
- Picks up food to eat with thumb and forefinger

Stove Method for baking

1. In a large pot or pan, position the muffin or dhokla ring, and set the plate atop the ring.
2. Cover the plate with a sheet of parchment paper.
3. Arrange your cookies or sticks on the parchment paper.
4. Place the pot or pan on medium heat for 40-45 minutes.
5. Keep turning and checking in between.

RAGI NUTS STICKS

Ingredients

- ½ cup ragi flour
- ½ cup wheat flour
- ¼ cup nuts and seeds powder
- 1 tbsp sesame seeds
- ¼ cup unsalted butter/Ghee
- water

Method

1. Preheat your oven to 175°C(350°F).
2. In a mixing bowl, combine ragi flour, wheat flour, nuts & seeds powder, sesame seeds, and unsalted butter. Mix until well combined.
3. Add water to knead a cookie dough.
4. Take some portion of the mixture and roll it in the stick shape. Place sticks on a baking sheet lined with parchment paper.
5. Bake in the preheated oven for about 10-12 minutes or until the edges are lightly golden.
6. Remove the sticks from the oven.

SWEET POTATO CHIA COOKIE

Ingredients

- 1 cup oats flour
- 1 cup rolled old-fashioned oats, roasted
- 1 cup sweet potatoes, boiled and mashed
- 2 tbsp unsalted butter/Ghee
- 1 tbsp chia seeds
- ½ tsp cinnamon powder

Method

1. Preheat your oven to 175°C(350°F).
2. In a mixing bowl, combine oats flour, rolled oats, mashed sweet potatoes, unsalted butter/ghee, chia seeds, and cinnamon powder. Mix until well combined.
3. Allow the dough to rest for at least 20 minutes. This will help the oats become more soft.
4. Using a spoon, drop small portions of the dough on a baking sheet lined with parchment paper, spacing them apart. Flatten each cookie slightly with the back of the fork.
5. Bake in the preheated oven for about 10-12 minutes or until the edges are lightly golden.
6. Remove the cookies from the oven.

PEANUT BUTTER COOKIE

Ingredients

- ½ cup oats flour
- ½ cup rolled old-fashioned oats, roasted
- 1 cup ripe banana, mashed
- ¼ cup peanut butter, smooth and unsalted
- ¼ tsp cinnamon powder

Method

1. Preheat your oven to 175°C(350°F).
2. In a mixing bowl, combine oats flour, rolled oats, peanut butter, mashed banana, and cinnamon powder. Mix until well combined.
3. Allow the dough to rest for at least 20 minutes. This will help the oats become more soft.
4. Using a spoon, drop small portions of the dough on a baking sheet lined with parchment paper, spacing them apart. Flatten each cookie slightly with the back of the fork.
5. Bake in the preheated oven for about 10-12 minutes or until the edges are lightly golden.
6. Remove the cookies from the oven.

PUMPKIN OATMEAL COOKIE

Ingredients

- ½ cup oats flour
- ¼ cup pumpkin puree
- ¼ cup applesauce
- ¼ tsp cinnamon powder and nutmeg powder

Method for Applesauce

1. Combine ½ cup apples and water in a saucepan and cook over medium heat until the apples are soft, then mash the apples with a fork until you've reached the desired consistency.

Method

1. Preheat your oven to 175°C(350°F).
2. In a mixing bowl, combine oats flour, pumpkin puree, applesauce, cinnamon powder, and nutmeg powder. Mix until well combined.
3. Allow the dough to rest for at least 20 minutes. This will help the oats become more soft.
4. Using a spoon, drop small portions of the dough on a baking sheet lined with parchment paper, spacing them apart. Flatten each cookie slightly with the back of the fork.
5. Bake in the preheated oven for about 10-12 minutes or until the edges are lightly golden.
6. Remove the cookies from the oven.

SWEET POTATO BANANA COOKIE

Ingredients

- 1 ripe banana
- 1 cup sweet potato, mashed
- 1 cup oats flour
- 1 cup rolled old-fashioned oats, roasted
- 1 tbsp ground flaxseeds
- 2 tbsp peanut butter, unsalted and roasted

Method

1. Preheat your oven to 175°C(350°F).
2. In a mixing bowl, combine rolled oats, oats flour, mashed banana, mashed sweet potato, ground flaxseeds, and peanut butter. Mix until well combined.
3. Allow the dough to rest for at least 20 minutes. This will help the oats become more soft.
4. Using a spoon, drop small portions of the dough on a baking sheet lined with parchment paper, spacing them apart. Flatten each cookie slightly with the back of the fork.
5. Bake in the preheated oven for about 10-12 minutes or until the edges are lightly golden.
6. Remove the cookies from the oven.

CARROT WALNUT OATS COOKIE

Ingredients

- ½ cup oats flour
- ½ cup rolled old-fashioned oats, roasted
- 1 cup ripe banana, mashed
- ½ cup carrot, grated
- ¼ cup peanut butter, smooth and unsalted
- 1 tbsp walnut powder

Method

1. Preheat your oven to 175°C(350°F).
2. In a mixing bowl, combine oats flour, rolled oats, peanut butter, mashed banana, carrot, and walnut powder. Mix until well combined.
3. Allow the dough to rest for at least 20 minutes. This will help the oats become more soft.
4. Using a spoon, drop small portions of the dough on a baking sheet lined with parchment paper, spacing them apart. Flatten each cookie slightly with the back of the fork.
5. Bake in the preheated oven for about 10-12 minutes or until the edges are lightly golden.
6. Remove the cookies from the oven.

BANANA ALMOND COOKIE

Ingredients

- 1 cup almond flour
- 1.5 ripe bananas
- ¼ cup coconut, unsweetened and desiccated
- ¼ tsp cardamom powder

Method

1. Preheat your oven to 175°C(350°F).
2. In a mixing bowl, combine almond flour, banana, desiccated coconut, and cardamom powder. Mix until well combined.
3. Using a spoon, drop small portions of the dough on a baking sheet lined with parchment paper, spacing them apart. Flatten each cookie slightly with the back of the fork.
4. Bake in the preheated oven for about 10-12 minutes or until the edges are lightly golden.
5. Remove the cookies from the oven.

BANANA RAGI COOKIE

Ingredients

- ¾ cup ragi flour
- ¼ cup almond flour
- 1 ripe banana, mashed
- ¼ cup ghee/unsalted butter

Method

1. Preheat your oven to 175°C(350°F).
2. In a mixing bowl, combine ragi flour, mashed banana, almond flour, and unsalted butter/ghee. Mix until well combined.
3. Allow the dough to rest for at least 20 minutes. This will help the oats become more soft.
4. Using a spoon, drop small portions of the dough on a baking sheet lined with parchment paper, spacing them apart. Flatten each cookie slightly with the back of the fork.
5. Bake in the preheated oven for about 10-12 minutes or until the edges are lightly golden.
6. Remove the cookies from the oven.

CHICKPEA COOKIE

Ingredients

- 1 cup chickpea, boiled
- ½ cup rolled old-fashioned oats, roasted
- 1 ripe banana
- ¼ cup peanut butter, smooth, unsalted and roasted
- ¼ tsp cinnamon powder

Method

1. Preheat your oven to 175°C(350°F).
2. In a mixing bowl, combine chickpea, oats, mashed banana, peanut butter, and cinnamon powder. Mix until well combined.
3. Allow the dough to rest for at least 20 minutes. This will help the oats become more soft.
4. Using a spoon, drop small portions of the dough on a baking sheet lined with parchment paper, spacing them apart. Flatten each cookie slightly with the back of the fork.
5. Bake in the preheated oven for about 10-12 minutes or until the edges are lightly golden.
6. Remove the cookies from the oven.

BANANA CHIA COOKIE

Ingredients

- ½ cup oats flour
- ½ cup rolled old-fashioned oats, roasted
- 1 ripe banana
- ¼ cup applesauce
- ⅛ cup chia seeds
- ¼ tsp cinnamon powder

Method

1. Preheat your oven to 175°C(350°F).
2. In a mixing bowl, combine oats flour, rolled oats, mashed banana, applesauce, chia seeds, and cinnamon powder. Mix until well combined.
3. Using a spoon, drop small portions of the dough on a baking sheet lined with parchment paper, spacing them apart. Flatten each cookie slightly with the back of the fork.
4. Bake in the preheated oven for about 10-12 minutes or until the edges are lightly golden.
5. Remove the cookies from the oven.

BANANA BLUEBERRY COOKIE

Ingredients

- 2 ripe bananas
- 1.5 cup oats flour
- ½ cup blueberries
- 2 tbsp ghee/unsalted butter, melted
- 1 tbsp honey or maple syrup(for 1 year+)

Method

1. Preheat your oven to 175°C(350°F).
2. In a mixing bowl, combine oats flour, mashed bananas, mashed, blueberries, ghee/butter, and honey/maple syrup. Mix until well combined.
3. Using a spoon, drop small portions of the dough on a baking sheet lined with parchment paper, spacing them apart. Flatten each cookie slightly with the back of the fork.
4. Bake in the preheated oven for about 10-12 minutes or until the edges are lightly golden.
5. Remove the cookies from the oven.

BLUEBERRY YOGURT MELTS

Ingredients

- ½ cup full fat/greek yogurt
- ½ cup blueberry

Method

1. In a small bowl, take the blueberry. Use a fork or masher to mash it until smooth. Add yogurt to it.
2. Lay out parchment/baking paper on a baking tray.
3. Use a piping bag or plastic sandwich bag with a small corner snipped off.
4. Pipe/make small drops of the yogurt melts mixture onto the paper.
5. Place the tray with the yogurt drops in the freezer. Allow them to freeze for 1-2 hours or until they are solid.
6. Once frozen, remove the yogurt melts from the tray and store them in an airtight container in the freezer.

Variations

Apply the same method to prepare a variety of other yogurt melts recipes such as

Strawberry Melts

Mango Melts

Mixed Berries Melts

Peach Melts

Avocado Melts

Blueberries Banana Melts



SMOOTHIES

10 RECIPES

Weight Gain Smoothie

Dry Fruits Smoothie

Kesar Pista Smoothie

Apple Oats Smoothie

Avocado Smoothie

Sitaphal Smoothie

Pink Smoothie

Blueberry Smoothie

Apple Makhana Smoothie

Banana Dates Smoothie

WEIGHT GAIN SMOOTHIE

Ingredients

- ½ cup banana, roughly cut
- ½ tsp peanut butter, unsalted and roasted
- ½ tsp chia seeds, soaked
- ½ cup almond milk(½ cup water and 10 overnight-soaked almonds)

Method

1. In a blender, add the banana, peanut butter, chia seeds, and almond milk.
2. Blend all the ingredients until smooth.
3. If the smoothie is too thick, add more almond milk to reach your desired consistency.

DRY FRUITS SMOOTHIE

Ingredients

- ½ cup ripe banana
- ½ dried fig/anjeer, soaked
- 2 pistachios, soaked
- 1 cashew, soaked
- 1 walnut, soaked
- ½ cup almond milk(½ cup water and 10 overnight-soaked almonds)

Method

1. In a blender, add the banana, soaked pistachios, walnut, cashew, anjeer, and almond milk.
2. Blend all the ingredients until smooth.
3. If the smoothie is too thick, add more almond milk to reach your desired consistency.

KESAR PISTA SMOOTHIE

Ingredients

- 2 saffron strands
- 1 cup ripe banana
- 5 pistachios, soaked
- 1 tsp cardamom powder
- ½ cup coconut milk

Method

1. Soak saffron strands in 1 tbsp hot water for 15 minutes
2. Soak pistachios overnight.
3. In a blender, add saffron strands, banana, pistachios, coconut milk, and cardamom powder.
4. Blend all the ingredients until smooth.
5. If the smoothie is too thick, add more coconut milk to reach your desired consistency.

APPLE OATS SMOOTHIE

Ingredients

- ½ cup apple, roughly cut
- ⅛ cup oats flour
- 1 tbsp nuts & seeds powder
- A pinch of cinnamon powder
- Honey or maple syrup (for 1 year+)
- ½ cup almond milk (½ cup water and 10 overnight-soaked almonds)

Method

1. In a blender, add the apple, oats flour, nuts and seeds powder, almond milk, honey/maple syrup, and cinnamon powder
2. Blend all the ingredients until smooth.
3. If the smoothie is too thick, add more almond milk to reach your desired consistency.

AVOCADO SMOOTHIE

Ingredients

- ¼ cup spinach/palak, blanched
- ¼ cup ripe banana
- ¼ cup ripe avocado
- ½ cup almond milk(½ cup water and 10 overnight-soaked almonds)

Method

1. In a blender, add the blanched spinach, banana, avocado, and almond milk.
2. Blend all the ingredients until smooth.
3. If the smoothie is too thick, add more almond milk to reach your desired consistency.

SITAPHAL SMOOTHIE

Ingredients

- ½ cup ripe custard apple/sitaphal, pulp
- 1 tbsp nuts & seeds powder
- ½ cup almond milk(½ cup water and 10 overnight-soaked almonds)

Method

1. In a blender, add the sitaphal pulp, nuts & seeds powder, and almond milk.
2. Blend all the ingredients until smooth.
3. If the smoothie is too thick, add more almond milk to reach your desired consistency.

Variations

Apply the same method to prepare a variety of other smoothie recipes such as

Mango Smoothie

PINK SMOOTHIE

Ingredients

- ¼ cup strawberry, roughly cut
- ¼ cup ripe banana
- ⅛ cup beet, boiled and chopped
- ½ cup almond milk(½ cup water and 10 overnight-soaked almonds)

Method

1. In a blender, add the strawberry, banana, boiled beet, and almond milk.
2. Blend all the ingredients until smooth.
3. If the smoothie is too thick, add more almond milk to reach your desired consistency.

BLUEBERRY SMOOTHIE

Ingredients

- ½ cup blueberries
- ½ cup ripe banana
- 1 tbsp oats flour
- 1 tbsp chia seeds, soaked
- 5 black raisins, soaked
- ½ cup almond milk (½ cup water and 10 overnight-soaked almonds)

Method

1. In a blender, add blueberries, banana, oats flour, soaked chia seeds, soaked black raisins, and almond milk.
2. Blend all the ingredients until smooth.
3. If the smoothie is too thick, add more almond milk to reach your desired consistency.

Variations

Apply the same method to prepare a variety of other smoothie recipes such as

Mixed Berries Smoothie

APPLE MAKHANA SMOOTHIE

Ingredients

- ½ cup apple, roughly cut
- 1 tbsp lotus seeds/makhana powder
- 1 date, deseeded
- 1 tbsp nuts & seeds powder
- ½ cup coconut milk/almond milk

Method

1. In a blender, add the apple, makhana, date, nuts & seeds powder, and coconut milk/almond milk.
2. Blend all the ingredients until smooth.
3. If the smoothie is too thick, add more coconut/almond milk to reach your desired consistency.

Variations

Apply the same method to prepare a variety of other smoothie recipes such as

Banana Makhana Smoothie

Mango Makhana Smoothie

BANANA DATES SMOOTHIE

Ingredients

- ½ cup ripe banana
- 1 date, deseeded
- A pinch of cinnamon powder
- ½ cup almond milk(½ cup water and 10 overnight-soaked almonds)

Method

1. In a blender, add the banana, dates, milk, and cinnamon powder
2. Blend all the ingredients until smooth.
3. If the smoothie is too thick, add more almond milk to reach your desired consistency.



LADDOOS

6 RECIPES

Blueberry Pops
Anjeer Laddoo
Ragi Laddoo

Oats Laddoo
Coconut Laddoo
Sathu Maavu Laddoo

TIPS

Binding

- If your mixture is dry, adjust the texture by adding ghee or milk(for 1 year+) or jaggery syrup(for 1 year+).
- Laddoos should be soft and easy to chew.

Sweetness

- Adjust the sweetness as per your baby's taste preference.

BLUEBERRY POPS

Ingredients

- ½ cup oats flour
- ⅓ cup makhana powder
- ½ cup blueberries
- ⅓ cup cashew powder
- ⅓ cup raisins, soaked
- ⅓ cup coconut, unsweetened and desiccated

Method

1. In a blender, add blueberries and raisins and blend them to a smooth consistency. Transfer it to a mixing bowl.
2. In the same mixing bowl, add makhana powder, oats powder, cashew powder, and coconut powder and mix it well.
3. Now, take small portions of the mixture and shape them into small pops.

ANJEER LADDOO

Ingredients

- ½ cup dried figs/anjeer paste
- ½ cup nuts and seeds powder
- ⅛ cup oats flour
- A dash of cardamom powder
- 1 tbsp ghee

Method for Anjeer paste

- Soak 7 figs for 3-4 hours. Drain water from soaked ingredients and grind soaked figs to a smooth paste. Avoid adding water.

Method

1. Heat a pan on low to medium heat. Add ghee to the pan.
2. Add Anjeer paste to the pan and sauté it for about 5-7 minutes.
3. Combine nuts & seeds powder in the pan, ensuring thorough mixing.
4. Now, add oats flour and cardamom powder to the pan. Mix it well.
5. Now, take small portions of the mixture and shape them into small laddoos.

RAGI LADDOO

Ingredients

- 1 cup ragi flour
- ¼ cup cashew powder
- ¼ cup peanut butter, smooth, unsalted, and roasted
- ½ cup jaggery powder
- ¼ cup coconut, unsweetened and desiccated
- ¼ tsp cardamom powder
- 2 tbsp ghee

Method

1. Heat a pan on low to medium heat. Add the Ragi flour and dry roast it for about 5-7 minutes or until you can smell a nutty aroma. Keep stirring continuously to prevent it from burning. Be careful not to over-roast it, as it can become bitter.
2. Transfer the roasted ragi flour to a mixing bowl and let it cool completely.
3. Gradually add the melted ghee to the Ragi flour, little by little, and mix it until it resembles wet sand.
4. Add cashew powder, peanut butter, jaggery powder, cardamom powder, and desiccated coconut to the mixing bowl.
5. Now, take small portions of the mixture and shape them into small laddoos. (add little ghee if unable to blind)

OATS LADDOO

Ingredients

- 1 cup oats flour
- ¼ cup walnut powder
- ½ cup dates paste
- ¼ tsp cardamom powder
- ¼ tsp ground flaxseeds
- 1 tbsp ghee

Method for Dates paste

In a blender, pluse and grind seedless dates to a smooth paste.

Method

1. Heat a pan on low to medium heat. Add ghee to the pan.
2. Add dates paste to the pan and sauté it for about 5-7 minutes.
3. further add oats flour, walnut powder, ground flaxseeds, & cardamom powder, ensuring thorough mixing.
4. cool slightly, take small portions of the mixture and shape them into small laddoos. (add little ghee if unable to blind)

COCONUT LADDOO

Ingredients

- 1 cup semolina/rava
- ½ cup coconut, unsweetened and desiccated
- ¼ cup jaggery powder
- A pinch of cardamom powder
- A pinch of nutmeg powder
- ¼ cup ghee

Method

1. Heat a pan on low to medium heat. Add rava and dry roast it for about 5-7 minutes. Keep stirring continuously to prevent it from burning. Be careful not to over-roast it.
2. Transfer the roasted rava to a mixing bowl and let it cool completely.
3. In the same mixing bowl, add coconut, jaggery powder, cardamom powder, and nutmeg powder.
4. Then, add melted ghee little by little to the mixture and combine well.
5. Now, take small portions of the mixture and shape them into small laddoos.

SATHU MAAVU LADDOO

Ingredients

- 1 cup sathu maavu
- ¼ cup jaggery powder
- ¼ tsp cardamom powder
- 2 tbsp ghee
- ¼ cup water

Method

1. Heat a pan on low to medium heat. Add the sathu maavu flour to the dry pan and dry roast it for about 5-7 minutes or until you can smell a nutty aroma. Keep stirring continuously to prevent it from burning. Be careful not to over-roast it, as it can become bitter.
2. Transfer the roasted sathu mauve flour to a mixing bowl and let it cool completely.
3. Add jaggery in a saucepan with water, boil, and mix well. It will start to melt and thicken slightly.
4. Strain the jaggery syrup and pour it into the sathu maavu.
5. Add cinnamon powder and ghee to the mixing bowl.
6. Now, take small portions of the mixture and shape them into small laddoos.



DESSERTS

3 RECIPES

Banana Rava Halwa

Almond Wheat Halwa

Ragi Halwa

BANANA RAVA HALWA

Ingredients

- 1 cup semolina/rava
- ½ cup ripe banana
- 1 tbsp nuts & seeds powder
- 1 tbsp makhana powder
- A pinch of cardamom powder
- 2 cup water(for less than 1 year), warm
- 2 cup milk(for 1 year+), warm
- 2 tbsp ghee

Method

1. Heat a pan/kadai over medium heat and add ghee until it melts and starts to sizzle.
2. Add the semolina and roast it while stirring continuously until it turns light golden brown.
3. In the same pan, add nuts & seeds powder, makhana powder, and cardamom powder. Keep stirring to prevent lumps.
4. Add warm water/milk to it and continue to stir.
5. Keep stirring and cooking until the halwa thickens further. Once the halwa reaches the desired consistency and the ghee starts to separate, remove the kadai from the heat.
6. Add mashed banana to the halwa and mix it well. Your halwa is ready.

ALMOND WHEAT HALWA

Ingredients

- ¼ cup wheat flour
- ½ cup ripe banana
- 2 tbsp almond powder
- A pinch of cardamom powder
- 2 saffron strands
- ¼ cup water(for less than 1 year), warm
- ¼ cup milk(for 1 year+), warm
- 2 tbsp ghee

Method

1. Heat a pan/kadai over medium heat and add ghee until it melts and starts to sizzle.
2. Add the wheat flour and roast it while stirring continuously until it turns light golden brown.
3. Soak saffron strands in 2 tablespoons of warm water/milk and set aside.
4. In the same pan, add almond powder and cardamom powder. Keep stirring to prevent lumps.
5. Add warm water/milk and saffron to it and continue to stir.
6. Keep stirring and cooking until the halwa thickens further. Once the halwa reaches the desired consistency and the ghee starts to separate, remove the kadai from the heat.
7. Add mashed banana to the halwa and mix it well. Your halwa is ready.

RAGI HALWA

Ingredients

- ¼ cup ragi flour
- 2 tbsp jaggery powder
- 1 tbsp cashew powder
- A pinch of cardamom powder
- ¾ cup water, warm
- 2 tbsp ghee

Method

1. Heat a pan/kadai over medium heat and add ghee until it melts and starts to sizzle.
2. Add the ragi flour and roast it while stirring continuously until it turns light golden brown.
3. In the same pan, add cashew powder, jaggery powder, and cardamom powder. Keep stirring to prevent lumps.
4. Add warm water to it and continue to stir.
5. Keep stirring and cooking until the halwa thickens further. Once the halwa reaches the desired consistency and the ghee starts to separate, remove the kadai from the heat. If needed, you can add a little more warm water to adjust the consistency.
6. Your halwa is ready.