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Protein: 12g

Protein: 12g

1. Moong Dal Cheela

Fun-Fact: Savory, protein-rich pancake made from mung bean (moong dal) batter.

Ingredients:

- 1 cup moong dal (split green gram)
- ½ tsp turmeric
- Pinch of salt
- 1 green chili, chopped
- ½ inch ginger, chopped
- 1 small carrot, grated (optional)
- 2 tbsp chopped cilantro Pinch of asafoetida (hing)
- Oil for cooking

Instructions:

1. Soak moong dal in water for 30 minutes, then drain completely.
2. Grind soaked dal with green chili, ginger, turmeric, salt, and a little water to make a smooth batter.
3. Stir in grated carrot and cilantro.
4. Heat a skillet, brush lightly with oil, pour a ladle of batter and spread into a thin pancake.
5. Cook on medium heat until edges lift and bottom turns golden.



Protein: 12g

प्रोटीन: 12g

2. Besan Chilla (Chickpea Pancake)

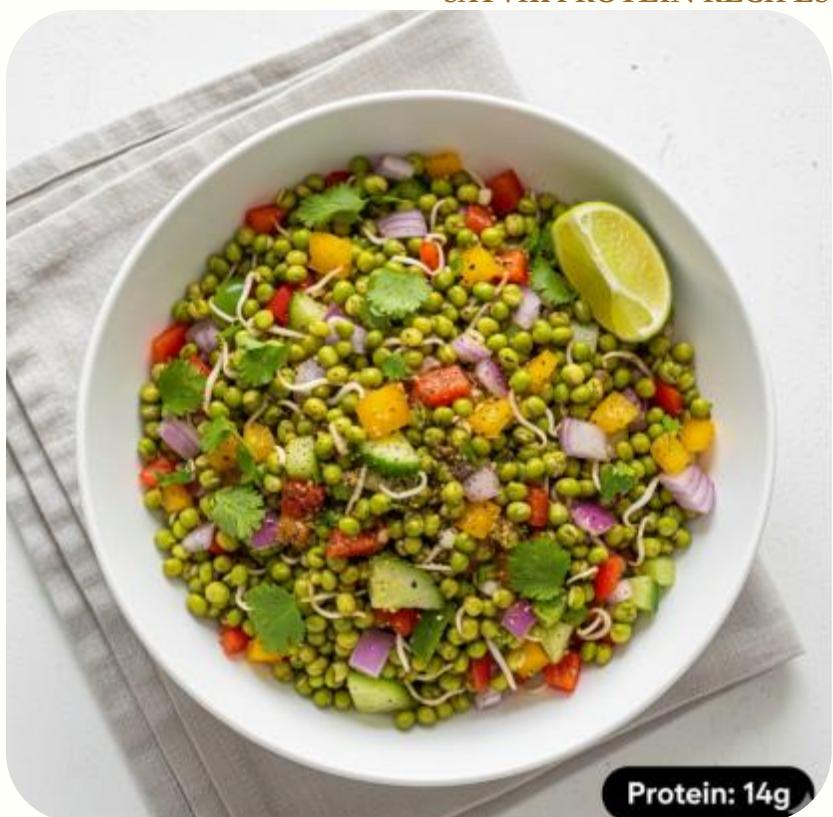
Fun-Fact: High-protein chickpea flour pancake loaded with veggies.

Ingredients:

- 1 cup besan (gram flour)
- $\frac{1}{4}$ cup finely chopped vegetables (carrot, spinach, bell pepper)
- $\frac{1}{2}$ tsp turmeric
- $\frac{1}{2}$ tsp cumin powder
- Pinch of asafoetida (hing)
- Pinch of salt Oil for cooking Water as needed

Instructions:

1. Mix besan with water to form a lump-free batter.
2. Add turmeric, cumin powder, hing, salt, and vegetables. Mix well.
3. Heat a skillet, lightly oil it, pour a ladle of batter, and spread.
4. Cook until golden on one side, flip and cook the other side.
5. Repeat with remaining batter.



Protein: 14g

प्रोटीन: 14 ग्राम

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3. Sprouted Moong Salad

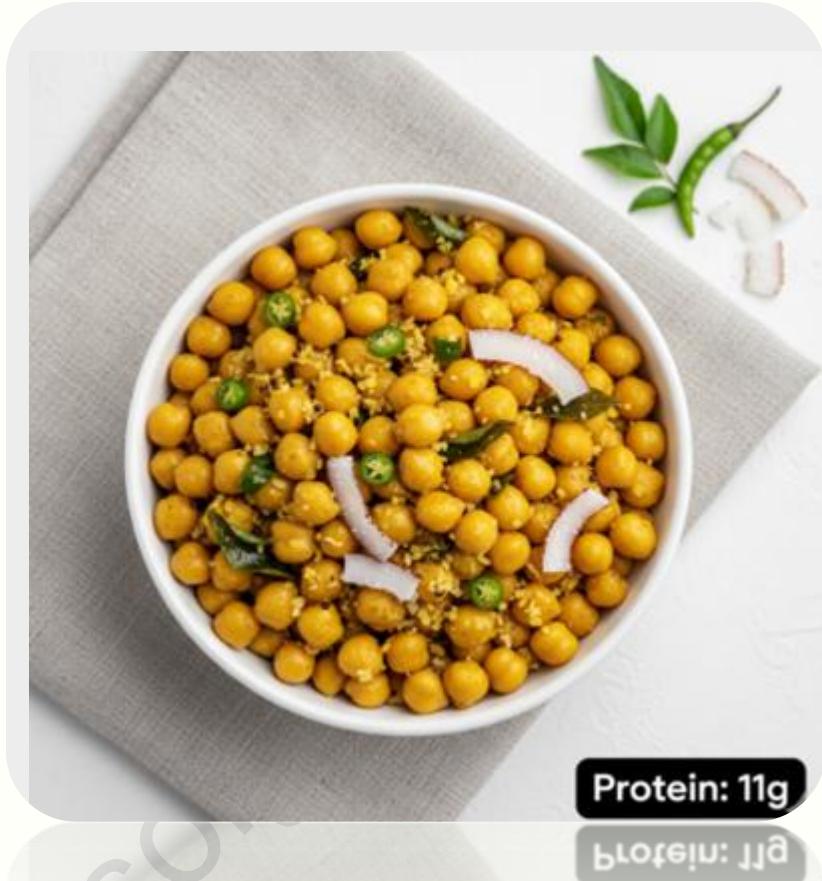
Fun-Fact: Refreshing protein-packed salad made with sprouts and lemon.

Ingredients:

- 1 cup sprouted moong beans
- ½ cucumber, diced
- 1 tomato, diced
- 1 carrot, grated
- 1 green chili, chopped
- Juice of 1 lemon
- 2 tbsp cilantro
- Salt and pepper to taste
- Roasted cumin powder or chaat masala (optional)

Instructions:

1. Combine moong sprouts, cucumber, tomato, carrot, and chili in a bowl.
2. Add lemon juice, salt, pepper, and toss well.
3. Sprinkle cumin powder or chaat masala and cilantro. Mix again.
4. Serve fresh.



Protein: 11g

Protein: 11g

4. Chickpea Sundal

Fun-Fact: South Indian seasoned chickpeas with coconut.

Ingredients:

- 1 cup boiled chickpeas
- ¼ cup grated coconut
- 1 tsp mustard seeds
- ½ tsp cumin seeds
- 1-2 dried red chilies
- 1 sprig curry leaves
- Pinch of hing
- Salt to taste / 1 tsp oil

Instructions:

1. Heat oil, add mustard and cumin seeds; let them sputter.
2. Add red chilies, curry leaves, hing and sauté.
3. Add boiled chickpeas and salt, mix well.
4. Stir in grated coconut, cook 2 minutes. Serve warm or at room temperature.



5.

5.Peanut Jaggery Chikki

Fun-Fact: Classic crunchy Indian brittle made with peanuts and jaggery.

Ingredients:

- 1 cup roasted peanuts
- $\frac{3}{4}$ cup grated jaggery
- 1 tsp ghee or oil for greasing
- Pinch of cardamom powder (optional)

Instructions:

1. Melt jaggery with 2 tbsp water on low flame until syrup thickens.
2. Add peanuts and cardamom, mix quickly.
3. Pour onto greased tray and spread evenly.
4. Let cool slightly, then cut into pieces.
5. Cool completely before storing in an airtight box.



Protein: 7g

Protein: 7g

5.Almond-Date Energy Balls

Fun-Fact: No-bake energy balls packed with protein and fiber.

Ingredients:

- 1 cup soaked almonds
- 6-8 pitted dates
- 2 tbsp chia seeds
- $\frac{1}{2}$ tsp cardamom powder
- 2 tsp water if needed
- Desiccated coconut or cocoa powder (optional)

Instructions:

1. Grind almonds coarsely in food processor.
2. Add dates, chia seeds, cardamom and blend until sticky.
3. Add water if needed to bind.
4. Roll into balls and optionally coat with coconut or cocoa.
5. Chill 30 minutes before serving.



Protein: 6g

Protein: 6g

6.Roasted Makhana (Fox Nuts)

Fun-Fact: Crunchy roasted fox nuts with mild spices.

Ingredients:

- 2 cups makhana
- 1 tsp oil
- ½ tsp turmeric
- ½ tsp cumin powder
- ¼ tsp hing
- Salt and pepper to taste

Instructions:

1. Dry roast makhana on low heat until crisp, set aside.
2. In the same pan, heat oil, add turmeric, cumin, hing, salt, pepper.
3. Add roasted makhana, toss to coat.
4. Cool and store in airtight container.



Protein: 13g

Fiber: 11g

7. Sprouted Moong Cheela

Fun-Fact: Protein-rich cheela made from sprouted moong batter.

Ingredients:

- 1 cup sprouted moong
- 1 green chili, chopped
- ½ inch ginger
- Pinch of hing
- Salt to taste
- Water as needed
- Oil for cooking
- Chopped coriander

Instructions:

1. Blend moong sprouts with chili, ginger, hing, salt, and water into batter.
2. Heat a skillet, pour batter, spread thin.
3. Drizzle oil, cook till golden, flip and cook other side.
4. Garnish with coriander and serve.



Protein: 9g

Protein: 6g

8.Oats & Pumpkin Seed Porridge

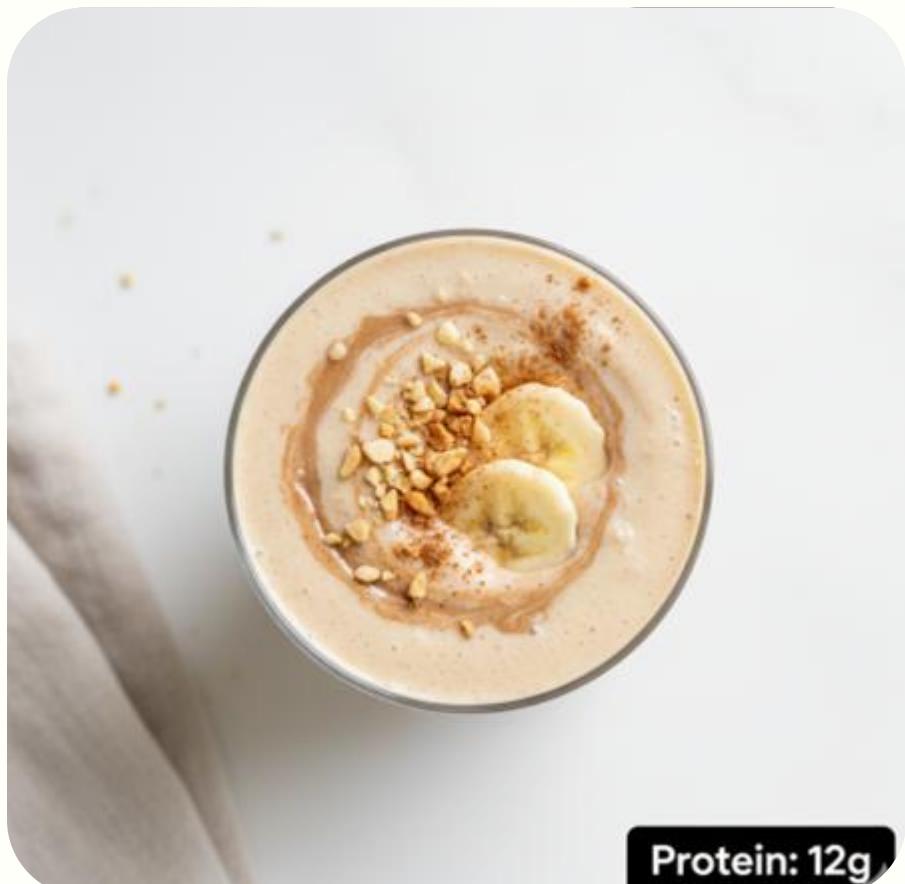
Fun-Fact: Warm creamy porridge rich in protein and fiber.

Ingredients:

- ½ cup rolled oats
- 2 cups almond milk or water
- 2 tbsp pumpkin seeds
- 1 tbsp almond slivers
- 1–2 tbsp jaggery
- ¼ tsp cardamom powder
- Pinch of salt

Instructions:

1. Bring almond milk to boil.
2. Add oats and seeds, simmer 5–7 min.
3. Add almonds, jaggery, cardamom, salt.
4. Cook 1 min. Serve warm with toppings.



Protein: 12g

Calories: 250

9.Peanut Butter Banana Smoothie

Fun-Fact: Protein-packed smoothie for quick energy.

Ingredients:

- 1 ripe banana
- 2 tbsp peanut butter
- 1 cup almond milk
- 1 tbsp chia seeds
- $\frac{1}{2}$ tsp cinnamon powder
- Ice cubes (optional)

Instructions:

1. Add banana, peanut butter, almond milk, chia seeds, cinnamon to blender.
2. Blend until smooth.
3. Add ice and blend again if desired.
4. Pour into a tall glass and enjoy chilled.

MAIN DISHES (11–30)





10. Masoor Dal Tadka

Fun-Fact: Comforting red lentil dal with hing and cumin.

Ingredients:

- 1 cup masoor dal, 3 cups water
- ½ tsp turmeric
- Salt to taste
- 1 tsp cumin seeds
- Pinch of hing
- 1-2 dried red chilies
- 1 tbsp oil
- Cilantro for garnish
- Lemon wedges

Instructions:

1. Rinse and boil dal with water, turmeric, and salt until soft.
2. Heat oil, add cumin, hing, chilies.
3. Pour tempering on dal, mix and simmer 1 min.
4. Garnish with cilantro, serve with lemon and rice or roti.

Protein: 15g



11. Chana Dal Curry

Fun-Fact: Protein-rich curry made with split chickpeas.

Ingredients:

- 1 cup chana dal
- 3 cups water
- 1 tbsp oil
- 1 tsp cumin seeds
- $\frac{1}{4}$ tsp turmeric
- 1 tsp coriander powder
- $\frac{1}{2}$ tsp cumin powder
- 1 cup tomato puree
- $\frac{1}{2}$ tsp red chili powder
- Salt to taste
- Coriander to garnish

Instructions:

1. Cook chana dal in water until soft.
2. Heat oil, add cumin, then tomato puree and spices.
3. Cook until oil separates.
4. Add cooked dal, simmer 5 minutes.
5. Garnish with coriander and serve.

Protein: 14g



12. Mixed Sprouts Curry

Fun-Fact: Curry made with sprouted legumes and mild spices.

Ingredients:

- 1 cup mixed sprouts
- 1 tbsp oil
- 1 tsp cumin seeds
- $\frac{1}{4}$ tsp turmeric
- $\frac{1}{2}$ tsp coriander powder
- $\frac{1}{2}$ tsp cumin powder
- $\frac{1}{2}$ tsp garam masala
- $\frac{1}{2}$ cup tomato puree
- Salt and pepper
- Cilantro

Instructions:

1. Heat oil, add cumin and tomato puree with spices.
2. Cook until fragrant.
3. Add sprouts, mix well, cook 5–7 min.
4. Garnish with cilantro and serve with roti or rice.

Protein: 11g



13. Vegetable Khichdi

Fun-Fact: Comforting one-pot dish with lentils and veggies.

Ingredients:

- ½ cup rice
- ½ cup moong dal
- 3 cups water
- ½ cup mixed vegetables
- ½ tsp turmeric
- 1 tsp cumin seeds
- 1 tbsp ghee or oil
- Salt to taste
- Grated ginger
- Cilantro

Instructions:

1. Rinse rice and dal. Add water, turmeric, salt, and vegetables.
2. Pressure cook 2 whistles or simmer 20 min.
3. Heat oil/ghee, add cumin. Pour tempering on khichdi.
4. Mix and garnish with cilantro.

Protein: 10g



14. Quinoa Vegetable Upma

Fun-Fact: Nutritious upma with quinoa instead of semolina.

Ingredients:

- 1 cup quinoa
- 2 cups water
- ½ cup chopped vegetables
- 1 tsp mustard seeds
- ½ tsp cumin seeds
- Curry leaves, slit chili
- ½ tsp turmeric
- Salt
- 1 tbsp oil
- Lemon juice & cilantro

Instructions:

1. Roast quinoa 2 min, then cook with water until fluffy.
2. In a pan, heat oil, temper mustard, cumin, curry leaves, chili.
3. Add vegetables, turmeric, salt. Cook till tender.
4. Add quinoa, mix well, garnish with lemon and cilantro.

Protein: 12g



15. Ragi Dosa

Fun-Fact: Crisp and nutritious dosa made from ragi flour, a gluten-free, high-protein alternative.

Ingredients:

- 1 cup ragi flour
- 2 cups water
- ½ cup yogurt or more water (optional for fermentation)
- ½ tsp cumin seeds
- Pinch of salt
- Oil for cooking
- Chopped cilantro or grated carrots for garnish

Instructions:

1. In a bowl, mix ragi flour, salt, cumin, and water (and yogurt if fermenting). Whisk well to remove lumps.
2. Let it ferment 4–6 hours if time permits for a softer dosa. (Optional)
3. Heat a non-stick pan or tawa, pour a ladle of batter, and spread it thin in circular motion.
4. Drizzle a few drops of oil around the edges and cook until the dosa turns crisp and lifts easily.
5. Flip briefly if needed and remove.
6. Repeat with the remaining batter. Serve hot with chutney or sambar.

Protein: 9g



16. Millet Salad with Citrus Dressing

Fun-Fact: Refreshing and light salad made with millet, veggies, and lemon dressing.

Ingredients:

- 1 cup cooked millet (foxtail, pearl or barnyard millet)
- ½ cucumber, diced
- 1 tomato, diced
- ¼ cup diced bell pepper
- 2 tbsp chopped cilantro
- Juice of 1 lemon
- 1 tsp olive oil
- Salt and pepper to taste
- Roasted cumin powder (optional)

Instructions:

1. In a bowl, combine cooked and cooled millet with cucumber, tomato, bell pepper, and cilantro.
2. In a small bowl, whisk lemon juice, olive oil, salt, pepper, and cumin powder (if using).
3. Pour dressing over the salad and toss well to coat evenly.
4. Chill for 10 minutes before serving for best flavor.



17. Soya Granules (TVP)

Fun-Fact: High-protein curry made with soya granules in spiced tomato gravy.

Ingredients:

- 1 cup soya granules
- 1 cup hot water
- 1 tbsp oil
- 1 tsp cumin seeds
- ½ tsp turmeric
- 1 tsp coriander powder
- ½ tsp cumin powder
- ½ tsp garam masala
- 1 cup tomato puree
- Salt to taste
- Fresh coriander to garnish

Instructions:

1. Soak soya granules in hot water for 10 minutes, then squeeze out excess water.
2. Heat oil, add cumin seeds and let them splutter.
3. Add tomato puree and all spices. Cook until oil separates.
4. Add soaked granules, mix well, and cook covered for 5–7 minutes.
5. Garnish with coriander and serve hot.

Protein: 17g



18. Tofu Tikka Masala

Fun-Fact: Marinated tofu roasted and simmered in rich tikka masala gravy.

Ingredients:

- 200 g firm tofu, cubed
- ½ cup coconut yogurt (or cashew cream)
- 1 tbsp ginger paste (no garlic for Satvik)
- ½ tsp turmeric
- 1 tsp chili powder
- 1 tsp garam masala
- 1 tbsp oil (for marination)
- 1 tbsp oil (for cooking)
- 1 cup tomato puree
- ½ cup coconut milk
- Salt to taste
- Fresh cilantro for garnish

Instructions:

1. Marinate tofu with coconut yogurt, turmeric, chili, garam masala, oil, and salt for 30 min.
2. Roast tofu cubes in a pan until golden brown on all sides. Set aside.
3. In the same pan, add tomato puree, cook 3–4 minutes.
4. Add coconut milk, stir well, and add roasted tofu.
5. Simmer for 5 minutes. Garnish with cilantro and serve.



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19. Coconut Chickpea Curry

Fun-Fact: Creamy and mild curry made with coconut milk and chickpeas.

Ingredients:

- 1 cup boiled chickpeas
- 1 tbsp oil
- 1 tsp mustard seeds
- 8–10 curry leaves
- $\frac{1}{2}$ tsp turmeric
- 1 tsp cumin powder
- 1 tsp coriander powder
- $\frac{1}{2}$ tsp red chili powder (optional)
- 1 cup coconut milk
- $\frac{1}{2}$ cup tomato puree
- Salt to taste
- Fresh coriander for garnish

Instructions:

1. Heat oil, add mustard seeds and curry leaves. Let them crackle.
2. Add turmeric, cumin, coriander, and chili powder. Stir briefly.
3. Add tomato puree and cook for 2–3 min.
4. Add chickpeas and coconut milk. Simmer 5–7 min.

5. Adjust salt, garnish with coriander.



20. Palak Moong Dal (Spinach Lentil Curry)

Fun-Fact: A nourishing curry combining moong dal and spinach puree.

Ingredients:

- 1 cup yellow moong dal
- 3 cups water
- 2 cups spinach (chopped)
- 1 tbsp oil
- 1 tsp cumin seeds
- $\frac{1}{4}$ tsp turmeric
- Salt to taste
- $\frac{1}{2}$ inch ginger, grated
- Lemon juice & cilantro for garnish

Instructions:

1. Cook moong dal with turmeric and salt until soft.
2. Blanch spinach, drain, and blend into puree.
3. Heat oil, add cumin and ginger, sauté briefly.
4. Add spinach puree and cooked dal. Mix well.
5. Simmer 3–4 min. Adjust seasoning. Add lemon juice and garnish with cilantro.



Protein: 15g

21. Whole Mung Bean Curry

Fun-Fact: Simple whole mung curry simmered in tomato and spices.

Ingredients:

- 1 cup soaked whole green mung beans
- 3 cups water
- 1 tbsp oil
- 1 tsp cumin seeds
- $\frac{1}{4}$ tsp turmeric
- 1 tsp coriander powder
- $\frac{1}{2}$ tsp cumin powder
- 1 cup tomato puree
- Salt to taste
- Cilantro for garnish

Instructions:

1. Cook soaked mung beans with turmeric and salt until tender.
2. Heat oil, add cumin, then tomato puree and spices. Cook until oil separates.
3. Add cooked mung beans, simmer for 5 minutes.
4. Garnish with cilantro.



Protein: 10g

22. Sattu Drink (Roasted Gram Smoothie)

Fun-Fact: A cooling, protein-rich traditional drink made from sattu flour.

Ingredients:

- $\frac{1}{4}$ cup sattu (roasted gram flour)
- 2 cups cold water or almond milk
- Juice of 1 lemon
- Pinch of black salt or regular salt
- Roasted cumin powder
- Mint leaves for garnish
- Sweetener if desired

Instructions:

1. Mix sattu with a little water to make a smooth paste.
2. Gradually add remaining water, stirring continuously.
3. Add lemon juice, salt, cumin, and sweetener if needed.
4. Serve chilled with mint leaves.

Protein: 12g



23. Bajra Vegetable Khichdi

Fun-Fact: A hearty millet khichdi with lentils and vegetables.

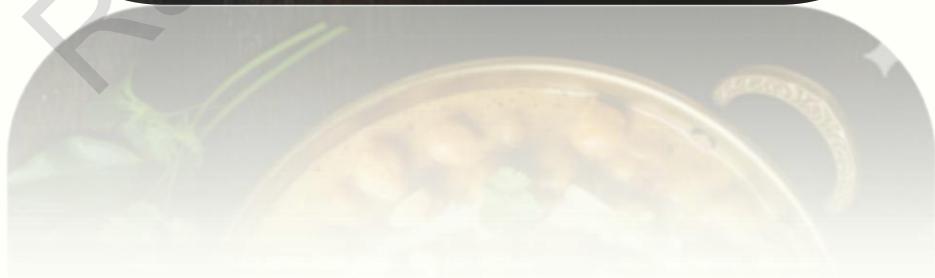
Ingredients:

- $\frac{1}{2}$ cup bajra (millet)
- $\frac{1}{4}$ cup moong dal
- 3 cups water
- $\frac{1}{2}$ cup mixed vegetables
- $\frac{1}{2}$ tsp turmeric
- 1 tsp cumin seeds
- 1 tbsp ghee or oil
- Salt to taste
- Cilantro for garnish

Instructions:

1. Mix bajra and dal with water, turmeric, salt, and vegetables.
2. Cook until soft (2 whistles or 25 min).
3. Heat oil, add cumin, pour over khichdi.
4. Mix gently and garnish with cilantro.

Protein: 15g



24. Chickpea-Almond Curry

Fun-Fact: Creamy chickpea curry thickened with ground almonds.

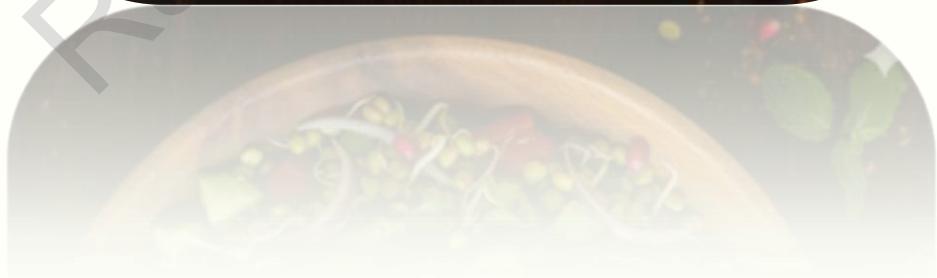
Ingredients:

- 1 cup boiled chickpeas
- $\frac{1}{4}$ cup ground almonds
- 1 tbsp oil
- $\frac{1}{2}$ tsp turmeric
- 1 tsp cumin powder
- 1 tsp coriander powder
- $\frac{1}{2}$ cup tomato puree
- $\frac{1}{2}$ cup water
- Salt to taste
- Cilantro for garnish

Instructions:

1. Heat oil, add turmeric, cumin, coriander, sauté.
2. Add tomato puree, cook till thick.
3. Add almond paste with water. Stir well.
4. Add chickpeas, simmer 5–7 min.
5. Garnish and serve hot.

Protein: 10g



26. Sprouted Lentil Salad

Fun-Fact: A crunchy, refreshing salad with lemon dressing.

Ingredients:

- 1 cup mixed lentil sprouts
- ½ bell pepper, diced
- ½ cucumber, diced
- 1 small tomato, diced
- 2 tbsp cilantro
- Juice of 1 lemon
- 1 tsp olive oil
- Salt & pepper
- Roasted cumin powder (optional)

Instructions:

1. Mix sprouts, bell pepper, cucumber, tomato, and cilantro.
2. Whisk lemon juice, oil, salt, and pepper in a small bowl.
3. Pour dressing over salad and toss well.
4. Serve immediately.

SATVIK PROTEIN RECIPES





27. Quinoa Vegetable Pulao

Fun-Fact: Light, fluffy quinoa pulao loaded with veggies.

Ingredients:

- 1 cup quinoa (rinsed)
- 2 cups water
- 1 tbsp oil
- 1 tsp cumin seeds
- 1 bay leaf, $\frac{1}{2}$ tsp turmeric
- $\frac{1}{2}$ cup mixed vegetables, Salt to taste
- Cilantro for garnish

Instructions:

1. Heat oil, add cumin, bay leaf, turmeric.
2. Add vegetables, sauté for 2–3 minutes.
3. Add quinoa, water, salt. Bring to a boil.
4. Simmer covered until quinoa is cooked.
5. Fluff and garnish with cilantro.



Protein: 13g



28. Moong Dal Stir-Fry

Fun-Fact: Light and quick protein stir-fry made from yellow moong dal.

Ingredients:

- 1 cup cooked moong dal
- 1 tbsp oil
- 1 tsp mustard seeds
- $\frac{1}{2}$ tsp turmeric
- $\frac{1}{2}$ tsp cumin powder
- $\frac{1}{2}$ cup diced vegetables
- Salt to taste
- Cilantro for garnish

Instructions:

1. Heat oil, add mustard seeds, let them pop.
2. Add turmeric, cumin, vegetables. Sauté 2–3 min.
3. Add cooked dal and salt. Stir-fry for 4–5 min.
4. Garnish with cilantro.



29. Hearty Lentil Vegetable Soup

Fun-Fact: Comforting soup with mixed lentils and vegetables.

Ingredients:

- ½ cup masoor dal
- ½ cup toor dal
- 4 cups vegetable broth or water
- 1 carrot, sliced
- 1 celery stalk, sliced
- ½ cup chopped spinach
- 1 tbsp oil
- 1 tsp cumin seeds
- ½ tsp turmeric
- Salt & pepper
- Parsley or cilantro

Instructions:

1. Heat oil, add cumin, turmeric.
2. Add lentils, carrot, celery, broth. Boil, then simmer until tender.
3. Add spinach, cook 2 more minutes.
4. Adjust seasoning. Garnish with herbs.

Protein: 14g



30. South Indian Peanut Curry (Palli Gassi)

Fun-Fact: A flavorful peanut-based curry from the South.

Ingredients:

- ½ cup roasted peanuts
- ½ cup grated coconut
- 1 cup chopped tomatoes
- ½ tsp turmeric
- 1 tsp chili powder (optional)
- ½ tsp cumin seeds
- 1 sprig curry leaves
- 1 tbsp oil
- Salt to taste
- Water as needed
- Cilantro for garnish

Instructions:

1. Grind roasted peanuts and coconut with water into smooth paste.
2. Heat oil, add cumin and curry leaves.
3. Add tomatoes, turmeric, chili, and cook till soft.
4. Add peanut-coconut paste, simmer for 5–7 minutes.
5. Add salt, garnish with cilantro.



Protein: 17g

Protein: 17g

31. Tofu Bhurji

Fun-Fact: A Satvik, high-protein alternative to egg bhurji using tofu and mild spices.

Ingredients:

- 200 g firm tofu (crumbled)
- 1 tbsp oil
- ½ tsp turmeric
- ½ tsp cumin powder
- ½ tsp coriander powder
- ¼ tsp garam masala
- ½ cup chopped vegetables (bell pepper, peas, spinach)
- Salt to taste
- Fresh cilantro for garnish

Instructions:

1. Heat oil in a non-stick pan on medium flame.
2. Add turmeric, cumin, and coriander powders. Stir for a few seconds.
3. Add crumbled tofu and vegetables, mix well to coat with spices.
4. Cook for 5–7 minutes, stirring occasionally, until veggies are tender and tofu lightly golden.
5. Add garam masala and salt. Mix well.
6. Garnish with fresh cilantro and serve hot with roti or toast.



Protein: 10g

Protein: 10g

32. Rajgira (Amaranth) Flour Pancake

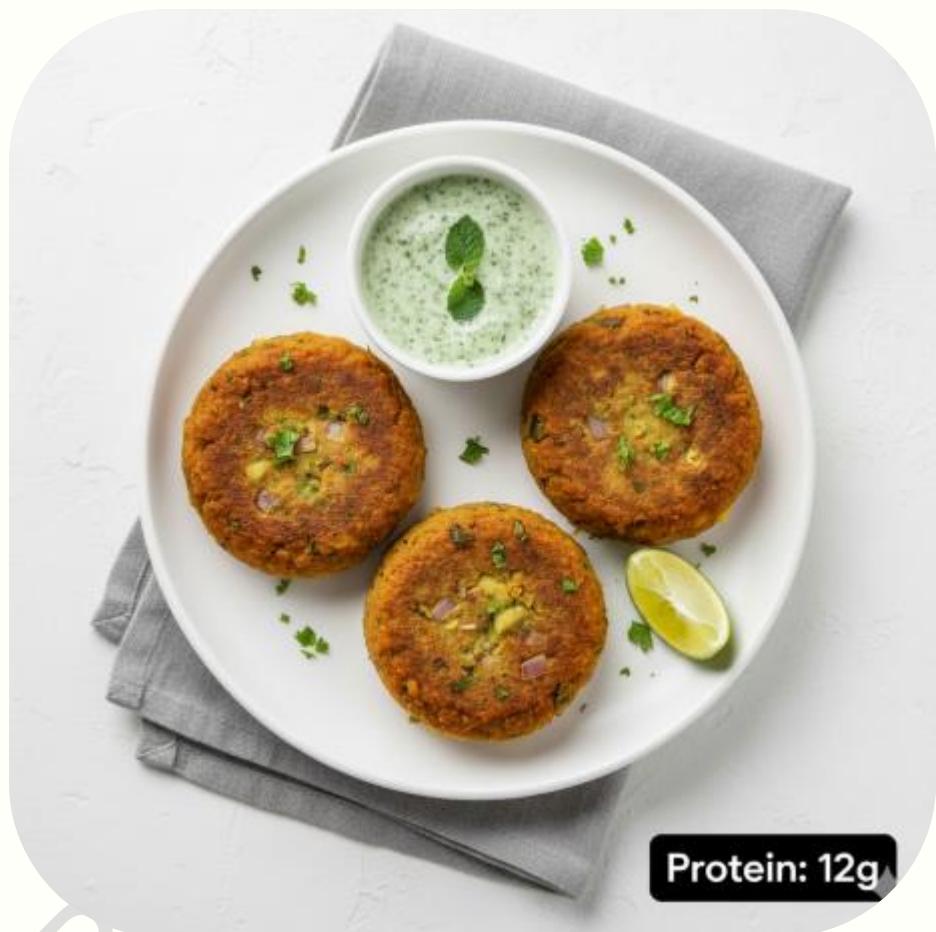
Fun-Fact: Gluten-free protein-rich pancakes made from amaranth flour.

Ingredients:

- 1 cup rajgira flour
- ½ tsp cumin seeds
- ½ tsp turmeric
- Pinch of salt
- Water as needed
- Chopped cilantro for garnish
- Oil for cooking

Instructions:

7. Mix amaranth flour, cumin, turmeric, and salt in a bowl.
8. Add water gradually to make a smooth, pourable batter.
9. Heat a skillet, pour a ladle of batter, spread gently into a pancake.
10. Drizzle a little oil around the edges, cook till golden.
11. Flip and cook the other side.
12. Garnish with cilantro and serve hot.



Protein: 12g

Protein: 12g

33. Masoor Dal Patties

Fun-Fact: Protein-rich lentil patties, crisp on the outside and soft inside.

Ingredients:

- 1 cup cooked masoor dal (red lentils)
- 2 tbsp chopped coriander
- ½ tsp turmeric
- ½ tsp cumin powder
- 1 green chili, finely chopped
- Salt to taste
- Oil for shallow frying

Instructions:

1. Mash cooked lentils in a bowl until smooth.
2. Mix coriander, turmeric, cumin, chili, and salt.
3. Shape into small patties.
4. Heat oil in a pan. Shallow fry patties until golden on both sides.
5. Drain on tissue and serve hot with chutney.



Protein: 16g

प्रोटीन: 16g

34. Tofu Matar (Tofu and Pea Curry)

Fun-Fact: A comforting curry combining tofu cubes with peas in a mild gravy.

Ingredients:

- 200 g firm tofu, cubed
- ½ cup green peas
- 1 tbsp oil
- ½ tsp turmeric
- 1 tsp cumin seeds
- 1 tsp coriander powder
- 1 cup tomato puree
- ½ tsp garam masala
- Salt to taste
- Cilantro for garnish

Instructions:

1. Heat oil in a pan and add cumin seeds. Let them splutter.
2. Add turmeric, coriander powder, and tomato puree. Cook 3–4 minutes.
3. Add tofu cubes and green peas. Stir gently.
4. Add garam masala and salt. Mix well.
5. Simmer for 5–7 minutes.
6. Garnish with cilantro and serve hot.



Protein: 8g

Protein: 8g

35. Chia-Coconut Pudding

Fun-Fact: Creamy pudding made from chia soaked in coconut milk.

Ingredients:

- $\frac{1}{3}$ cup chia seeds
- 1 cup coconut milk
- 1 tbsp jaggery or honey
- $\frac{1}{4}$ tsp cardamom powder
- Fruits & nuts for topping

Instructions:

1. Mix chia seeds, coconut milk, jaggery, and cardamom in a bowl.
 2. Refrigerate 4 hours or overnight to thicken.
 3. Stir before serving.
 4. Top with chopped fruits and nuts.
-



Protein: 14g

Calories: 210

36. Mixed Bean & Corn Salad

Fun-Fact: A colorful, zesty salad loaded with plant-based protein.

Ingredients:

- ½ cup boiled kidney beans
- ½ cup boiled black beans
- ½ cup corn kernels
- ½ cup diced bell peppers
- 2 tbsp chopped cilantro
- Juice of 1 lime
- 1 tbsp olive oil
- Salt & pepper to taste
- ¼ tsp cumin powder

Instructions:

1. Mix all beans, corn, bell peppers, and cilantro in a bowl.
2. In another bowl, whisk lime juice, olive oil, salt, pepper, cumin.
3. Pour dressing over the salad, toss well.
4. Chill for 10 minutes before serving.



Protein: 5g

Protein: 5g

37. Poha Chivda

Fun-Fact: Light, crunchy snack mix made with roasted poha and nuts.

Ingredients:

- 2 cups thick poha (flattened rice)
- ¼ cup peanuts
- 2 tbsp roasted chana dal (optional)
- ½ tsp turmeric
- ½ tsp mustard seeds
- 8–10 curry leaves
- ½ tsp cumin seeds
- 1 tbsp oil
- Salt to taste

Instructions:

1. Dry roast poha in a pan till crisp. Remove and keep aside.
2. In the same pan, heat oil, add mustard, cumin, curry leaves.
3. Add peanuts and chana dal, fry till golden.
4. Add turmeric and salt.
5. Add roasted poha, mix well.
6. Cool completely before storing in an airtight jar.



Protein: 9g

Protein: 6g

38. Spinach-Almond Soup

Fun-Fact: A velvety, nourishing soup made with spinach and almonds.

Ingredients:

- 2 cups spinach leaves
- ¼ cup soaked almonds
- 1 small potato (optional)
- 3 cups water or vegetable broth
- 1 tsp cumin powder
- ½ inch ginger
- Salt & pepper to taste
- 1 tsp oil

Instructions:

1. Blanch spinach and almonds for 2 minutes.
2. Blend with ginger, cumin, and some broth into a smooth puree.
3. Heat oil in a pot, add puree, and remaining broth.
4. Simmer 5–7 minutes.
5. Season with salt and pepper. Serve hot.



Protein: 13g

Preparation

39. Sattu Paratha

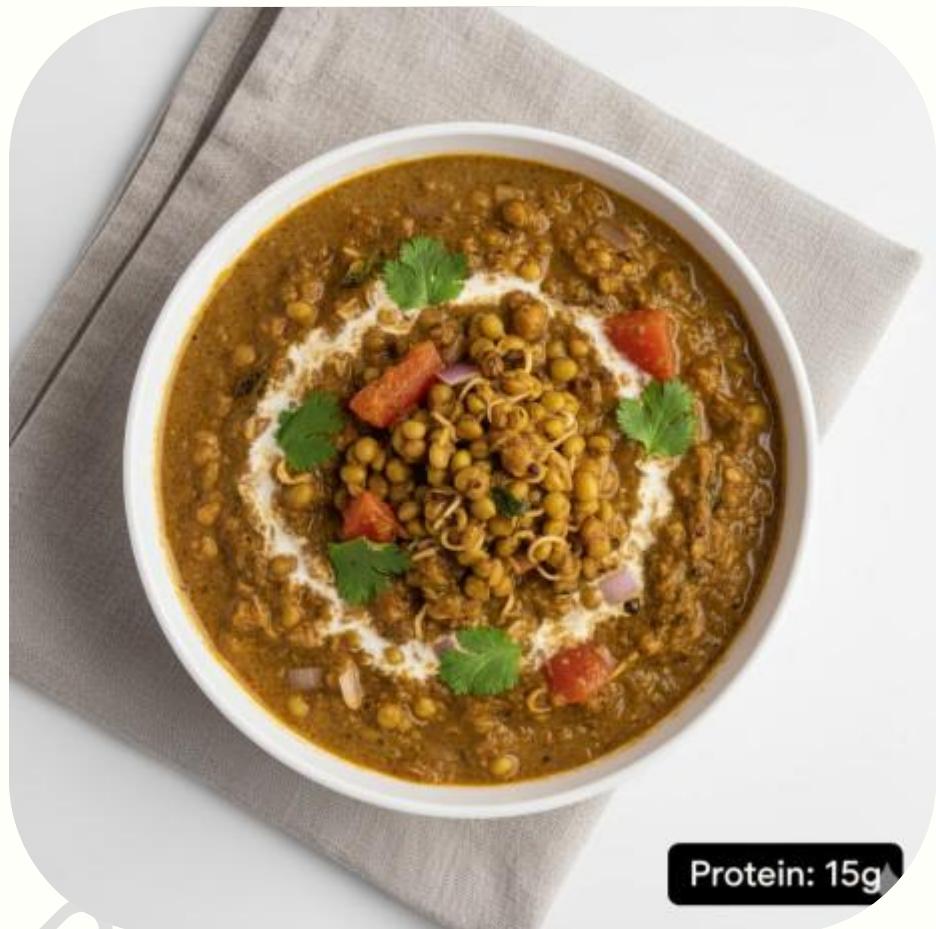
Fun-Fact: A protein-rich paratha stuffed with roasted gram flour.

Ingredients:

- 1 cup whole wheat flour
- $\frac{1}{2}$ cup sattu (roasted gram flour)
- 1 green chili, finely chopped
- $\frac{1}{2}$ tsp cumin powder
- 2 tbsp chopped cilantro
- Salt to taste
- Water (for dough)
- Oil for cooking

Instructions:

1. Knead wheat flour with water and a pinch of salt.
2. In a bowl, mix sattu, chili, cumin, cilantro, and salt. Add little water to make a crumbly filling.
3. Roll dough balls, stuff filling, seal and roll out again.
4. Cook on tawa with oil until golden spots appear on both sides.
5. Serve hot with chutney.



Protein: 15g

Protein: 15g

40. Sprouted Moong Curry

Fun-Fact: Simple Satvik curry made from sprouted mung beans.

Ingredients:

- 1 cup sprouted moong beans
- 1 tbsp oil
- 1 tsp cumin seeds
- $\frac{1}{4}$ tsp turmeric
- 1 tsp coriander powder
- $\frac{1}{2}$ tsp cumin powder
- $\frac{1}{2}$ tsp garam masala
- $\frac{1}{2}$ cup tomato puree
- Salt to taste
- Cilantro

Instructions:

1. Heat oil, add cumin seeds, let them crackle.
2. Add turmeric, coriander, cumin, and tomato puree. Cook until thick.
3. Add sprouts with some water. Cover and simmer for 5–7 minutes.
4. Add garam masala and salt, stir well.
5. Garnish with cilantro.

Protein: 12g



41. Almond Butter Smoothie

Fun-Fact: A creamy, energizing smoothie rich in healthy fats and plant protein.

Ingredients:

- 1 banana
- 2 tbsp almond butter
- 1 cup almond milk
- 1 tbsp chia seeds
- $\frac{1}{2}$ tsp cinnamon
- Ice cubes (optional)

Instructions:

1. Add all ingredients to blender.
2. Blend on high speed until smooth and creamy.
3. Pour into a chilled glass and serve.

Protein: 13g



42. Barley & Lentil Salad

Fun-Fact: A hearty salad combining barley and green lentils.

Ingredients:

- 1 cup cooked barley
- 1 cup cooked green lentils
- ½ cup cucumber, diced
- ½ cup tomato, diced
- ¼ cup chopped cilantro
- 2 tbsp lemon juice
- 1 tbsp olive oil
- Salt & pepper
- ½ tsp dried mint (optional)

Instructions:

1. Mix barley, lentils, cucumber, tomato, cilantro in a bowl.
2. Whisk lemon juice, olive oil, salt, pepper, mint.
3. Pour over salad, toss well. Serve chilled or at room temperature.

Protein: 10g



43. Sweet Potato Peanut Curry

Fun-Fact: Creamy and earthy curry with peanut base.

Ingredients:

- 1 sweet potato, peeled & cubed
- $\frac{1}{4}$ cup ground peanuts (made into paste)
- 1 tbsp oil
- $\frac{1}{2}$ tsp turmeric
- 1 tsp coriander powder
- $\frac{1}{2}$ tsp cumin powder
- $\frac{1}{4}$ tsp chili powder
- 1 cup water
- Salt to taste
- Cilantro for garnish

Instructions:

1. Heat oil, add all dry spices and sauté.
2. Add sweet potatoes, stir to coat with spices.
3. Add water, cover, and cook 10–12 min till tender.
4. Stir in peanut paste, simmer 3–4 min.
5. Adjust salt, garnish with cilantro.

Protein: 9g



Rasoi

44. Quinoa Coconut Pudding

Fun-Fact: A lightly sweet dessert with quinoa cooked in coconut milk.

Ingredients:

- ½ cup quinoa
- 1 cup coconut milk
- 1 cup water
- 2–3 tbsp grated jaggery
- ¼ tsp cardamom
- Chopped nuts & coconut for garnish

Instructions:

1. Cook quinoa in coconut milk and water till tender (about 15 min).
2. Stir in jaggery and cardamom. Cook 2–3 min.
3. Garnish with nuts and coconut. Serve warm or chilled.

Protein: 8g



Rasoigadget.com

45. Sattu Ladoo

Fun-Fact: Traditional energy balls made from sattu and jaggery.

Ingredients:

- 1 cup sattu
- $\frac{1}{2}$ cup grated jaggery
- $\frac{1}{4}$ cup chopped nuts
- 2 tbsp melted coconut oil or ghee
- $\frac{1}{4}$ tsp cardamom

Instructions:

1. Mix sattu, jaggery, nuts, and cardamom in a bowl.
2. Add melted oil/ghee and mix well to bind.
3. Shape into small ladoos.
4. Rest for 10 minutes and store in airtight container.

Protein: 13g



46. Roasted Spiced Chickpeas

Fun-Fact: Crunchy, oven-roasted chickpeas for a healthy snack.

Ingredients:

- 1½ cups cooked chickpeas
- 1 tbsp olive oil
- ½ tsp turmeric
- ½ tsp cumin powder
- ¼ tsp black pepper
- Salt to taste

Instructions:

1. Pat chickpeas dry thoroughly.
2. Toss with oil and spices.
3. Roast at 200 °C for 25-30 minutes, stirring once in between.
4. Cool completely before storing.

Protein: 14g



47. Chickpea Crepes with Spinach

Fun-Fact: Savory besan crepes stuffed with sautéed spinach.

Ingredients:

- 1 cup besan
- ½ tsp turmeric
- ½ tsp cumin seeds
- Salt to taste
- Water to make batter
- 1 cup sautéed spinach
- 1 green chili
- Oil for cooking

Instructions:

1. Prepare thin batter with besan, turmeric, cumin, salt.
2. Heat tawa, pour batter, spread into thin crepe.
3. Cook with a little oil till golden.
4. Place sautéed spinach filling, fold the crepe.
5. Cook for a minute more. Serve warm.

Protein: 12g



48. Moong Dal Pulao

Fun-Fact: A simple, fragrant pulao made with moong dal and rice.

Ingredients:

- $\frac{1}{2}$ cup basmati rice
- $\frac{1}{2}$ cup moong dal
- 2 cups water
- 1 tbsp oil or ghee
- 1 tsp cumin seeds
- 1 bay leaf
- $\frac{1}{4}$ tsp turmeric
- Salt to taste
- Cilantro

Instructions:

1. Wash rice and dal.
2. Heat oil, add cumin and bay leaf.
3. Add rice, dal, turmeric, salt. Stir well.
4. Add water, cook covered until done (15 min).
5. Fluff with fork, garnish with cilantro.

Protein: 18g



49. Palak Tofu (Spinach Tofu Curry)

Fun-Fact: Creamy spinach curry with tofu cubes, mild and protein-rich.

Ingredients:

- 200 g tofu, cubed
- 2 cups spinach leaves
- 1 tbsp oil
- 1 tsp cumin seeds
- $\frac{1}{4}$ tsp turmeric
- $\frac{1}{2}$ tsp garam masala
- $\frac{1}{4}$ cup cashew paste
- Salt to taste
- Cilantro

Instructions:

1. Blanch spinach and blend into puree.
2. Heat oil, add cumin, turmeric, then cashew paste. Stir well.
3. Add spinach puree and tofu cubes. Simmer 3–4 min.
4. Add salt, garam masala, stir again.
5. Garnish with cilantro.

Protein: 7g



Rasoi

50. Almond Coconut Ladoos

Fun-Fact: Simple, energy-dense sweet balls made with almonds, coconut, and jaggery.

Ingredients:

- 1 cup roasted & ground almonds
- ½ cup shredded coconut
- ½ cup grated jaggery
- ¼ tsp cardamom
- 2 tbsp warm water (if needed)

Instructions:

1. Mix almonds, coconut, jaggery, and cardamom in a bowl.
2. Add warm water gradually until it binds together.
3. Shape into small ladoos with your hands.
4. Chill for 15 minutes before serving or storing.

Protein: 10g



51. Ragi Idli

Fun-Fact: Soft, steamed finger millet idlis packed with fiber and plant-based protein.

Ingredients:

- 1 cup ragi flour
- ½ cup urad dal (split black gram)
- 1 tsp fenugreek seeds
- ½ tsp salt (or to taste)
- Water as needed
- Oil for greasing molds

Instructions:

1. Wash and soak urad dal and fenugreek seeds for 4–6 hours.
2. Grind soaked dal and seeds with water into a smooth, fluffy batter.
3. In a separate bowl, mix ragi flour with water to form a smooth batter.
4. Combine both batters, add salt, and ferment overnight (optional but makes idlis soft).
5. Grease idli molds with oil, pour batter $\frac{3}{4}$ full.
6. Steam in idli cooker or steamer for 10–12 minutes.
7. Check doneness with a toothpick; if clean, they're ready.
8. Let rest for 2 minutes, then unmold gently.
9. Serve warm with coconut chutney or podi.

Protein: 12g



52. Millet Pongal

Fun-Fact: A comforting South Indian breakfast made with millet and moong dal.

Ingredients:

- 1 cup foxtail millet
- ½ cup moong dal
- 1 tsp crushed black pepper
- 1 tsp cumin seeds
- 10 curry leaves
- 1 tbsp coconut oil
- 1 tsp grated ginger
- Salt to taste
- 3–4 cups water

Instructions:

1. Dry roast millet and moong dal for 2 minutes on low flame.
2. Add 3–4 cups of water and salt, cook until soft and porridge-like.
3. In a tempering pan, heat oil and add pepper, cumin, ginger, curry leaves.
4. Pour tempering into the pongal, mix gently.
5. Serve hot with chutney or sambar.

Protein: 11g



53. Sprouted Moong Dhokla

Fun-Fact: Light and fluffy dhokla made with moong sprouts, perfect for a quick high-protein snack.

Ingredients:

- 1 cup moong sprouts
- 1 green chili
- 1 inch ginger
- 1 tsp lemon juice
- Salt to taste
- $\frac{1}{2}$ tsp Eno fruit salt
- Oil for greasing

Instructions:

1. Blend sprouts, chili, ginger, lemon juice, and salt into a smooth batter.
2. Mix in eno just before steaming and stir gently.
3. Pour batter into greased steaming tray.
4. Steam for 12–15 minutes or until toothpick comes out clean.
5. Cool slightly, cut into squares, garnish with coriander or sesame seeds.
6. Serve with chutney.

Protein: 13g



54. Chickpea Uttapam

Fun-Fact: A thick chickpea flour pancake topped with colorful veggies and herbs.

Ingredients:

- 1 cup besan
- $\frac{1}{2}$ tsp turmeric
- $\frac{1}{2}$ tsp cumin seeds
- 1 green chili
- $\frac{1}{4}$ cup grated carrot
- $\frac{1}{4}$ cup chopped capsicum
- Salt
- $\frac{3}{4}$ cup water
- Oil for cooking

Instructions:

1. Whisk besan with water to make smooth batter.
2. Add turmeric, cumin, chili, and salt.
3. Heat tawa, pour batter to form thick pancake.
4. Top with grated veggies and drizzle oil.
5. Cook both sides until golden.
6. Serve hot with chutney.

Protein: 10g



55. Sattu Tikki

Fun-Fact: Crispy and flavorful tikkis made with roasted gram flour and spices.

Ingredients:

- 1 cup sattu
- 1 boiled potato
- 1 tsp cumin powder
- $\frac{1}{2}$ tsp chili powder
- 1 tbsp coriander
- Salt to taste
- Lemon juice
- Oil for frying

Instructions:

1. Mix sattu, mashed potato, spices, and lemon juice into firm dough.
2. Shape into round tikkis.
3. Shallow fry on both sides until golden.
4. Serve with mint chutney.

Protein: 15g



56. Tofu Bhurji Roll

Fun-Fact: Spiced tofu scramble wrapped in soft roti, perfect for breakfast.

Ingredients:

- 200 g tofu, crumbled
- 1 tsp turmeric
- ½ tsp cumin powder
- ½ tsp garam masala
- Salt
- 1 tbsp oil
- 2 chapatis

Instructions:

1. Heat oil, add turmeric, cumin, garam masala, and sauté briefly.
2. Add tofu, cook until golden and dry.
3. Place tofu bhurji in chapati, roll tightly.
4. Serve hot.

Protein: 9g



57. Ragi Cutlets

Fun-Fact: Healthy and crisp cutlets made with ragi flour and mashed veggies.

Ingredients:

- 1 cup cooked ragi
- ½ cup mashed potato
- 1 tbsp flaxseed powder
- Salt and spices
- Oil for frying

Instructions:

1. Mix all ingredients well.
 2. Shape into patties.
 3. Shallow fry both sides until crisp.
 4. Serve hot with chutney.
-

Protein: 11g



58. Moong Dal Appe

Fun-Fact: Soft, fluffy appe made with moong dal batter.

Ingredients:

- 1 cup soaked moong dal
- 1 green chili
- 1 tsp ginger
- Salt
- Oil for appe pan

Instructions:

1. Blend moong dal with chili, ginger, and salt.
 2. Heat appe pan, brush with oil.
 3. Pour batter into cavities.
 4. Cook until golden on both sides.
-

Protein: 10g



59. Besan Veg Muffins

Fun-Fact: Savory protein muffins made from chickpea flour.

Ingredients:

- 1 cup besan
- $\frac{1}{2}$ cup chopped veggies
- 1 tsp baking powder
- Spices, salt
- Water

Instructions:

1. Mix all ingredients into thick batter.
 2. Pour into muffin tray.
 3. Bake at 180 °C for 20 minutes.
 4. Cool slightly and serve warm.
-

Protein: 9g



60. Moringa Pancakes

Fun-Fact: Energizing pancakes made with moringa powder and besan.

Ingredients:

- 1 cup besan
- 1 tbsp moringa powder
- Spices
- Water
- Oil

Instructions:

1. Prepare smooth pancake batter.
 2. Cook both sides until golden.
 3. Serve hot with chutney.
-

Protein: 12g



61. Chickpea Toast

Fun-Fact: Crispy toast topped with spiced mashed chickpeas.

Ingredients:

- 1 cup boiled chickpeas
- Lemon juice
- Spices
- Toast slices

Instructions:

1. Mash chickpeas with spices and lemon juice.
2. Spread on toasted bread.
3. Garnish with coriander.

Protein: 11g



62. Quinoa Upma

Fun-Fact: Light and nourishing upma with quinoa and veggies.

Ingredients:

- 1 cup quinoa
- ½ cup veggies
- Mustard, cumin, curry leaves
- Salt, turmeric

Instructions:

1. Cook quinoa separately.
 2. Temper mustard, cumin, veggies.
 3. Mix quinoa and seasoning.
-

Protein: 10g



63. Amaranth Chilla

Fun-Fact: Gluten-free amaranth flour pancakes rich in plant protein.

Ingredients:

- 1 cup amaranth flour
- Salt, spices
- Water

Instructions:

1. Prepare batter.
 2. Pour on tawa, cook both sides golden.
 3. Serve hot.
-

Protein: 8g



64. Flaxseed Crackers

Fun-Fact: Healthy baked crackers made with flaxseed meal.

Ingredients:

- 1 cup flaxseed meal
- Spices, salt
- Water

Instructions:

1. Mix and roll out dough thinly.
 2. Cut shapes, bake at 180 °C for 15 min.
 3. Cool and store airtight.
-

Protein: 10g



65. Bajra Pancakes

Fun-Fact: Savory pearl millet pancakes with herbs and spices.

Ingredients:

- 1 cup bajra flour
- Spices, herbs
- Water

Instructions:

1. Mix into batter.
2. Cook on tawa both sides golden.
3. Serve hot.

SATVIK PROTEIN RECIPES



Rajma Curry
Protein: 16g



Soya Ball Fry
Protein: 17g



Millet Biryani
Protein: 12g



Mung Shundi Curry
Protein: 16g



Palak Chawal
Protein: 16g



Mung Bean Pulao
Protein: 11g



Mixed Veg Pulao
Protein: 16g



Minty Chiller
Protein: 15g



Peanut Banana Shake
Protein: 13g



Raw Smoothie
Protein: 10g



Soya Chilli
Protein: 17g



Chickpea Chilli
Protein: 15g



Lentil Chilli
Protein: 15g



Protein: 14g



Protein: 14g



Protein: 14g

66. Rajma Curry

Fun-Fact: Protein-rich red kidney beans in spiced tomato gravy.

Ingredients:

- 1 cup rajma (soaked overnight)
- 1 cup tomato puree
- 1 tsp cumin seeds
- $\frac{1}{2}$ tsp turmeric
- 1 tsp coriander powder
- $\frac{1}{2}$ tsp garam masala
- Salt to taste
- 1 tbsp oil

Instructions:

1. Pressure cook rajma until soft.
2. Heat oil, add cumin seeds and let splutter.
3. Add tomato puree and spices; cook until thick.
4. Add cooked rajma and simmer for 10 minutes.
5. Adjust seasoning and serve hot with rice.

Protein: 13g



67. Toor Dal Fry

Fun-Fact: Comforting yellow lentil curry tempered with spices.

Ingredients:

- 1 cup toor dal
- $\frac{1}{2}$ tsp turmeric
- Salt to taste
- 1 tsp mustard seeds
- $\frac{1}{2}$ tsp cumin seeds
- 10 curry leaves
- 1 tbsp oil

Instructions:

1. Pressure cook dal with turmeric and salt.
2. Heat oil, add mustard, cumin, and curry leaves.
3. Pour tempering over dal and simmer for 5 minutes.
4. Serve warm with rice or roti.

Protein: 17g



68. Soya Sabzi

Fun-Fact: A flavorful curry made with soaked soya chunks.

Ingredients:

- 1 cup soya chunks
- 1 cup tomato puree
- 1 tsp cumin seeds
- ½ tsp turmeric
- 1 tsp coriander powder
- ½ tsp garam masala
- Salt to taste
- 1 tbsp oil

Instructions:

1. Soak soya chunks in hot water and squeeze excess water.
2. Heat oil, add cumin, turmeric, coriander powder, and tomato puree.
3. Cook till thick, then add soya chunks.
4. Simmer for 10 minutes, season, and serve.

Protein: 12g



69. Quinoa Pongal

Fun-Fact: Pongal with quinoa and moong dal for extra protein.

Ingredients:

- ½ cup quinoa
- ½ cup moong dal
- 1 tsp cumin seeds
- 1 tsp black pepper (crushed)
- 10 curry leaves
- 1 tbsp coconut oil
- Salt to taste
- Water as needed

Instructions:

1. Dry roast quinoa and dal briefly.
2. Cook with water and salt until soft and porridge-like.
3. Temper cumin, pepper, curry leaves in oil.
4. Mix into pongal and serve hot.

Protein: 11g



Ra

70. Millet Biryani

Fun-Fact: Wholesome biryani made with foxtail millet and vegetables.

Ingredients:

- 1 cup millet (soaked 30 min)
- 1 cup mixed vegetables
- 1 tsp cumin seeds
- 1 bay leaf, cloves, cinnamon
- 1 cup tomato puree
- 1 tsp garam masala
- Salt to taste
- Oil as needed

Instructions:

1. Heat oil, temper cumin and whole spices.
2. Add tomato puree and masala; cook 3 min.
3. Add vegetables, sauté briefly.
4. Add millet and water. Cook until fluffy and done.
5. Serve hot with raita or chutney.

Protein: 17g



71. Tofu Bhuna

Fun-Fact: Dry tofu curry with deep roasted flavors.

Ingredients:

- 200 g tofu cubes
- 1 cup tomato paste
- 1 tsp cumin powder
- $\frac{1}{2}$ tsp garam masala
- $\frac{1}{2}$ tsp turmeric
- Salt to taste
- 1 tbsp oil

Instructions:

1. Marinate tofu in a little spice and salt (optional).
2. Heat oil, add tomato paste and spices.
3. Cook down until thick.
4. Add tofu and roast on medium heat until well coated and dry.
5. Serve hot with roti.

Protein: 14g



72. Palak Chana

Fun-Fact: Chickpeas cooked in spinach gravy.

Ingredients:

- 1 cup boiled chickpeas
- 2 cups spinach (blanched and pureed)
- 1 tsp cumin seeds
- $\frac{1}{2}$ tsp garam masala
- Salt to taste
- 1 tbsp oil

Instructions:

1. Heat oil, temper cumin seeds.
 2. Add spinach puree, chickpeas, salt, and garam masala.
 3. Simmer for 10 minutes.
 4. Serve hot with rice or roti.
-

SATVIK PROTEIN RECIPES



73. Sprouted Moth Curry

Fun-Fact: Mild curry made with protein-rich sprouted moth beans.

Ingredients:

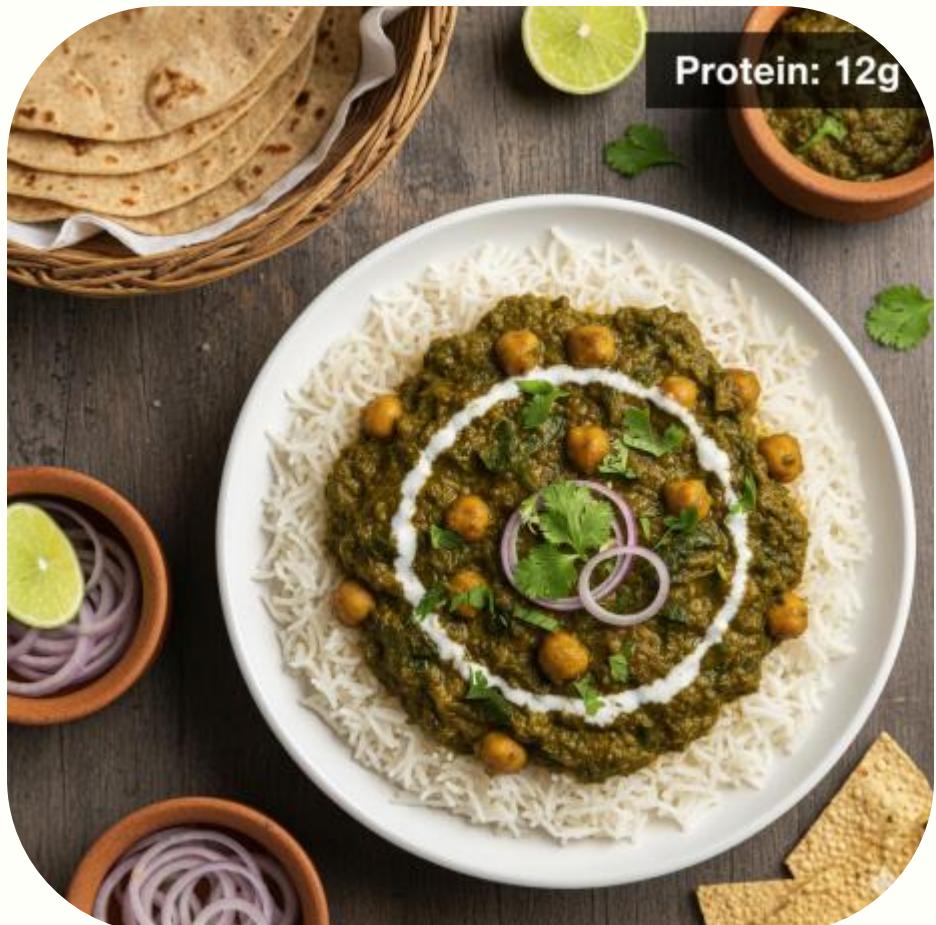
- 1 cup sprouted moth beans
- 1 cup tomato puree
- ½ tsp turmeric
- 1 tsp coriander powder
- Salt to taste
- 1 tbsp oil

Instructions:

1. Cook moth beans until soft.
 2. Heat oil, add turmeric, coriander powder, tomato puree.
 3. Cook until thick. Add sprouts, mix well.
 4. Simmer for 5 minutes. Serve hot.
-

SATVIK PROTEIN RECIPES

Protein: 12g



74. Chana Palak Rice Bowl

Fun-Fact: Power bowl with chickpeas and spinach over rice.

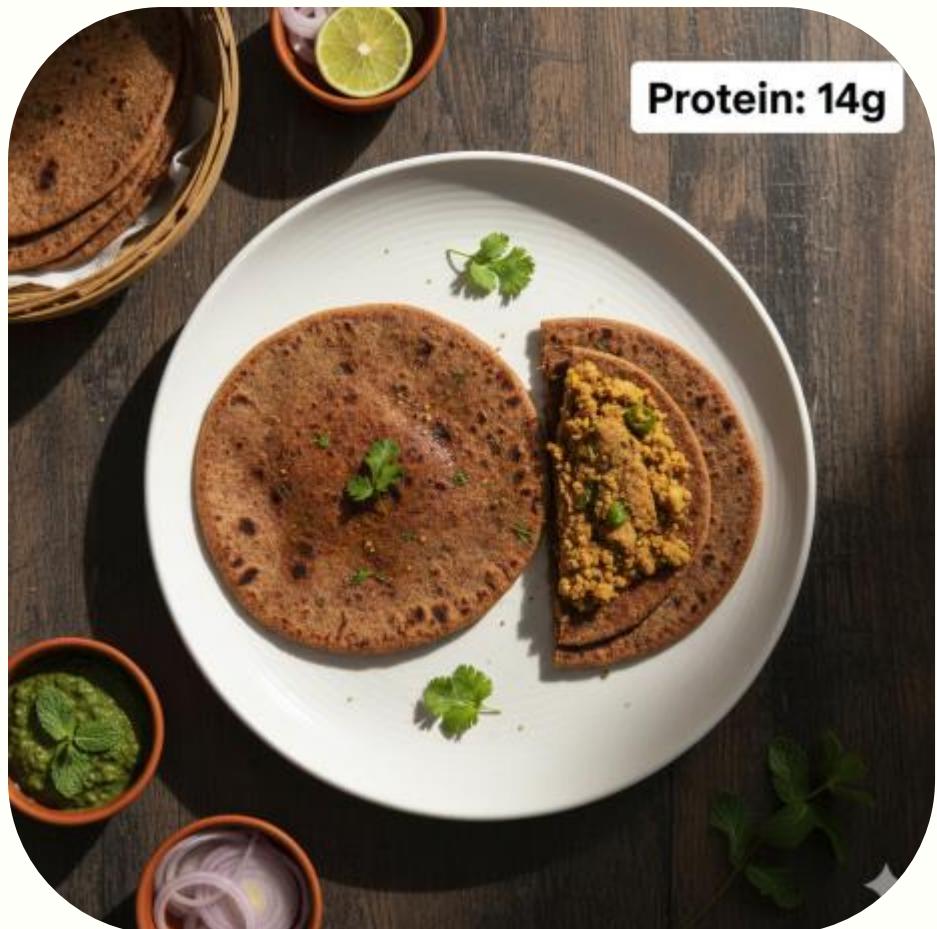
Ingredients:

- 1 cup boiled chickpeas
- 2 cups spinach masala (cooked as above)
- 1 cup cooked rice

Instructions:

1. Prepare spinach masala.
 2. Add chickpeas and simmer for 5 minutes.
 3. Serve over a bowl of steamed rice.
-

Protein: 14g



75. Ragi Roti with Sattu Stuffing

Fun-Fact: Wholesome roti stuffed with sattu masala.

Ingredients:

- 1 cup ragi flour
- $\frac{1}{2}$ cup sattu
- Spices (cumin, chili, coriander)
- Salt, water, oil

Instructions:

1. Knead ragi dough.
 2. Mix sattu with spices and lemon juice for filling.
 3. Roll dough, stuff filling, seal and roll out again.
 4. Cook on tawa with oil until golden on both sides.
-

Protein: 15g



76. Mung Bean Stew

Fun-Fact: Hearty mung bean stew rich in plant protein.

Ingredients:

- 1 cup mung beans
- 1 tomato, chopped
- ½ tsp turmeric
- 1 tsp cumin seeds
- Salt to taste
- Oil as needed

Instructions:

1. Cook mung beans until soft.
 2. Heat oil, temper cumin, add turmeric and tomato.
 3. Add cooked mung beans, simmer 5–7 minutes.
 4. Serve hot.
-

Protein: 12g



77. Almond Dal Curry

Fun-Fact: Creamy dal flavored with almond paste.

Ingredients:

- 1 cup moong dal
- $\frac{1}{4}$ cup almond paste
- $\frac{1}{2}$ tsp turmeric
- Salt to taste
- 1 tbsp oil

Instructions:

1. Cook moong dal with turmeric and salt.
 2. Add almond paste and simmer 5 minutes.
 3. Stir well, serve hot with rice or roti.
-

Protein: 10g



78. Bajra Khichdi

Fun-Fact: Nutritious khichdi made with bajra and moong dal.

Ingredients:

- $\frac{1}{2}$ cup bajra
- $\frac{1}{2}$ cup moong dal
- $\frac{1}{2}$ tsp turmeric
- 1 tsp cumin seeds
- Salt to taste
- 1 tbsp oil

Instructions:

1. Cook bajra and dal with water, salt, and turmeric until soft.
2. Temper cumin seeds in oil and add to khichdi.
3. Mix well and serve warm.



79. Lentil Veg Pulao

Fun-Fact: Fragrant pulao with lentils and vegetables.

Ingredients:

- 1 cup rice
- $\frac{1}{2}$ cup cooked lentils
- 1 cup mixed vegetables
- 1 tsp cumin seeds
- Whole spices (bay leaf, cinnamon, clove)
- Salt and oil

Instructions:

1. Heat oil, temper cumin and whole spices.
 2. Add vegetables, rice, and lentils.
 3. Add water, salt, and cook until fluffy.
 4. Fluff and serve.
-

Protein: 14g



80. Mixed Bean Curry

Fun-Fact: A wholesome curry made with assorted beans.

Ingredients:

- 1 cup mixed beans (soaked overnight)
- 1 cup tomato puree
- 1 tsp cumin seeds
- ½ tsp turmeric
- 1 tsp coriander powder
- Salt, oil

Instructions:

1. Pressure cook beans until soft.
2. Heat oil, temper cumin, add spices and tomato puree.
3. Cook until thick. Add beans, simmer 10 minutes.
4. Serve with roti or rice.

□ SMOOTHIES & DRINKS (81-90)





81. Sattu Cooler

Fun-Fact: Refreshing sattu drink with lemon and cumin.

Ingredients:

- $\frac{1}{4}$ cup sattu
- 2 cups cold water
- Lemon juice, cumin, salt

Instructions:

1. Whisk sattu with water until smooth.
2. Add lemon juice, cumin, and salt.
3. Chill and serve.



82. Banana Almond Smoothie

Fun-Fact: Creamy smoothie rich in good fats and protein.

Ingredients:

- 1 banana
- 2 tbsp almond butter
- 1 cup almond milk

Instructions:

1. Blend all ingredients until smooth.
 2. Serve cold.
-



Protein: 15g

83. Tofu Protein Shake

Fun-Fact: High-protein shake made with silken tofu.

Ingredients:

- ½ cup silken tofu
- 2 dates
- 1 cup almond milk

Instructions:

1. Blend tofu, dates, and almond milk until creamy.
 2. Serve chilled.
-

Protein: 8g



84. Moong Sprout Juice

Fun-Fact: Green energy drink made with moong sprouts.

Ingredients:

- ½ cup moong sprouts
- Lemon juice
- 1 cup water

Instructions:

1. Blend sprouts with water and lemon juice.
 2. Strain and serve cold.
-



Protein: 10g

85. Peanut Banana Shake

Fun-Fact: Protein-rich shake with banana and peanut butter.

Ingredients:

- 1 banana
- 2 tbsp peanut butter
- 1 cup almond milk

Instructions:

1. Blend all ingredients until smooth.
 2. Chill and serve.
-

Protein: 7g



86. Chia Almond Drink

Fun-Fact: Refreshing drink with chia seeds.

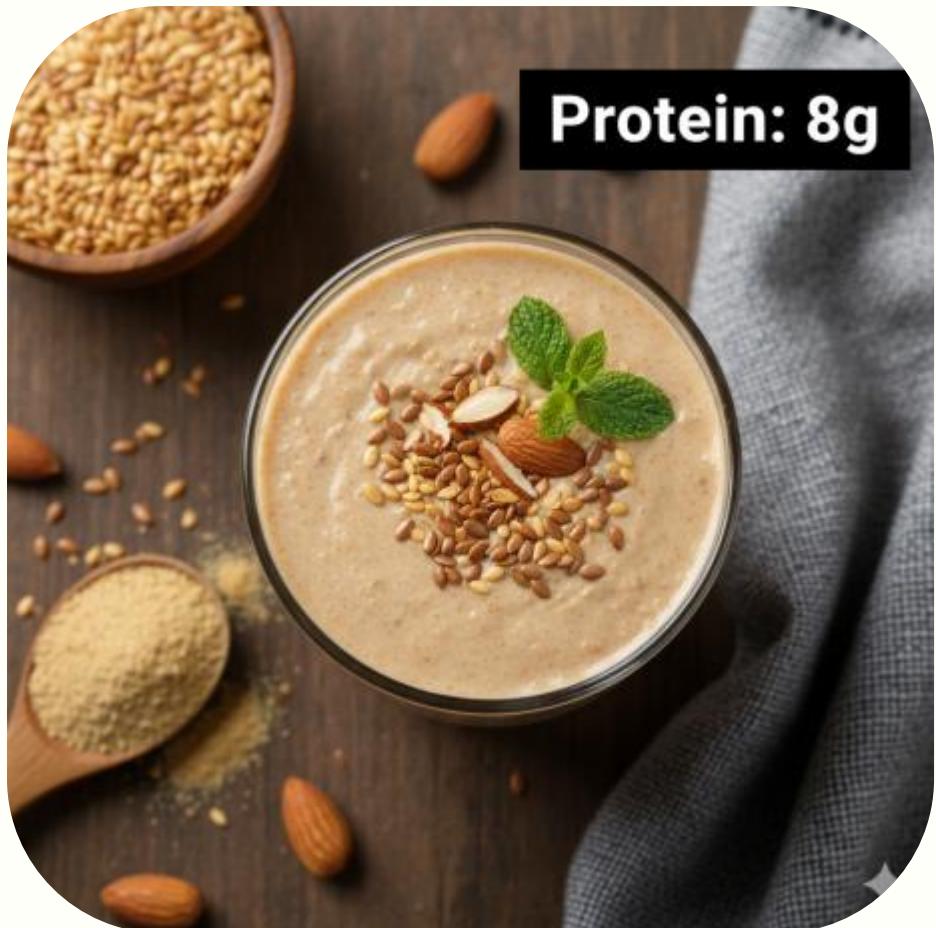
Ingredients:

- 2 tbsp chia seeds
- 1 cup almond milk

Instructions:

1. Soak chia for 10 minutes.
 2. Stir into almond milk and serve.
-

Protein: 8g



87. Flaxseed Shake

Fun-Fact: High in omega-3 and protein.

Ingredients:

- 2 tbsp flaxseeds
- 2 dates
- 1 cup almond milk

Instructions:

1. Blend everything until smooth.
 2. Serve cold.
-

Protein: 9g



88. Quinoa Drink

Fun-Fact: Creamy nourishing drink made with quinoa.

Ingredients:

- ½ cup cooked quinoa
- 1 banana
- 1 cup almond milk

Instructions:

1. Blend all ingredients together until smooth.
 2. Serve chilled.
-

Protein: 8g



89. Date Protein Shake

Fun-Fact: Naturally sweet shake with nuts.

Ingredients:

- 4 dates
- 10 almonds (soaked)
- 1 cup almond milk

Instructions:

1. Blend all ingredients together.
 2. Serve immediately.
-

Protein: 7g



90. Pumpkin Seed Cooler

Fun-Fact: Refreshing cooler made from soaked pumpkin seeds.

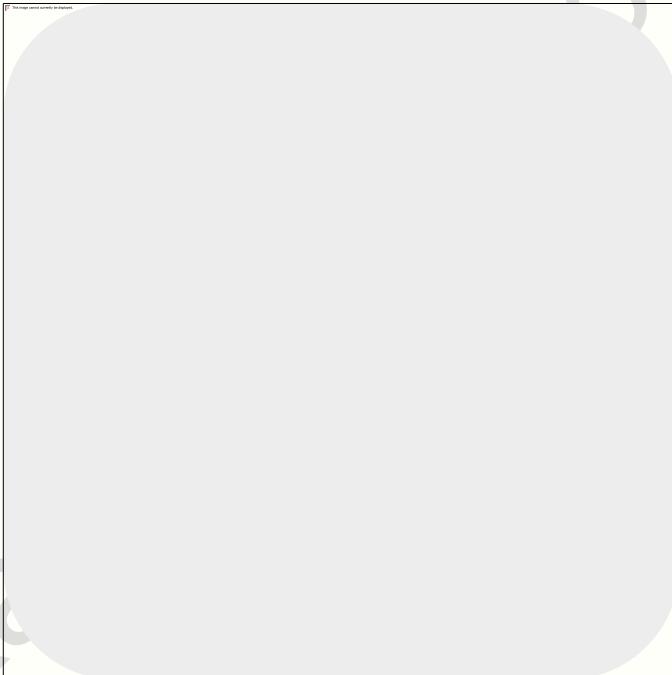
Ingredients:

- $\frac{1}{4}$ cup pumpkin seeds (soaked)
- 1 cup water
- Lemon juice

Instructions:

1. Blend soaked seeds with water.
 2. Add lemon juice and serve.
-

DESSERTS & SWEETS (91–100)



91. Almond Kheer

Fun-Fact: Creamy kheer made with almond milk.

Ingredients:

- 2 cups almond milk
- $\frac{1}{4}$ cup rice, 3 tbsp jaggery
- $\frac{1}{4}$ tsp cardamom

Instructions:

1. Cook rice in almond milk on low flame.
2. Stir in jaggery and cardamom.

3. Simmer until thickened.

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92. Sattu Ladoo

Fun-Fact: Protein-packed ladoos made with sattu and jaggery.

Ingredients:

- 1 cup sattu
- $\frac{1}{2}$ cup jaggery
- 2 tbsp coconut oil

Instructions:

1. Mix all ingredients in a bowl.
 2. Shape into ladoos and set.
-

SATVIK PROTEIN RECIPES

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93. Flaxseed Chikki

Fun-Fact: Crunchy chikki made with flaxseeds.

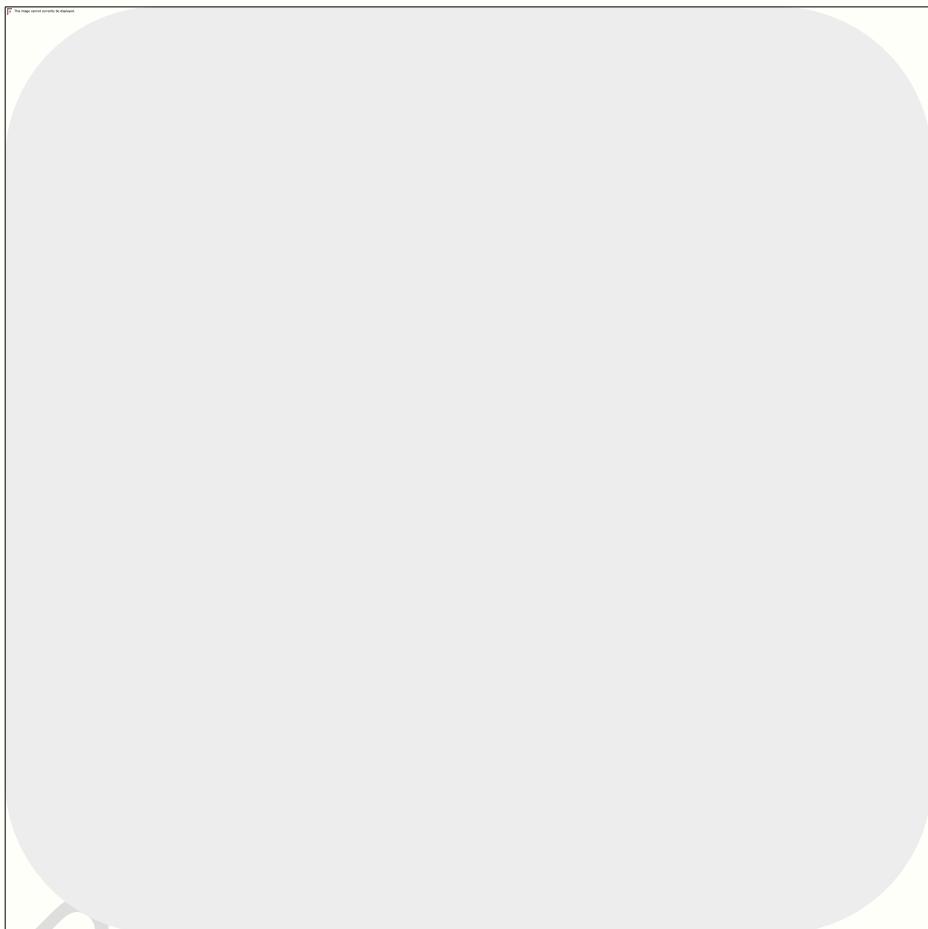
Ingredients:

- 1 cup flaxseeds
- $\frac{3}{4}$ cup jaggery

Instructions:

1. Melt jaggery to hard ball stage.
 2. Add flaxseeds, mix, and spread on a tray.
 3. Cool and cut into pieces.
-

SATVIK PROTEIN RECIPES



94. Moong Halwa

Fun-Fact: Traditional halwa made without dairy.

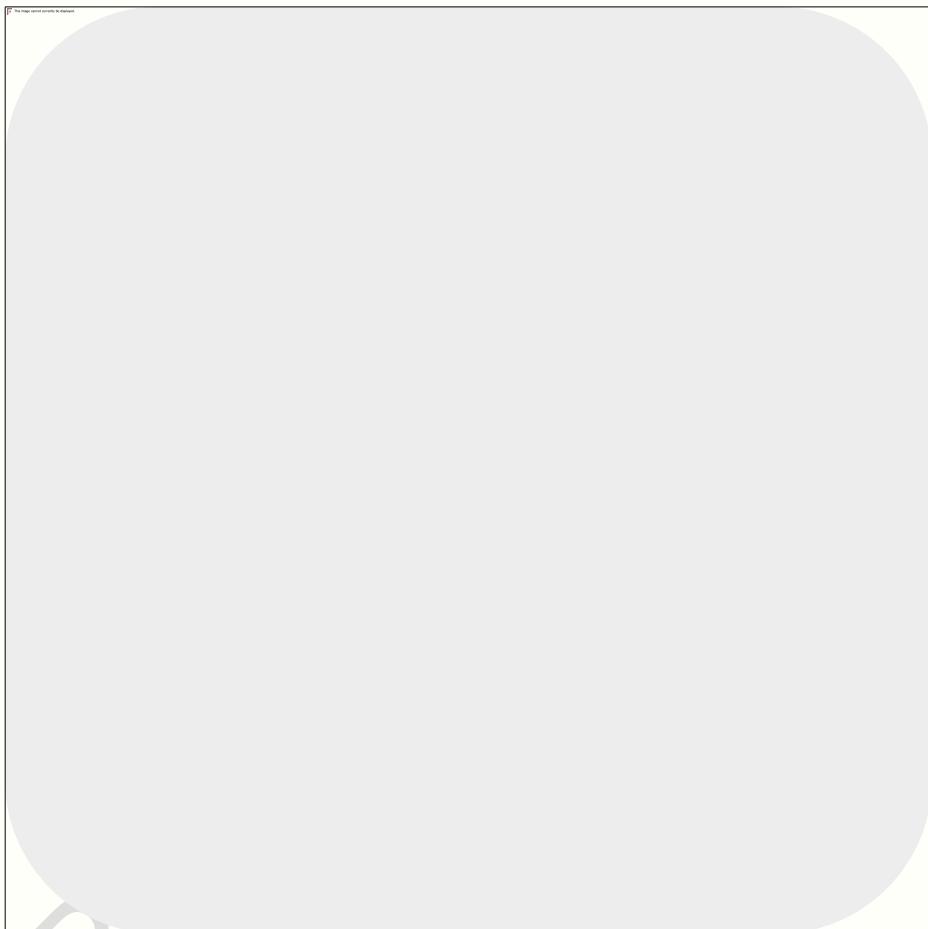
Ingredients:

- 1 cup moong dal paste
- $\frac{3}{4}$ cup jaggery
- $\frac{1}{4}$ cup coconut oil

Instructions:

1. Roast moong paste in oil until fragrant.
 2. Add jaggery, stir until thick.
 3. Serve warm.
-

SATVIK PROTEIN RECIPES



95. Peanut Jaggery Bars

Fun-Fact: Sweet and crunchy bars packed with protein.

Ingredients:

- 1 cup roasted peanuts
- $\frac{3}{4}$ cup melted jaggery

Instructions:

1. Mix peanuts with hot jaggery.
 2. Spread on tray, let cool, and cut.
-

SATVIK PROTEIN RECIPES

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96. Quinoa Ladoo

Fun-Fact: Nutty ladoos made with quinoa flour.

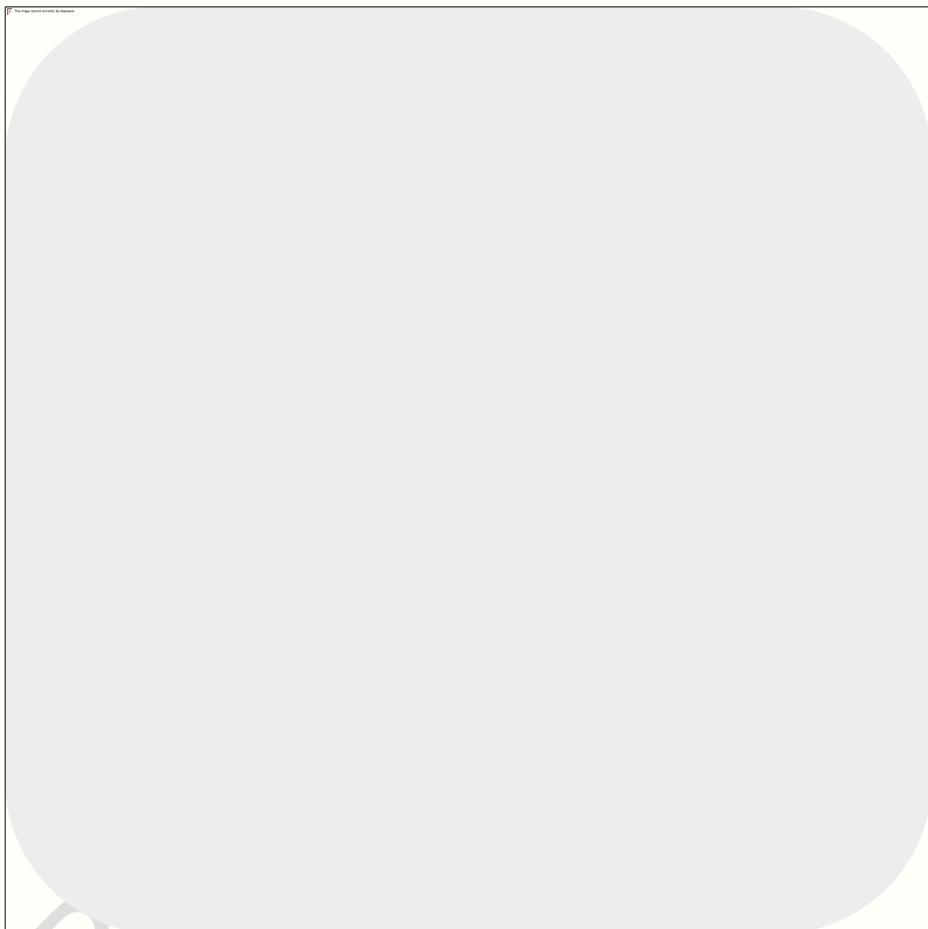
Ingredients:

- 1 cup quinoa flour
- $\frac{1}{2}$ cup jaggery
- 2 tbsp nuts

Instructions:

1. Roast flour lightly.
 2. Mix with jaggery and nuts.
 3. Shape into ladoos.
-

SATVIK PROTEIN RECIPES



97. Sesame Seed Chikki

Fun-Fact: Classic til chikki rich in plant protein.

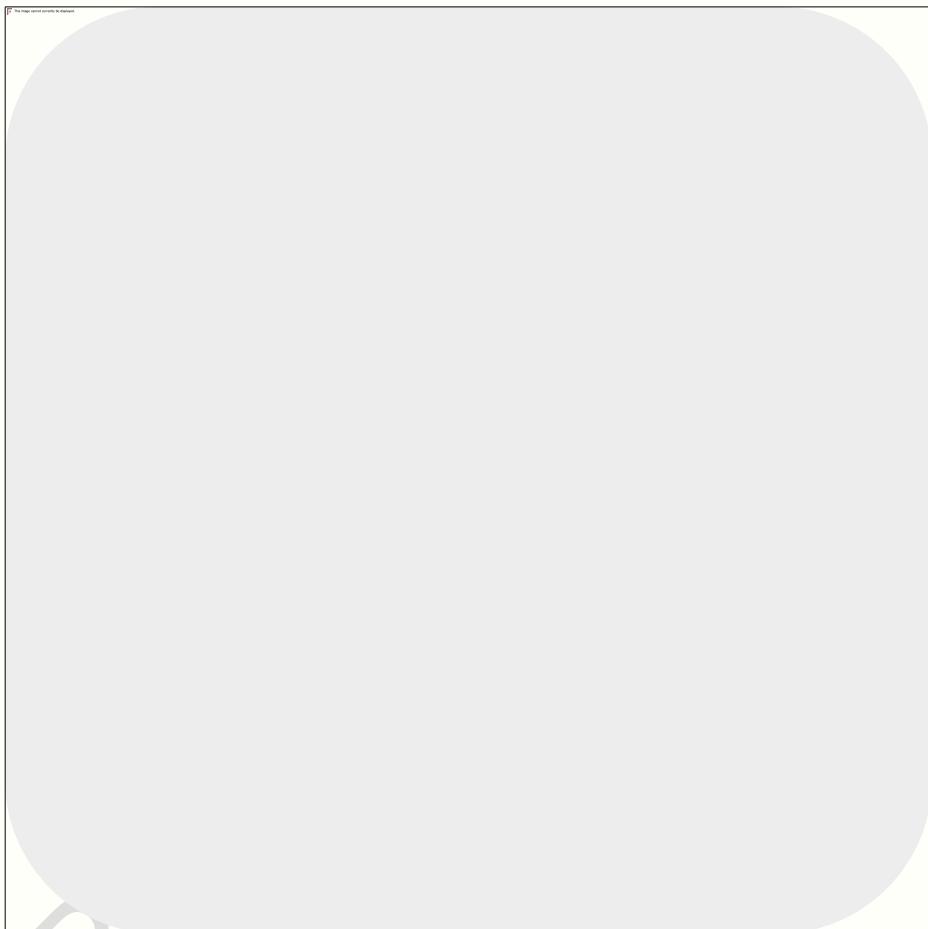
Ingredients:

- 1 cup sesame seeds
- $\frac{3}{4}$ cup jaggery

Instructions:

1. Roast sesame seeds.
 2. Add to hot jaggery syrup, mix and spread thin.
 3. Cool and cut.
-

SATVIK PROTEIN RECIPES



98. Coconut Almond Balls

Fun-Fact: Energy balls made with almond meal and coconut.

Ingredients:

- 1 cup almond meal
- $\frac{1}{2}$ cup desiccated coconut
- $\frac{1}{2}$ cup jaggery

Instructions:

1. Mix ingredients well.
 2. Roll into small balls.
 3. Chill before serving.
-

SATVIK PROTEIN RECIPES

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99. Ragi Halwa

Fun-Fact: Wholesome halwa made with ragi flour.

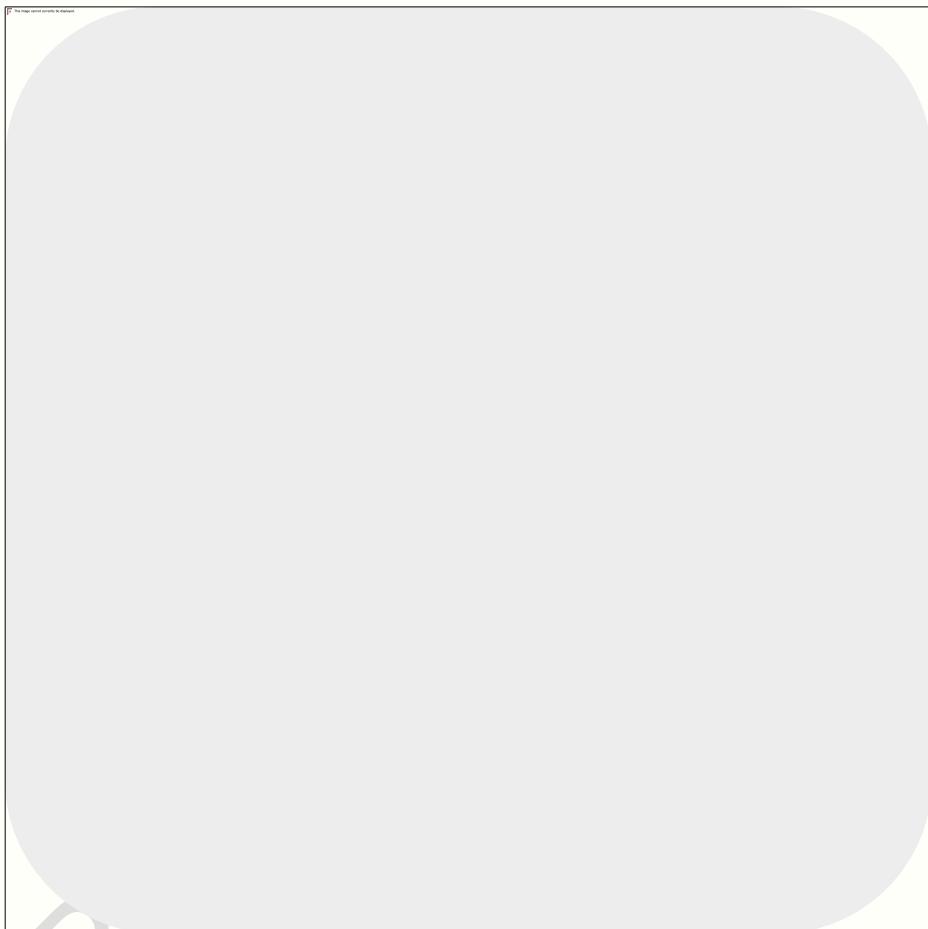
Ingredients:

- 1 cup ragi flour
- $\frac{3}{4}$ cup jaggery
- $\frac{1}{4}$ cup coconut oil

Instructions:

1. Roast flour in oil.
2. Add jaggery and a little water.
3. Stir until thick.

SATVIK PROTEIN RECIPES



100. Dates & Nuts Balls

Fun-Fact: Instant energy balls made with dates and nuts.

Ingredients:

- 1 cup dates
- $\frac{1}{2}$ cup almonds
- $\frac{1}{2}$ cup cashews

Instructions:

4. Blend all ingredients into a sticky mixture.
5. Roll into small balls.
6. Store in an airtight container.