



12 Exclusive Satvic Recipes!

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channel or the Satvic app!



Nutties Buddies

 Time: 50 mins

 Makes: 8 pcs



“These nut bars are perfect for when your child feels hungry in the middle of the day. They keep them full for longer, so they can get back to playtime without a worry!”

- Bharti Nebhani, Satvic Recipe Developer

Ingredients

Nuts*

- ½ cup almonds, roasted
- ½ cup pistachios, roasted
- ½ cup cashews, roasted
- ½ cup pumpkin seeds, roasted

Jaggery Syrup

- ¾ cup jaggery powder
- ½ cup water
- pinch of rock salt

**Roast the nuts and seeds separately, as each requires a different roasting time.*

Method

1. In a mixing bowl, add all the nut ingredients and stir well. Set the bowl aside for later use.
2. For the jaggery syrup, heat a pan. Add jaggery and water. Cook on medium flame for 12 minutes, until it forms a hard ball when dropped in cold water.
3. Pour the jaggery syrup and a pinch of rock salt over the nuts, and mix until everything is evenly coated.
4. Transfer the mixture into a silicone bar mould, press it down firmly.
5. Once firm, remove from the mould. Store in an airtight container for longer freshness.

Note: If you don't have a silicone bar mould, you can use a flat steel plate greased with cold-pressed oil. Once set, break it into pieces.



Cheesy Cutlet Rolls

⌚ **Time:** 1 hour

👤 **Makes:** 4 rolls

Ingredients

Cheesy Corn Cutlets

- ¼ cup fresh corn kernels
- ¼ cup small-chopped capsicum
- 3 tablespoons water
- ¼ cup thinly grated carrot
- ¼ cup thinly grated cabbage or purple cabbage
- ⅓ cup boiled and mashed potatoes
- 2 tablespoons chopped coriander
- 2 tablespoons fermented cashew cheese
- ¼ teaspoon black pepper powder
- ¼ teaspoon rock salt

Coating

- ¼ cup fox nuts, roasted
- 6 walnuts, roasted

Veggies

- ¼ cup shredded purple cabbage or cabbage
- ¼ cup julienned cucumbers
- ¼ cup julienned capsicum
- ½ small green chili, finely chopped
- ⅛ teaspoon rock salt

Creamy Cheese

- 3 tablespoons fermented cashew cheese
- 2 tablespoons water
- ⅛ teaspoon rock salt
- pinch of black pepper powder

Assembly

- 4 large cucumber rotis

Preparation

- Prepare 5 tablespoons of fermented cashew cheese in total (2 tablespoons for the cutlets and 3 tablespoons for the creamy cheese) (pg 27).
- Prepare 4 large satvic rotis.

Method

1. For the cutlets, heat a pot, add corn, capsicum, and water. Cover and cook on medium flame for 8 minutes, adding 1 tablespoon more water if needed. Add grated carrot and cabbage, stir, cover, and cook for 5 more minutes.
2. Transfer cooked veggies and mashed potatoes to a bowl. Add remaining cutlet ingredients and mix well by hand to form the mixture. Set aside.
3. For the coating, blend roasted fox nuts and walnuts in a small blender jar. Divide the mixture into 8 portions, shape into cylindrical cutlets, and coat with the blended mixture.
4. Heat a cast iron tawa, grease with cold-pressed oil, and cook cutlets on medium flame for 5 minutes, flipping until golden brown.
5. For the veggies, mix all ingredients in a bowl. For the creamy cheese, blend all ingredients until smooth.
6. To assemble, spread creamy cheese on a Satvic cucumber roti, place 2 cutlets and some veggies, then roll. Repeat for the remaining 3 rolls.
7. Serve with any dip of choice.



Peanut Chocolate Fudge

 Time: 20 mins

 Makes: 10 pcs



"It's hard to believe this fudge is made with just 6 simple ingredients! It tastes like something crafted in a high-end bakery, with layers of richness and depth that feel way beyond a home kitchen!"

- Subah Saraf

Ingredients

Base

- 10 dates, de-seeded
- $\frac{1}{3}$ cup cacao powder
- $\frac{1}{3}$ cup peanuts, roasted
- $\frac{1}{4}$ teaspoon vanilla powder (optional)
- pinch of rock salt

Topping


- 6 walnuts, roasted and chopped

Method

1. Place all the base ingredients into a blender and blend until smooth.
2. Transfer the blended mixture to a bowl. Add the roasted and chopped walnuts, mix well using your hands.
3. Transfer the mixture onto a parchment paper. Shape it into a rectangle, using a spatula.
4. Gently press the mixture to get an even shape, but make sure not to press it too much—it should be thick, as shown in the image.
5. Place it in the refrigerator for 30 minutes.
6. Cut into square shapes. Serve and enjoy! It can be stored in the refrigerator for up to a week.

Crunchy Lavash

with Labneh & Muhammara Dip

 **Time:** 45 mins

 **Serves:** 4

Ingredients

Lavash

- 1 teaspoon coriander seeds
- $\frac{2}{3}$ cup besan (gram flour)
- 1 tablespoon finely chopped coriander
- $\frac{1}{2}$ teaspoon finely chopped green chili
- $\frac{1}{4}$ teaspoon rock salt
- 2 tablespoons water
- 2 teaspoons black sesame seeds

Labneh Dip (makes $\frac{1}{2}$ cup)

- $\frac{1}{3}$ cup cashews, soaked
- $\frac{1}{2}$ teaspoon lemon zest
- $\frac{1}{2}$ teaspoon lemon juice
- $\frac{1}{2}$ teaspoon dry thyme
- $\frac{1}{2}$ teaspoon black pepper powder
- $\frac{1}{2}$ teaspoon rock salt
- $\frac{1}{4}$ cup water
- 2 cherry tomatoes, chopped
or 2 tablespoons chopped tomatoes
- 1 teaspoon chopped parsley
leaves or dill leaves

Muhammara Dip (makes $\frac{1}{2}$ cup)

- $\frac{3}{4}$ cup chopped red bell pepper
- $\frac{1}{4}$ cup pomegranate seeds
- (10+1) walnuts
- 1 teaspoon lemon juice
- $\frac{1}{4}$ teaspoon black pepper powder
- $\frac{1}{2}$ teaspoon cumin powder
- $\frac{1}{4}$ teaspoon rock salt

If you have less time, you can prepare either of the two dips instead of making both.

Preparation

- Soak $\frac{1}{3}$ cup cashews in water for 6 hours (labneh dip).

Method

Lavash

1. Roast coriander seeds on a tawa for 1 minute over medium flame and crush in a mortar and pestle.
2. In a mixing bowl combine crushed coriander seeds and the lavash ingredients (except black sesame seeds). Knead into a dough, adding water if needed. Cover and let it rest for 5 minutes.
3. Preheat the oven to 180°C for 10 minutes.
4. Roll the dough into a thin sheet using a rolling pin. Make sure to roll it thin, otherwise the lavash will not be crispy. Add the black sesame seeds on top and lightly press them into the dough sheet.
5. Dust a baking tray with flour, transfer the dough sheet, and cut it into small triangles. Bake at 180°C for 10 minutes until crispy, checking a few times to avoid overbaking.
6. Serve with any dip and enjoy.

Note: If required, use parchment paper while rolling to prevent sticking.

Labneh Dip

1. Blend all the ingredients (except tomatoes and parsley) until smooth and creamy.
2. Stir in chopped tomatoes and parsley. Serve with lavash. Store in the refrigerator for up to 2 days.

Muhammara Dip

1. Roast chopped red bell pepper in a pot for 8 minutes on medium flame, stirring in between.
2. Pulse the pomegranate seeds in a blender for 2 seconds, strain the juice, and set aside.
3. Roast 11 walnuts on a tawa for 1 minute. Keep 1 walnut aside for topping.
4. Blend roasted bell pepper, pomegranate juice, 10 walnuts, and remaining ingredients until smooth.
5. Chop 1 walnut for topping, garnish the dip, and serve with lavash. Store in the refrigerator for up to 2 days.

Note: You can also serve muhammara dip with falafels (pg. 45).





Chewy Banana Cookies

 **Time:** 30 mins

 **Makes:** 15 pcs

Ingredients

- 1 cup almonds
- 1½ ripe bananas
- ⅓ cup finely chopped dates, de-seeded

Topping

- any nuts or seeds

Method

1. Preheat the oven to 180°C for 10 minutes.
2. Place almonds in a blender and blend until a smooth powder forms. Do not over-blend.
3. Mash the bananas and chopped dates together, then add the blended almonds. Mix well to form a dough; the consistency will be sticky. Grease your hands with cold-pressed oil and divide the dough into 15 small balls.
4. Cover your baking tray with parchment paper or a baking sheet and place the balls on it.
5. Slightly press each ball to shape it like a thin cookie. Top with nuts or seeds of your choice.
6. Bake the cookies at 180°C for 20 minutes (10 minutes on each side).
7. Serve immediately or store in an airtight container for up to a week.



Potato Pizza Muffins

 **Time:** 1 hour

 **Makes:** 6 pcs

Ingredients

- 6 medium-sized potatoes
- 1 teaspoon rock salt
- 2 cups water

Tomato Sauce

- 4 medium-sized tomatoes, chopped
- 15 fresh basil leaves
- 1 tablespoon jaggery powder
- 1 teaspoon dry oregano
- ¼ teaspoon black pepper powder
- 2 pinches of asafoetida (*hing*)
- ¾ teaspoon rock salt

Creamy Cheese

- ½ cup cashews, soaked
- 1 green chilli
- 1 teaspoon lemon juice
- ½ teaspoon dry oregano
- ½ teaspoon rock salt
- ¼ teaspoon asafoetida (*hing*)
- 3 tablespoons water

Other Ingredients

- ¼ teaspoon black pepper powder
- ¼ teaspoon rock salt

Topping

- 1 teaspoon dry oregano
- few basil leaves

Preparation



- Soak ½ cup cashews in water for 6 hours.

Method

1. Heat a steel cooker. Add the potatoes, rock salt, and water. Close the lid and cook for 5 whistles on medium flame, until soft.
2. Preheat the oven to 180°C for 10 minutes.
3. For the tomato sauce, place all the ingredients into a blender and blend until smooth. Heat a pot, and transfer the blended mixture. Cook for 12 minutes on medium flame until all the water is absorbed and the sauce becomes thick.
4. For the creamy cheese, place all the ingredients into a small blender jar and blend until smooth.
5. For the assembly, once the potatoes are boiled and still warm, place them in a greased muffin tray. Then, press them with the back of a small glass or bowl and sprinkle some black pepper powder and rock salt.
6. On top of that, add some creamy cheese, tomato sauce, and more creamy cheese.
7. Place the muffin tray in the oven and bake at 180°C for 35 minutes.
8. Once baked, add the toppings and serve warm with a dip of your choice.



Banana Bread

 **Time:** 1 hour
 **Makes:** 1 loaf



"After several attempts to perfect this bread, the team was still struggling, until Jeetu Bhaiya (our kitchen superhero) stepped in. With just two feedback rounds, he perfected this recipe."

~ Harshvardhan Saraf

Ingredients

Flax Egg

- 2 tablespoons flaxseed powder
- $\frac{1}{4}$ cup water

Wet Ingredients

- 2 ripe bananas
- $\frac{1}{2}$ cup almond butter
- 3 tablespoons jaggery powder

Dry Ingredients

- $\frac{3}{4}$ cup almond flour*
- $\frac{3}{4}$ cup oat flour**
- 1 teaspoon baking soda
- $\frac{1}{4}$ teaspoon vanilla powder
- pinch of rock salt

Other Ingredients

- $\frac{1}{4}$ cup chopped walnuts
- 1 tablespoon cacao nibs (optional)

Topping

- 5 walnuts, chopped

**Almond flour is made by grinding raw almonds in a blender.*

***Oat flour is made by grinding rolled oats in a blender.*

Preparation

- Prepare $\frac{1}{2}$ cup almond butter (pg 26).

Method

1. Make the flax egg by mixing flaxseed powder and water in a small bowl. Stir and set aside for 10 minutes.
2. Preheat the oven to 180°C for 10 minutes. Grease a bread tin with cold-pressed oil, line with parchment paper, and grease the paper too.
3. For the wet ingredients, in a mixing bowl, mash bananas with jaggery and almond butter until smooth. Add the flax egg and mix well.
4. For the dry ingredients, in another bowl, sift all the ingredients.
5. Transfer the wet ingredients into the dry ingredients and mix well until smooth. Add 1 tablespoon water, if needed. Add the other ingredients and stir well.
6. Immediately transfer the batter to the bread tin. Add the topping and bake for 30 minutes at 180°C or until a toothpick inserted comes out clean.
7. Allow the bread to cool for at least 1 hour. Then, remove it from the tin, slice, and serve.
8. It can be stored in an airtight glass container in the refrigerator for up to 3 days.



Eggplant Caponata

 Time: 45 mins

 Serves: 2

Ingredients

Gravy

- 1½ cups chopped red bell pepper or tomato
- ½ cup chopped pumpkin
- 1 cup water
- 3 tablespoons sunflower seeds, soaked

Veggies

- ⅔ cup small-chopped eggplant
- ⅔ cup small-chopped red bell pepper or tomato
- ⅔ cup small-chopped yellow or green bell pepper
- ⅔ cup small-chopped zucchini or carrot

Other Ingredients

- ½ teaspoon black pepper powder
- 1 tablespoon dried thyme
- ¼ teaspoon dried rosemary (optional)
- 1¼ teaspoons rock salt

Preparation

- Soak 3 tablespoons of sunflower seeds in water for about 6 hours.

Method

1. Heat a pot, and add the red bell pepper, pumpkin, and water. Cover and let it cook for 10 minutes over a medium flame until soft.
2. Once the gravy vegetables are cooked, transfer the cooked vegetables along with the water to a medium bowl and allow them to cool for 5 minutes.
3. Meanwhile, reheat the same pot and add all the veggies. Roast them for 5 minutes over a medium flame. Add all the other ingredients except rock salt and roast for 2 more minutes. Add a little water if needed.
4. Once the gravy vegetables have cooled a little, transfer them into a medium blender along with the soaked sunflower seeds and blend until smooth.
5. Once the veggies are roasted, transfer the blended gravy to the pot and stir well to combine everything. Let it cook for 5 more minutes, stirring occasionally.
6. Switch off the stove and add the rock salt. Stir well and cover for 5 minutes.
7. Serve warm with brown rice.





Chocolate Tart

 **Time:** 45 mins
 **Makes:** 2

Ingredients

Crust

- ½ cup blended dry coconut
- ¼ cup almonds, roasted
- 6 dates, deseeded
- 1 tablespoon cacao powder
- pinch of rock salt

Other Ingredients

- 3 cups water
- 1 cup peeled and chopped apples
- ½ teaspoon vanilla powder

Chocolate Syrup

- 3 tablespoons jaggery powder
- 2 tablespoons cacao powder
- ¼ cup cold-pressed coconut oil

Toppings

- 1 tablespoon cacao nibs or roasted and chopped almonds
- few edible flowers (optional)
- few mint leaves (optional)

Method

1. For the crust, add all the ingredients to a small blender jar and pulse 2–3 times until it starts to bind. Don't over-blend, the mixture should remain slightly crumbly.
2. Lightly grease a 4-inch mini tart tray with cold-pressed coconut oil. Add half the crust and press it evenly along the base and edges. Repeat with another tray using the remaining crust.
3. Place both the tart trays in the freezer for 20 minutes.
4. Meanwhile, heat a pot. Add the water and let it come to a boil. Then, add chopped apple, and cook for 10 minutes on medium flame. Strain the water and let the cooked apple come to room temperature.
5. For the chocolate syrup, place all the ingredients into a small blender jar and blend until smooth. Add the cooked apples and vanilla powder to the same blender and blend until smooth.
6. Pour this blended mixture on top of the crust in both the tarts. Keep in the refrigerator overnight until set.
7. Once set, remove the tart from the tin, and add the toppings. Slice and serve.

Note: This can also be made in an 8-inch tart tray.



Creamy Corn Curry

 Time: 30 mins

 Serves: 2

Ingredients

- 1 cup fresh corn kernels
- 1 cup fresh green peas
- $\frac{3}{4}$ cup water
- 1 cup finely chopped spinach

Almond Milk

- 24 almonds, soaked and peeled
- ($\frac{1}{4} + \frac{3}{4}$) cup water

Other Ingredients

- 1 tablespoon whole wheat flour
- 2 tablespoons finely chopped basil (optional)
- 2 teaspoons dry oregano
- $\frac{1}{4}$ teaspoon black pepper powder
- $\frac{1}{4}$ teaspoon jaggery powder (optional)
- 1 teaspoon rock salt

Preparation

- Soak 24 almonds in water for about 6 hours.


Method

1. Heat a pot, and add the corn, green peas, and water. Cover and let them cook over a medium flame for 3 minutes.
2. Add the spinach to the same pot and stir. Cover and let them cook over a medium flame for 5 more minutes until the corn and peas are cooked.
3. Meanwhile, add the peeled almonds and $\frac{1}{4}$ cup of water into a blender and blend until smooth. Pour the remaining $\frac{3}{4}$ cup of water into the blender and blend until smooth.
4. Once the corn and peas are cooked, transfer the almond milk along with all the other ingredients except the jaggery and rock salt to the pot. Keep stirring continuously for 5 minutes until the milk thickens a little.
5. Switch off the stove. Add the jaggery (if using) and rock salt to the pot. Stir well and cover for 5 minutes.
6. Serve warm with brown rice.

Note: To give this recipe an Indian flavour, add *kasuri methi* instead of oregano, and skip the basil leaves.



Savoury Pancakes

 **Time:** 45 mins

 **Makes:** 6 pcs

Ingredients

Beetroot Sauce

- 1 tablespoon chopped beetroot
- 15 almonds, soaked and peeled
- 2 dates, de-seeded
- 2 teaspoons lemon juice
- 1 teaspoon dry oregano
- ½ teaspoon rock salt
- ⅓ cup water

Salad

- ½ cup small-chopped carrot
- ½ cup small-chopped green capsicum
- 6 cherry tomatoes, chopped into two
- 3 tablespoons chopped dill leaves or parsley leaves
- 1 small green chili, finely chopped
- ¼ teaspoon black salt

Spinach Puree (Batter)

- ½ cup spinach leaves
- 1 green chili
- 1½ cups water

Dry Ingredients (Batter)

- ⅔ cup jowar flour
- ½ cup brown rice flour
- 1 teaspoon cumin powder
- ¼ teaspoon ajwain seeds
- ¼ teaspoon baking soda
- 1 teaspoon rock salt

Preparation

- Soak 15 almonds in water for 6 hours.

Method

1. Blend all beetroot sauce ingredients until smooth.
2. Steam carrots and capsicum in a steamer with 1 cup water for 8 minutes on medium flame, until half-cooked. Combine all salad ingredients in a bowl and mix well.
3. Blend all spinach puree ingredients into a smooth puree.
4. Mix all the dry ingredients in a bowl. Then, add the spinach puree. Mix well with a spatula, until the mixture is combined to form the batter.
5. Heat an iron tawa on high flame. Grease lightly with oil if needed, then reduce to a medium flame.
6. Pour a ladle of batter onto the tawa, letting it form a circle naturally. Cover and cook for 3 minutes until the top sets. Flip with a steel spatula, press, and cook the other side until brown spots appear.
7. Repeat the same process to cook each pancake.
8. Serve pancakes warm with beetroot sauce and salad layered on top.



Chocolate Milkshake

 Time: 5 mins
 Serves: 4



"As a child, I loved chocolate milkshakes made with Bournvita. Little did I know such a chocolaty drink could be made without chocolate! Haha!"

~ Mini Gupta, Satvic Recipe Developer

Ingredients

- 22 cashews, soaked
- 14 dates, de-seeded
- 2 tablespoons cacao powder
- pinch of rock salt
- 2 cups cold water

Topping

- 1 tablespoon cacao nibs

Preparation


- Soak 22 cashews in water for 6 hours.

Method

1. Add all the ingredients into a blender and blend.
2. Add the toppings and serve cold.



Sweet Rose Latte

 Time: 20 mins
 Serves: 4

Ingredients

Almond Mixture

- ¼ cup almonds, soaked
- (¼ + 1¼) cups water

Other Ingredients

- 2 tablespoons grated beetroot
- 3 tablespoons jaggery powder
- ⅛ teaspoon cardamom powder
- 1½ tablespoons rose water
- pinch of rock salt

Toppings

- 1 tablespoon almonds, chopped
- ½ teaspoon dry rose petals

Preparation

- Soak ¼ cup almonds in water for 6 hours.

Method

1. Blend soaked almonds with ¼ cup water until smooth, then add the remaining 1¼ cups of water and blend again (no need to sieve).
2. Heat a pot, add the almond mixture, and cook for a minute over a medium flame.
3. Add the grated beetroot, stir, and bring to a boil, stirring occasionally.
4. Strain the almond mixture into a bowl, add the remaining ingredients, and stir well.
5. Add toppings and serve warm.



Almond Butter

 **Time:** 20 mins
 **Makes:** ½ cup

Ingredients

- 1 cup almonds

Method

1. Place almonds in a pot and roast them on medium flame for 10 minutes (stir continuously). Then allow them to cool.
2. Transfer the almonds to a blender and blend for 5-7 minutes. Blend for only 15 seconds at a time to avoid overheating.
3. Initially, the almonds will convert into a powder. If the mixture sticks to the side of the blender, scrape it down and blend again.
4. You may feel like it will never turn into butter, but soon the powder will turn into a buttery substance.
5. Transfer the butter into a jar. The butter can be stored for 5-7 days.



Fermented Cashew Cheese

 **Time:** 20 mins
 **Makes:** ¾ cup

Ingredients

Cheese Mixture

- ½ cup cashews, soaked*
- 2 tablespoons water
- 5 chili tops

Flavouring

- ½ teaspoon dry basil
- 2 pinches of black pepper powder
- ¼ teaspoon rock salt

**Soak cashews in the morning, blend in the evening, and ferment overnight so you can check on the process.*

Preparation

- Soak ½ cup cashews for 6 hours.

Method

1. Wash the soaked cashews thoroughly. Blend all cheese mixture ingredients (except chili tops) until smooth. The longer you blend, the creamier the cheese will be.
2. Transfer to a clean glass jar, leaving space to rise. Place 5 chili tops on top, cover (not sealed), and ferment in a mildly warm place for 16 hours (12–14 in hot climates).
3. Once it smells strongly sour, it's ready. In hot weather, check early to avoid over-fermentation.
4. Mix in the flavoring ingredients. Refrigerate and use within 2 days.

Note: The cheese can also ferment in the fridge for 2–3 days until it turns sour.