**1.** **Kela Ka Raita (Yogurt And Bananas)**

* **1 1/2 cups plain yogurt**
* **2 large bananas, peeled and sliced**
* **1/4 cup coconut flakes**
* **1 green chili pepper, finely chopped**
* **1 teaspoon lemon juice**
* **1/2 teaspoon ground coriander**
* **1/4 teaspoon cinnamon**
* **1/4 teaspoon salt**
* **1 teaspoon fresh cilantro leaves**

**2.** **Vegetarian VFC**

* **1) King Oyster Mushrooms**
* **2) Light Soya Sauce**
* **3) Sesame Oil**
* **4) Italian Herbs**
* **5) Parsley**
* **6) Chilli pepper**
* **7) Black Pepper**
* **8) Salt**