

Navratri

Navratri is celebrated twice a year and if we notice, every time it falls during the change of season. Change in the seasons has different effects on your physical, mental and spiritual level. By observing fast during this time balances your energy and connects you to the mother goddess.

From an Ayurvedic perspective, eating foods like meat, grains, alcohol, onion, garlic etc. attract and absorb negative energies and should be avoided during a seasonal change when our bodies tend to have low immunity and are more susceptible to fall sick.

Fasting is also seen as a way to give the body a much needed break from the regular dietary routine. This explains the choice of food items that are light on the stomach, easy on digestion but are full of nutrients. Grains, especially whole grains like millets, wheat, etc. slow down the process of digestion, that's why these are eliminated. Much importance is given to the consumption of daily products, fruits, juices and light vegetables.

Fast Menu:

Course	Menu
On Rising	Cheat: 8 Tulsi leaves
Break Fast	1 cup milk / tea + 1 fruit OR Papaya smoothie
Mid-Morning	1 mug green tea
Lunch	1 glass apple milkshake OR 2 Buckwheat paratha + Doodhi vegetable OR Buckwheat dhokla + Green chutney OR Kaddu vegetable + Pomegranate raita OR 1 bowl Mix fruit salad OR 1 bowl chia fruit parfait
Post Lunch	1 Glass buttermilk
Evening Snacks	1 cup tea / coffee + 1 bowl makhana OR 1 glass Nimbu pani with apple OR Boiled sweet potato 50 grams OR Baked Sweet potato chips OR 10 almonds + 5 walnuts OR 1 glass watermelon juice
Pre-Dinner	1 tsp. chia seeds with 1 glass water [15-20 min before dinner]
Dinner	1 bowl samawa chaval khichdi / Upma + 1 bowl curd OR 2 Rajgira paratha + Cucumber raita OR Sweet potato Yam patties + green chutney OR Peanut Kadhi + Kuttu daro khichdi OR Doodhi thepla (Use rajgira Atta) OR Farali dosa (2)

Note: Potato and Sabudana are not allowed.

Recipes

Buckwheat Paratha:

Ingredients:	<ul style="list-style-type: none"> • 4 tbsp Kuttu Ka Aata • 1 sweet potato , boiled and mashed • 1/2 tsp Sendha Namak • To knead dough Water • 1 tsp oil • For dusting Dry flour
Method:	<ol style="list-style-type: none"> 1. Mix the flour with the mashed sweet potato and Salt and knead with the water into soft pliable dough. 2. Cover the dough and leave to rest for 30 minutes and proceed to make the paratha. 3. Make it on a non-stick pan, Applying $\frac{1}{2}$ tsp oil on each side.

Peanut Kadhi:

Ingredients:	<ul style="list-style-type: none"> • 2 tbsp roasted peanut powder • 1/4 cup fresh curds (dahi) • 2 tsp rajgira flour • 1/4 tsp ghee • 1/4 tsp cumin seeds (jeera) • 1/2 tsp ginger-green chilli paste • rock salt to taste • pinch of sugar • For The Garnish • 1 tsp finely chopped coriander (dhania)
Method:	<ol style="list-style-type: none"> 1. Combine the curds, rajgira flour and 1 cup of water in a deep bowl and whisk well. Keep aside. 2. Heat the ghee in a deep non-stick pan and add the cumin seeds. 3. When the seeds crackle, add the ginger–green chilli paste and sauté on a medium flame for 30 seconds 4. Add the peanut powder and sauté on a medium flame for another 30 seconds. 5. Add the curds- rajgira flour mixture, rock salt and sugar, mix well and cook on a slow flame for 4 to 5 minutes, while stirring continuously to avoid any lump formation. 6. Garnish with coriander and serve hot with paratha

Sweet Potato and Yam Patties:

Ingredients:	<ul style="list-style-type: none"> • Sweet potato - 3 tbsp grated • Yam - 3 tbsp • Green chilli paste as per taste • Salt as per taste • Coriander leaves - 1 tbsp • Coating : • Peanut powder - 3 tbsp • Cumin powder
Method:	<ol style="list-style-type: none"> 1. Mix all ingredients and make pattie 2. Coat the pattie with peanut powder and roast with a pan

Chia Fruit Parfait:

Ingredients:	<ul style="list-style-type: none"> • Low fat yogurt – 100 ml • Apple - 3 tbsp chopped • Any fruit of your choice -2 tablespoon • Walnuts -1 tbsp (crushed) • Raisins - 1 tsp chopped • Chia seeds – 1/2 tsp
Method:	<ol style="list-style-type: none"> 1. Mix chia seeds and Yoghurt 2. Layer 1/3 cup of yogurt chia mixture to the bottom of a tall glass. 3. Put layer of a chopped apple, alternately with yogurt and the fruit of your choice until glasses are filled to the top 4. Top it with crushed walnut and raisins. 5. Serve parfaits is immediately to relish the yummy taste.

Papaya Smoothie:

Ingredients:	<ul style="list-style-type: none"> • 1 cup sweet papaya, cut into chunks • 1/2 cup fat-free plain yogurt • crushed ice (as required) • 1 tbsp almond crushed
Method:	<ol style="list-style-type: none"> 1. Combine the papaya, yogurt, ice, and almond. Process for about 30 seconds or until smooth and frosty and serve.

Nimbu Pani with Apple:

Ingredients:	<ul style="list-style-type: none"> • Water 1 Glass • Lemon 1 No. • Jaggery -As per taste • Mint paste 1/2 tsp. • ½ tsp Ginger paste • Black salt as per taste • Apple 1/2 grated • Cumin (Jeera) powder 1/2 tsp.
Method:	<ol style="list-style-type: none"> 1. Squeeze lemon Juice, grate apple in 1 glass of water. 2. Now mix all the ingredients.

Farali Dosa:

Ingredients:	<ul style="list-style-type: none"> • 2 tbsp sanwa millet (sama) • 2 tsp rajgira flour • 1/4 cup sour buttermilk • 1 tsp ginger-green chilli paste • rock salt to taste • oil for cooking
Method:	<ol style="list-style-type: none"> 1. Clean, wash and soak the sawn millet in enough water in a deep bowl for at least 2 hours. 2. Drain and blend in a mixer to a smooth mixture using 2 tbsp of water. 3. Transfer the mixture into a deep bowl, add the rajgira flour, buttermilk, ginger-green chilli paste and rock salt and mix well. Cover with a lid and keep aside to ferment overnight. 4. Heat a non-stick tava (griddle), pour a ladleful of the batter on the tava (griddle) and spread it in a circular motion to make a thin dosa. 5. Smear a little oil along the sides; cook till both the sides of the dosa turns golden brown in color and fold over to make a semi-circle. Serve

Baked Sweet Potato Chips:

Ingredients:	<ul style="list-style-type: none">• 2 organic sweet potatoes• 1 Tbsp (30 ml) olive oil• 1/4 tsp Rock salt
Method:	<ol style="list-style-type: none">1. Preheat oven to 250 degrees F (121 C) and position oven rack in the center of the oven.2. Rinse and dry your sweet potatoes thoroughly and slice them as uniformly thin as possible. If you have a mandolin, use it. Otherwise, use a very sharp knife to get these uniformly thin. Know that chips that are too thick in parts won't crisp up all the way. Still delicious, just not "chip" crispiness.3. Toss slices in a touch of olive oil to lightly coat, then sprinkle with salt. Lay out in a single layer on a baking sheet and bake for about 2 hours, flipping chips once at halfway point to ensure even cooking. I also rotated mine for more even cooking (optional but recommended).4. Remove once crisp and golden brown. Some may feel a little tender in the middle but take them out and let them rest for 10 minutes or so to crisp up before sampling.5. Serve immediately.