

# **KAVITA CHAVHAN**

**+91 7229020022**

## **HEALTHY TEA TIME CAKES**

### **1. BARLEY – SUNFLOWER CAKE**

1 cup whole wheat flour + 1 cup barley flour + 1 cup milk powder + 1 cup mishri powder + 2 tsp baking powder + ½ tsp baking soda + pinch salt + ¼ tsp cinnamon powder – mix well

Add 1cup sunflower oil + water as needed + vanilla essence – make smooth better.

Garnish with sunflower seeds & chia seed

[Bake 180° C for 30- 35 min]

### **2. OLIVE- PUMPKIN CAKE**

1cup whole wheat flour + 1 cup multigrain flour + 2tbsp sooji + 1 cup mishri powder+ 1cup crushed pumpkin + 2 tsp baking powder + ½ tsp baking soda + pinch salt – mix well

Add 1cup olive oil + water as needed + fruit essence – make smooth better.

Garnish with pumpkin seeds, sooji & olives

[Bake 180° C for 30- 35 min]

### **3. DIABETIC FRIENDLY RAGI CAKE**

1cup whole wheat flour + 1 cup ragi flour + 1 cup milk powder + 1 cup dates paste + 2 tsp baking powder + ½ tsp baking soda + 1cup shredded carrot – mix well

Add 1cup olive oil + water as needed + vanilla essence – make smooth better.

Garnish with dates & carrot

[Bake 180° C for 30- 35 min]

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## **4. ROSE – PISTACHIO CAKE**

1cup whole wheat flour + 1 cup multigrain flour + 1 tbsp sooji + ½ cup mishri powder + ½ cup gulkand + 2 tsp baking powder + ½ tsp baking soda + pinch salt + 1tbsp saunf powder – mix well

Add 1cup olive oil + milk as needed + 1tbsp rose syrup – make smooth better.

Garnish with rose petal & pista ..

[Bake 180° C for 30- 35 min]

## **5. FARALI CAKE**

30 gm Butter + 2tbsp curd + 200 gm condensed milk – beat well

Add 120 gm farali Atta + ½ tsp baking soda – mix well

Add milk to make smooth batter. Add dry fruits of your choice

[Bake 180° C for 30- 35 min]

## **6. PROTEIN RICH CHOCOLATE – MUNG CAKE**

1cup whole wheat flour + 1 cup mung flour + 1 cup milk powder + 1 cup mishri powder + 2 tsp baking powder + ½ tsp baking soda + pinch salt + 2tbsp cocoa powder + 1tbsp drinking chocolate + 1tsp coffee + pinch salt – mix well

Add 1cup olive oil + water as needed – make smooth better.

Garnish with muskmelon seeds & chia seed

[Bake 180° C for 30- 35 min]

## **7. COCONUT CHARCOL CAKE WITH GOODNESS OF ORANGE**

1cup curd + ¾ cup sugar - beat well

Add 1 tsp baking powder + ½ tsp baking soda – rest for 5 min

Add 1cup wheat flour + ½ cup dedicated coconut + 3 tbsp corn flour

Add ½ cup olive oil + coconut essence – mix well. Add water if needed.

Use charcoal paste to make marble effect as shown.

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## **ORANGE SAUCE –**

1 ½ cup orange juice + 1tbsp corn flour + honey + cinnamon powder + 1tbsp butter

## **APPLE CARROT CINNAMON CAKE**

Beat [3tbsp] butter + [200 ml] milk made till fluffy. Add [100 Gms] Maida + ½ tsp bkg pwd + ½ tsp baking soda + 2tbsp corn flour, mix well. Add Maida mix to creamy batter. Add 1tsp cinnamon pwd, 1 small apple pcs & ½ cup carrot. Add [50 ml] soda water & immediately pour into tin and bake for 20min [180°C].

## **FRUIT LOG**

Beat [3tbsp] butter + [200 ml] milk made till fluffy. Add [100 Gms] Maida + ½ tsp bkg pwd + ½ tsp baking soda + 2tbsp corn flour, mix well. Add Maida mix to creamy batter. Add 4-5 tbsp tutti fruit & 1tsp fruit ess. Add [50 ml] soda water & immediately pour into tin and bake for 20min [180°C].

## **PLUM CAKE**

In a bowl mix 4tbsp black raisins, 3tbsp apricot, 6 tbsp cherries, 2tbsp cranberries. Add ½ cup hot water, 1tbsp vinegar, 1tsp vanilla, ¾ cup brown sugar & ½ cup orange juice. Add 200 gms maida + ½ tsp b soda, ½ cinnamon pwd, nut mud & clove pwd. Add 100 gms mix nuts. Add 1/3 cup oil. Mix well. Bake and enjoy.

## **MAWA CAKE**

Beat 200gms milk maid + 3½ tbsp butter. Add [1cup Maida + 1tsp b.pwd + ½ tsp soda + ¼ cardamom pwd]. Add ½ cup unsweetened mawa. Add milk as needed. Add mawa ess. Garnish with pista.