

# FREE YOGA

— CHALLENGE —



# WINTER

## RECIPE BOOKLET



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**Habuild stands for habit building.** It is a vehicle for people to build healthy habits. Habits are built through **consistency of practice**. One habit that Habuild focuses on is practicing yoga every single day. Therefore, making yoga a daily habit, with members of all ages across **33 nations**. Optimal utilization of modern technology which makes our **yoga sessions accessible from anywhere** has aided many who were looking for an on-the-go option with an easy routine to follow.

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## DRUMSTICK SOUP

### INGREDIENTS:

- Drumstick: 3 sticks (about 150 gms)- cut in 1 inch pieces.
- Tomatoes: 2 (number)
- Garlic: 3 cloves
- Curry leaves: 2 sprigs
- Turmeric:  $\frac{1}{4}$  tsp
- Rock salt: to taste
- Whole black pepper:  $\frac{1}{2}$  tsp
- Coriander leaves: for garnish
- Water: 2 cups



### METHOD:

- Cover and simmer all the ingredients in a cup of water (except salt) for about 10 minutes.
- Once the drumsticks and tomatoes are well cooked, separate the drumsticks to a container and transfer the rest of the contents to a blender.
- Mash the cooked drumsticks with hands. Add water to the pulp and mash to separate the pulp from the sticks and fiber.
- Blend the drumstick pulp with the contents in the blender and strain it.
- Simmer the soup and add salt to it. Garnish with coriander leaves and serve.

# MOOLI-DAL KI SABJI

## INGREDIENTS:

- Yellow moong dal: 2 tbsp (soaked-2 hours)
- Radish: ½ cup (chopped into cubes)
- Potatoes: ¼ cup (chopped into cubes)
- Green peas: ¼ cup
- Radish greens: 1.5 cups
- Turmeric: ¼ tsp
- Fresh coconut: ⅓ cup (grated)
- Cumin seeds: ½ tsp
- Peppercorns: ½ tsp
- Rock salt: to taste
- Mustard seeds: ¼ tsp
- Red chilli: 1 no
- Urad dal: ½ tsp



## METHOD:

- Cook the soaked dal in ½ cup water until cooked soft.
- Add green peas, radish cubes, potato cubes and turmeric powder & cook covered. Add a little water, stir it to ensure even cooking.
- Make a smooth paste of grated coconut, cumin seeds and peppercorns.
- Once the vegetables are cooked well, add chopped radish greens and stir. Cover and cook for 3-4 mins. Add coconut paste and salt and mix well.
- Make a tempering by dry roasting cut red chillies, mustard seeds and urad dal until the dal turns light brown in colour.

# CREAMY SWEET POTATO SOUP WITH VEGGIES

## INGREDIENTS:

- Sweet potato: 1 small
- Onion: 1 medium sized
- Garlic: a few cloves
- Italian spices of choice (oregano, thyme, rosemary etc)
- Leftover vegetables from the fridge like carrot, cauliflower, beans, spinach, etc.
- Salt to taste
- Pepper powder to taste



## METHOD:

- Steam the sweet potato and the other vegetables.
- Cook the chopped onion and garlic without oil separately.
- Once cool, puree the sweet potato, onion and garlic together.
- Pour it back into the pan, add water and combine till you get the consistency of a medium thick creamy soup.
- Gently warm it and add your italian spice mix, salt and pepper and serve.

# NO-FRY PALAK PAKORA

## INGREDIENTS:

- Spinach: 1 bunch(clean and cut)
- Besan: 1 cup
- Onion: 1 (finely cut)
- Ginger: a small piece
- Garlic: 2-3 cloves
- Cold pressed mustard oil: 1 tsp
- Red chilli powder: 1 tsp
- Coriander powder: 1 tsp
- Kasuri methi/dried fenugreek leaves: 5-6



## METHOD:

- Mix the spinach leaves with cut onions, ginger and garlic paste.
- Add all the masalas like red chilli powder, coriander powder, kasuri methi, rock salt, besan powder and mix well.
- Make round balls out of the spinach masala mix.
- Grease the parchment paper with cold pressed mustard oil.
- Place the spinach balls and bake it at 175 degree celsius for 20 mins.
- After 20 mins, turn over the balls and bake for another 5 minutes.



# PEAPODS & BROCCOLI STEM SOUP

## INGREDIENTS:

- Peapods: 2 cups (washed)
- Water: 2.5 cups
- Broccoli stem: 1 cup (cut)
- Garlic: 2 cloves
- Peas: ½ cup
- Cauliflower florets: ½ cup (optional)
- Rock salt to taste
- Pepper to taste



## METHOD:

- Add peapods, 2.5 cups of water to a big pot and simmer for about 15 mins.
- Cut the stem of broccoli and steam it with peas, garlic, and cauliflower florets (if using them).
- Strain the boiled peapods and reserve the stock.
- Blend the steamed vegetables and broccoli stem/ stalk with the stock.
- Pass the puree through a soup strainer.
- Season with salt and pepper and serve hot.



# WHITE PUMPKIN SOUP

## INGREDIENTS:

- White pumpkin (gourd): 1
- Cumin seeds: 1 tsp
- Curry leaves: 5-6
- Coriander leaves: 1 tsp
- Rock salt: as per taste
- Coconut (fresh): as per taste
- Water: as required



## METHOD:

- Steam the gourd and upon cooling, blend it.
- Mix the gourd pulp and water (saved from steaming) to the thickness desired.
- Add the cumin seeds, curry leaves, and salt. Boil it.
- Garnish with freshly chopped coriander leaves and coconut.

## BAJRE KI KHICHDI

### INGREDIENTS:

- Bajra (whole): 1/3 cup  
(soaked for 4 hours)
- Yellow moong dal: 1/4 cup
- Ginger: 1 tbsp (grated)
- Green chilli: 1 no(chopped)
- Turmeric: 1/2 tsp
- Rock salt: to taste
- Cumin seeds: 1/2 tsp



### METHOD:

- Heat a pan, add cumin seeds and dry roast. Then, add the soaked bajra and saute.
- Add water, three times the measure of bajra.
- Add chopped green chillies, grated ginger, and turmeric and simmer until the bajra is half cooked.
- Add soaked moong dal and stir well.
- Cover and cook until the dal is mushy and the bajra is cooked well.
- Stir frequently. Add water if required.

# TIL SHENGDANA CHIKKI

## INGREDIENTS:

- Sesame seeds (white): 1 cup (dry roasted)
- Peanuts (shengdana): ½ cup (roasted ; coarsely crushed)
- Jaggery: 150 gms
- Cardamom powder: ½ tsp
- Water: 1 tbsp
- Cold-pressed oil: for greasing the plate (can use butter paper instead)



## METHOD:

- In a pan, take a tablespoon of water, add the jaggery. Heat on medium heat and allow the jaggery to dissolve.
- Allow the jaggery syrup to come to a boil and add in the crushed peanuts, roasted sesame seeds and cardamom powder.
- Mix them thoroughly and take off the flame.
- Pour the above prepared mixture into the greased plate and spread well.



## GAJAR KA HALWA

### INGREDIENTS:

- Carrot: 1 kg (grated)
- Milk: 1 ltr
- Cardamom pods: 8
- Date paste
- Cashew nut paste: 1-2 tsp (optional)
- Raisins: as per taste
- Roasted sliced almonds (for garnishing)



### METHOD:

- Grate the carrots, place in a stainless steel heavy bottom pan/wok.
- Pour the milk into the carrots, add cardamom pods and cook until all liquid portions are absorbed by the ingredients.
- Add date paste. Add cashew nut paste (optional). Stir occasionally.
- Add raisins, top with roasted sliced almonds and serve.

# PEANUT SESAME JAGGERY LADOO

## INGREDIENTS:

- Peanuts: 1 cup (roasted)
- Sesame seeds: 1/ 2 cup (roasted)
- Jaggery: 1/ 2 cup (as per taste)



## METHOD:

- Grind the sesame seeds and peanuts separately.
- Melt jaggery in a pan with 2 tsp of water and cook for 5 mins to thicken.
- Add the peanut and sesame powder to the jaggery.
- Leave it to cool down slightly for 5 mins.
- While the mix is still warm, make small balls.
- Roll and cover the balls with some more roasted sesame seeds.

# CHUKKU KAPPI

## INGREDIENTS:

- Water: 2 glasses
- Dry ginger powder: 1 tsp
- Coriander seed powder: 1/2 tsp
- Cumin seed powder: 1/2 tsp
- Pepper powder: 1/2 tsp
- Date paste: 4 tbsp



## METHOD:

- Boil water in a saucepan with all the spices along with date paste.
- You may choose to strain or drink as it is.



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