

Enjoy Diwali Guilt free:

The festival of Diwali is truly a “Festival of Lights”, as it not only involves lighting of Lamps but, it brings the light of happiness, togetherness, spiritual, Enlightenment and prosperity for everyone.

Diwali is a vibrant, joyous, colorful celebration expressed through the medium of food. In this air of festive vibes, everyone gets involved in bingeing and later all this bingeing turns into weight, calories, and sugar worries -- but enjoy the festival with no regrets this season.

Diwali makes for one of the biggest celebrations in the year- and one of the topmost highlights of this extravaganza must be its indulgent sweetmeats, savoury snacks and lavish meals. But before you start digging in, have a look at this essential guide for Diwali celebrations that will may help you make most of the festivities, fun and of course lots of food

Why not gift yourself a healthy festive season and celebrate a guilt-free Diwali that makes your Diwali special for yourself, your family and your friends.

U can OR Feel free to	U can't OR Feel guilty to
<p>Salads / Raitas - 1 bowl of Fresh Veg /Non-Veg Caesar Salad / Paneer salad / Sprouts salad / Green salads with lemon dressing, vegetable raita, palak raita, sprout salads, Onion tomato raita, plain yogurt.</p> <p>Soups – 1 bowl Vegetable Clear Soup/Spinach soup / Tomato soup (NO CREAM) / Chicken Clear Soup /Egg Soup / Minestrone soup / Mushroom soup /</p>	<p>Salads / Raitas: Salads loaded with high calories dressing. (Example: Mayo dressing, Cheese dressing, Extra added oil) Boondi raita, Potato raita.</p> <p>Soups – Man, chow soup, cheese soup, Soups with fried Noodles, High calorie dense soup, Cream based soup.</p>
<p>Starters (3-4 small Pieces only)</p> <p>VEG: Grilled Mushroom / Grilled tofu, Paneer tikka, Paneer chilly, Vegetable kebabs, Baked Tacos, Rajma kebabs, Steamed Momus,</p> <p>NON-VEG Chicken / Fish tikka, Pahadi Chicken kebabs, Chicken chilly, [no base fish], Chicken /fish grilled or barbeque.</p>	<p>Starters</p> <p>Fried rolls, Samosas, Pakodas, Cheese chilly, cheese bhel, French fries, ready to eat fried snacks.</p> <p>NON-VEG Chicken nuggets, Chicken fry, Spring rolls, fried snacks.</p>
<p>MAIN COURSE</p> <p>Roti's like Tandoori roti, Missy roti, Plain Wheat paratha</p> <p>Sabji: Tava veg gravy, Mushroom gravy, Hyderbadi Paneer, Paneer tikka masala, Veg jalfrezi / Kolhapuri / Kadai / Korma, Dal tadka, Bhindi masala, Chana masala, Black dal. OR Vegetable sizzlers (No butter sauce), Wheat Pasta with vegetable OR Plain dosa OR 2 idlis with Sambhar OR Fried Rice with clear soup OR Hummus with Baked falafels OR Chicken /Fish tikka Masala, Handi, Saagwala</p>	<p>MAIN COURSE</p> <p>Butter naan, Roomali roti, Butter Kulcha, Cheese stuffed parathas, Aloo stuffed kulcha, butter roti</p> <p>Sabji: Kofta Curries with cream, Moghlai preparations, Peanut OR Cashew based curry, Dum aloo, Cheese kofta sabji. OR White sauce pasta, Cheese burst pizza, cheese balls, cheese stuffed dish OR Mayo cheese grilled sandwich OR Chaat (Sev pure, pani puri, Allo katori chaat) OR Chicken /Fish made in rich gravies using coconut, butter, ghee. OR Red meat preparations</p>

Desserts	Desserts
Fresh homemade ones like, Fresh yogurt with fruits OR Sandesh OR Homemade brownies OR oats parfait OR Sugar-free sweets OR Fresh fruit popsicles OR Fresh fruits OR Nut ladoos OR Rajgira chikkis OR Dark-chocolates OR Moong dal halwa OR Payassam OR Dry fruits OR Lapsi OR Puran poli	Cakes OR Pastries OR Pie OR waffles loaded ice creams OR Bengali sweets OR Halwas (E.g.: Pineapple halwa, Almond halwa) OR Ice cream with chocolate sauce OR Cheese cakes OR Chocolate muse OR Malpua OR Jalebi OR Julab jamun OR Kaju katli

*These options will allow you to enjoy in party and still not gain weight much. So be-aware of what you are eating is the most important tip that you can ever get. You need to be conscious about the type of food you eat and also how much of that you consume. Eating healthy does not mean you can eat too much, as they still contain calories.

Here are some Non-fried snacks and sugar-free dessert options you can try at home for your Diwali celebrations.

Recipes

Kesar thandai:

Ingredients:	<ul style="list-style-type: none"> • To Be Ground into A Fine Powder: • 5 almonds (badam) • 1 tsp poppy seeds (khus-khus) • 1 tsp fennel seeds (saunf) • 1/4 tsp cardamom (elaichi) powder • 2 white peppercorns (kalimirch) • Other Ingredients • 1 glass milk • 1 tsp powdered sugar OR Jaggry • 2 peppercorns (kalimirch) • a few saffron (kesar) strands
Method:	<ol style="list-style-type: none"> 1. In a deep pan, boil the milk and keep aside to cool completely. Keep aside. 2. Add the ground powder, mix well and refrigerate the mixture for 3 to 4 hours. 3. Strain the mixture through a sieve, add the sugar OR Jaggery, peppercorns and saffron and mix well. 4. Serve chilled.

Paan lassi:

Ingredients:	<ul style="list-style-type: none"> • Curd 1 small bowl • Maghai Paan leaf 1 • Meethi Saunf 1/2 teaspoon • Gulkand 1 tablespoon • Ice cubes • Agave or Date syrup - 1 tsp • 1 tbsp Almond grated for garnishing
Method:	<ol style="list-style-type: none"> 1. Take the paan leaf and cut it into small pieces. 2. Now take a mixture grinder and put into it half quantity of curd and the small pieces of paan leaf. 3. Churn them properly in the mixture grinder. 4. Now add sugar, saunf and gulkand and the rest of the curd into the mixture grinder. 5. Churn the mixture once again, properly. 6. Add two cubes of ice and churn once again. 7. Now the refreshing Paan Lassi is ready 8. Garnish it with grated almond serve chilled!

Flax seeds sakarpara:

Ingredients:	<ul style="list-style-type: none">• 3 tbsp coarsely powdered flax seeds (alsi)• 1/4 cup whole wheat flour (gehun ka atta)• 1/4 cup Jowari flour• 1/4 cup Bajra flour• 1 tbsp olive oil• 1 tbsp dried mixed herbs• 1 tsp dry red chilli flakes (paprika)• salt to taste
Method:	<ol style="list-style-type: none">1. Combine all the ingredients in a deep bowl and knead into a stiff dough using water as required (approx. ¼ cup). Cover with a lid and keep aside for 15 minutes.2. Divide the dough into 2 equal portions.3. Roll out a circle without using any flour for rolling. Trim slightly from 4 sides to get a perfect square.4. Prick it lightly with a fork and cut.5. Repeat steps 3 and 4 to make more shakarparas.6. Arrange all the shakarparas on a baking tray and bake in a pre-heated oven at 180°C (360°F) for 15 minutes or till they turn light brown and crisp from both the sides,7. while turning twice in between after every 5 minutes. Keep aside to cool slightly.8. Serve or store in an air-tight container.

Baked chakli:

Ingredients:	<ul style="list-style-type: none">• 1/2 cup besan (bengal gram flour)• 2 tbsp Rava• 1 tsp sesame seeds (til)• 1/2 tsp chilli powder• Pinch asafoetida (hing)• 1/4 tsp turmeric powder (haldi)• 1 tsp hot oil• 1 tbsp curds (dahi)• salt to taste
Method:	<ol style="list-style-type: none">1. Combine all the ingredients in a deep bowl, mix well and knead into a soft dough using enough water.2. Put the mixture into a chakli press and press out round swirls of the dough onto a greased baking tray, working closely from the centre to the outside of the swirls to make approximately 50 mm. (1½") diameter swirl.3. Bake them in a pre-heated oven at 180°C (360°F) for 15-20 minutes.4. Cool and store in an air-tight container.

Date Rabdi

Ingredients	<ul style="list-style-type: none">• Milk – 500 ml• Maskati khajoor chopped into pcs –12pcs• Roasted almond –2tbsp
Method	<ol style="list-style-type: none">1. Boil Milk. Add chopped Khajur and mix it well, continuously stir the milk till it become $\frac{3}{4}$ of the quantity.2. Let it cool down garnish with sliced roasted almonds.3. Chill in fridge for 2 to 3hrs.4. Serve chilled.

Anjeer phirni:

Ingredients	<ul style="list-style-type: none">• Broken Rice- 25 gms• Milk – 500 ml• Anjeer – 6 pcs• Ghee – 1 tsp
Method	<ol style="list-style-type: none">1. Heat the ghee in pan, add finely chopped anjeer. Mix well for 2 min.2. Boil milk add anjeer and rice.3. Continuously stir it for 2 – 3 boils OR it become one consistency.4. Remove from gas, add 2 – 3 strands kesar and Elaichi on top.5. Chill it for 2 – 3 hours.6. Serve chilled.