



Nature's Sweetness IN EVERY BITE

Celebrating 75 years of India's Independence



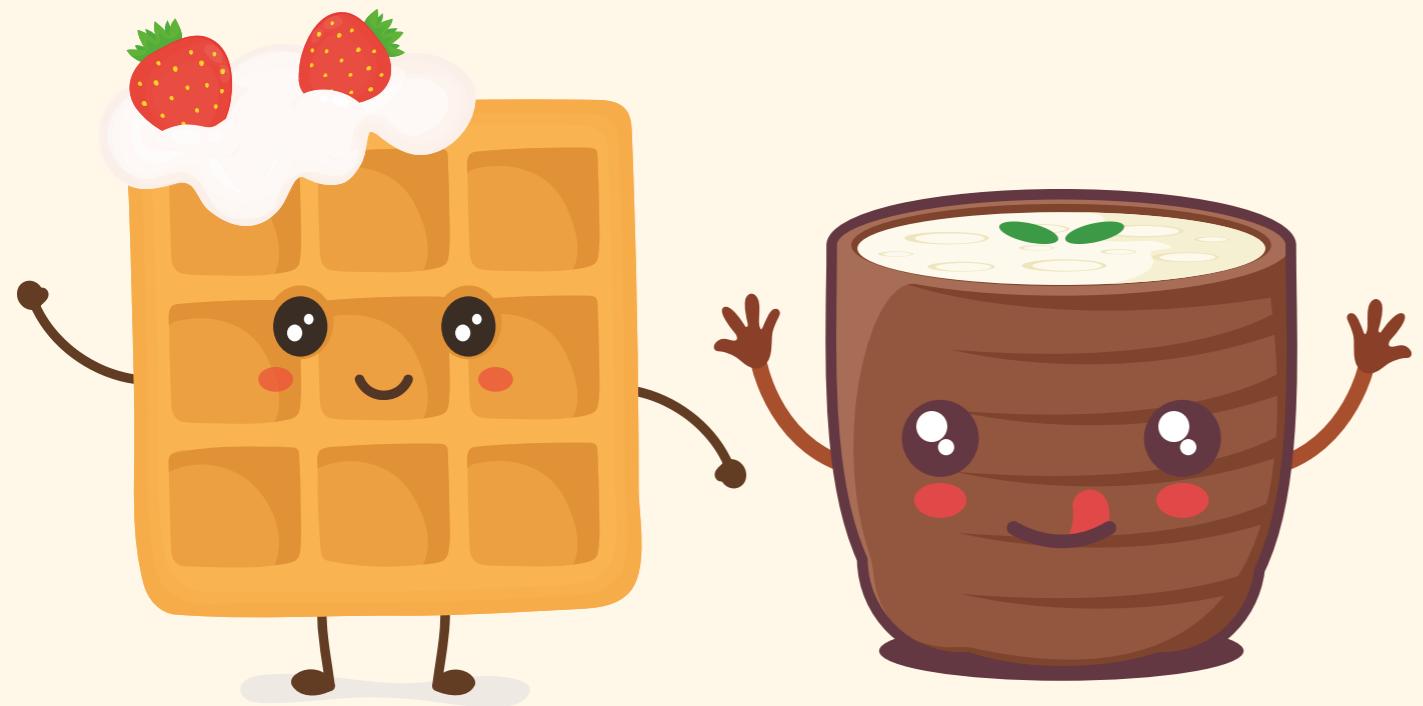
About the book (Nature's Sweetness in every bite)

Over the past decade, India has experienced rapid economic growth, which has resulted in socioeconomic, demographic, nutrition and health transitions. Along with the persistent high rates of childhood undernutrition, there has been a rapid rise in diet-related Non-Communicable Diseases (NCDs) like obesity, hypertension, diabetes, cardiovascular diseases. This is affecting all sections of society. One of the reasons for the rapid rise in NCDs in India has been a rapid change in dietary patterns and low physical activity. People are indulging more in food high in fat, salt and sugar.

NCD prevention/control strategies includes reduction in exposure to lifestyle risk factors through health promotion and primary prevention, early detection and timely treatment, and surveillance to monitor trends and associated risk factors. The Food Safety and Standards Authority of India (FSSAI) launched a nationwide campaign 'Aaj Se Thoda Kam' to urge people to reduce their salt, sugar and fat intake.

With this backdrop a healthy dessert recipe contest 'Nature's sweetness in every bite' was launched on the occasion of World Food Day 2021 to encourage people to share their innovative and healthy dessert recipes that are prepared without the use of sugar or artificial sweeteners. During the challenge 304 entries were received from students, professionals and cooking enthusiast. The recipes received were categorised in seven categories.

This book features all the winning recipes. The nutritive value is calculated based on the amounts submitted by participants according to NVIF (1989), IFCT (2017), USDA (2017). The calculations provide an estimate and are not exact. The value may vary depending on individual portions and variety of food products available in different regions. We hope this book will provide innovative recipes which you can try and enjoy with your family with the goodness of natural sweetness.

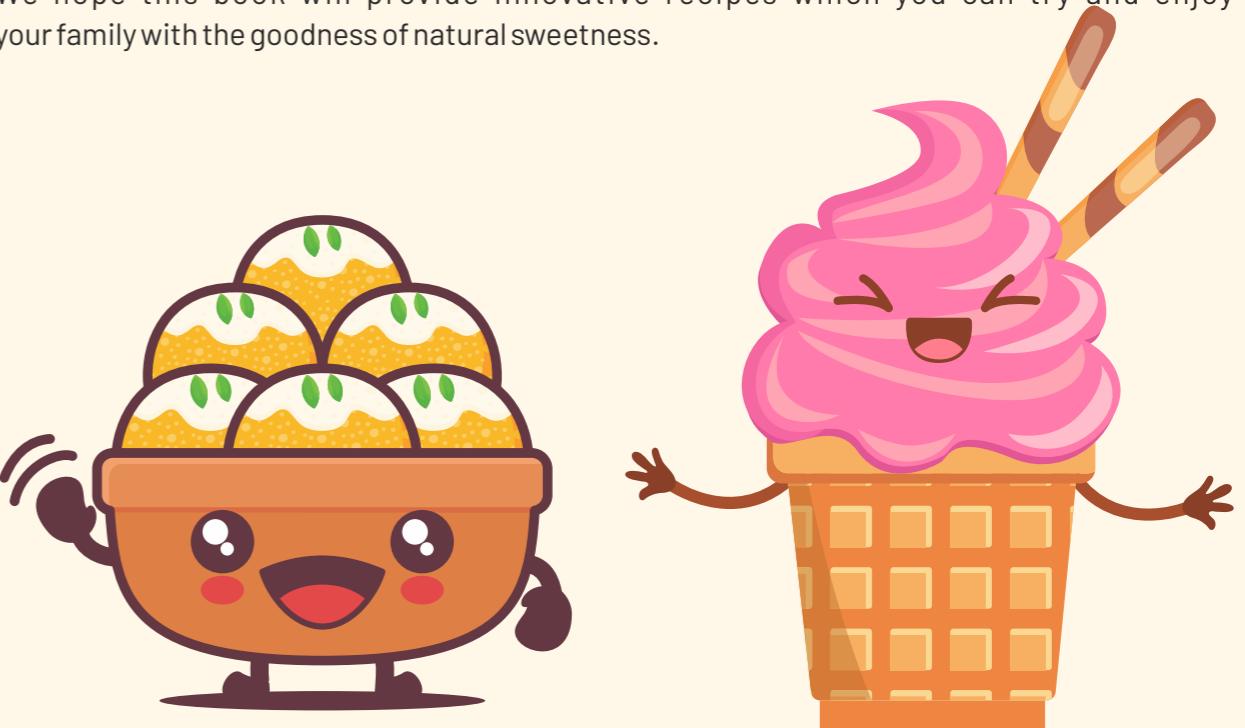


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Indian Classics

KHAJOOOR AND NUTTY BARFI



BY: NAEEMA SHAIKH



PREPARATION TIME: 2 HRS



COOK TIME: 30 MIN



SERVING SIZE: 7

Nutritional Information
Proteins - 7 g
Fats- 7 g
Carbs - 15 g
Energy - 155 kcals

INGREDIENTS

Dates- 100 g

Poppy Seeds- 8 g

Almond- 15 g

Cardamom powder - 4 g

Cashew- 15 g

Ghee- 12 g

Pistachio- 15 g

Coconut - 15 g ,grated

INSTRUCTIONS

1. Place the dates in a blender. Grind them and make a coarse mixture.
2. Chop all the dry fruits and take 1 tbsp poppy seeds into a pan and dry roast on medium flames for around 2-3 minutes. Add 1 tbsp ghee into the pan then add all the chopped dry fruits into the heated ghee and roasted till it turns crunchy and stir continuously to avoid burning. Empty the pan and keep the dry fruits aside.
3. Again add 1 tbsp ghee and add dates mixture and cook on low flame for around 4-5 minutes until it turns into a soft mixture.
4. Add the fried nuts into the dates mixture, the grated coconut, cardamom powder and half the quantity of roasted poppy seeds to the mixture. Mix it thoroughly.
5. Transfer it onto the plate. Let it cool down slightly and make a dough.
6. Press this dough with the help of your hands. Roll it on the flat surface and add poppy seeds and pistachios to the surface. Now roll it gently, Keep pressing the sides.
7. All pistachios and poppy seeds should be taken into the roll. Wrap the roll into aluminum foil and let it set in the fridge.
8. After 2 hours take it out, cut it with a sharp knife and keep the roll in 1/2 or 1 inches and the rolls are ready to serve.



GAJAR KA HALWA



BY: SUNIL KUMAR TIWARI



PREPARATION TIME: 30 MINS



COOK TIME: 20 MIN



SERVING SIZE: 4

Nutritional Information
Proteins - 9 g
Fats- 13 g
Carbs - 33 g
Energy - 310 kcals

INGREDIENTS

Dates – 1 cup
Carrots - 1.5 cup
Milk powder - 1.5 Tbsp
Elaichi powder – $\frac{3}{4}$ tsp
Nuts – $\frac{1}{4}$ cup

INSTRUCTIONS

1. Add 1 cup dates to the food processor and run it till it becomes a thick paste.
2. Transfer the paste to a stand mixer or use your good old god-given mixer to blend the items below.
3. Add the shredded carrots, elaichi powder, milk powder and chopped nuts.
4. Your Carrot Halwa is ready to serve.



COCOA MILK ALSIN RASGULLAH



BY: SRIMATHY V



PREPARATION TIME: 30 MINS



COOK TIME: 20 MIN



SERVING SIZE: 4

Nutritional Information
Proteins - 9 g
Fats- 13 g
Carbs - 33 g
Energy - 310 kcals

INGREDIENTS

Dates-50g

Milk: 500ml

Raisins- 25g

Lemon juice: 1 tsp

Raisins - 25g

Almonds:30g

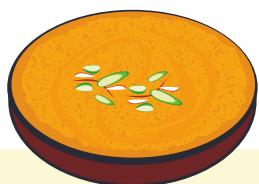
Coconut milk -100 ml

INSTRUCTIONS

- 1.In a bowl add dates, grapes, almonds and grind it well until it becomes a thick mixture.
- 2.In a vessel add 500 ml of milk and let it boil. Once boiled, add 1 tsp of lemon juice in the milk. After 10 mins strain, pour the curdled mixture into a muslin cloth, Wrap it and rinse it well under running tap water and make a knot. Hang it aside for 1-2 hours.
- 3.After 2 hours the dough formation structure is made, knead the dough well and make small round balls
- 4.Add the rounded balls into a plain hot water and let them cook it for 10–15 mins
- 5.After cooking it in hot water pour the cooked balls into a bowl filled with coconut milk and decorate it with few sliced almonds, raisins, and saffron and serve it



MIXED FRUIT HALWA



BY: SAFOORA K P



PREPARATION TIME: 30 MINS



COOK TIME: 50 MIN



SERVING SIZE: 4

Nutritional Information
Proteins - 15 g
Fats- 9 g
Carbs - 44 g
Energy - 360 kcals

INGREDIENTS

- | | |
|-------------------------|--------------------|
| Ripe bananas - 1 kg | Raisins - 100 g |
| Dates - 250 g | Cashew nut - 100 g |
| Apples - 250 g | Almonds- 100 g |
| Seedless grapes - 250 g | |
| Pineapple - 1 | |

INSTRUCTIONS

- 1.Cook the ripe bananas well and deseed the grapes.
- 2.Crush the cooked bananas, dates and apples.
- 3.Cut the pineapple and extract juice. Boil the pineapple juice in a vessel and stir well. Add the crushed fruits/Pulp into it and cook well.
- 4.Add seedless grapes and cook for 5 minutes. Finally add almonds, raisins , cashews and remove from heat when the halwa gets separated from the sides of the vessel.
- 5.Cut into pieces as required.



DRY FRUITS MODAK



BY: SIMA VAKIL MAHATO



PREPARATION TIME: 20 MINS



COOK TIME: 25 MIN



SERVING SIZE: 4

Nutritional Information
Proteins - 15 g
Fats- 9 g
Carbs - 44 g
Energy - 360 kcals

INGREDIENTS

Ghee – 50 ml	Milk - 50 ml
Cashew – 50 g	Milk powder – 50 g
Almonds – 50 g	Coconut powder – 20 g
Raisins - 50 g	Cardamom powder – 1 pinch
Poppy seeds – 25 g	Salt - 1 pinch
Dates – 100 g	Rice flour – 200 g

INSTRUCTIONS

1. Take a pan, add 1 tbsp ghee with all of the dry fruits. Keep this aside.
2. Take 1 tbsp ghee again and add milk and milk powder and keep stirring.
3. Add coconut powder, dry fruits mixture and cardamom powder and the stuffing is ready.
4. For the Modaks dough in a pan add 2 cups of water , salt, ghee and rice flour. Mix well and make a smooth dough.
5. Take a ball sized dough , press from sides , spread the stuffing inside and pinch it at the top.
6. Place this modak in a steamer for 10-12 minutes and serve hot.



SWEET POTATO BARFI



BY: SHRAVANI MANOHAR JAMBHUL



PREPARATION TIME: 30 MINS



COOK TIME: 30 MIN



SERVING SIZE: 4

Nutritional Information
Proteins - 11 g
Fats- 13 g
Carbs - 56 g
Energy - 380 kcals

INGREDIENTS

Sweet potato-250g
Fresh sugar cane juice-100ml
Cow milk-250ml
Dry fruits:
Grinded Pistachios, Cashew & Almond

INSTRUCTIONS

- 1.Boiled Sweet potato in Simmered milk.
- 2.Add Grinded dry fruits.
- 3.Then spread the mixture on Butter paper and freeze it until it sets.
- 4.Once frozen, take it out and serve fresh.



WATERMELON RASGULLA



BY: AVANI SHAH



PREPARATION TIME: 30 MINS



COOK TIME: 30 MIN



SERVING SIZE: 4

Nutritional Information
Proteins - 11 g
Fats- 13 g
Carbs - 56 g
Energy - 380 kcals

INGREDIENTS

Sweet potato-250g
Fresh sugar cane juice-100ml
Cow milk-250ml
Dry fruits:
Grinded Pistachios, Cashew & Almond

INSTRUCTIONS

- 1.Boiled Sweet potato in Simmered milk.
- 2.Add Grinded dry fruits.
- 3.Then spread the mixture on Butter paper and freeze it until it sets.
- 4.Once frozen, take it out and serve fresh.





BEET MODAK

BY: RAVI SHARMA



PREPARATION TIME: 50 MINS



COOK TIME: 40 MIN



SERVING SIZE: 4

Nutritional Information
Proteins - 2 g
Fats- 3 g
Carbs - 62 g
Energy - 233 kcals

INGREDIENTS

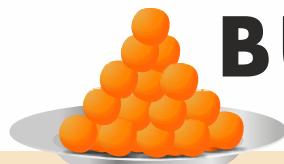
Milk- 1/2 liter
Dates - 1 cup
Beetroot-1
Coconut powder-2 tsp

INSTRUCTIONS

1. Pour milk in a pan and keep it on medium flame for 30 mins.
2. Grind dates and add paste in it, stir then add beetroot juice and our mixture is ready. Put that mixture in the refrigerator for 5-10 min for cooling or you can also cool it under a fan.
3. Bring out the mixture and rub it with your palm for around 2-3 min for the soft dough.
4. Make the shape of that dough with your hands or modak stand.
5. Sprinkle it with coconut powder and serve.



DATE FLAVORED PEANUT BUTTER BESAN LADOO



BY: ZULFA ANIS KAZI



PREPARATION TIME: 30 MINS



COOK TIME: 15 MIN



SERVING SIZE: 7

Nutritional Information
Proteins - 11 g
Fats- 7 g
Carbs - 44 g
Energy - 295 kcals

INGREDIENTS

Besan Flour- 60 g
Peanut Butter-50 g
Soaked Dates- 15 g
Powdered Flaxseed- 25 g
Chopped Almond-10 g
Cinnamon Powder- 1 tsp

Cardamom Powder- 1 tsp
Ghee- 60 g

INSTRUCTIONS

1. Heat ghee in a pan, add besan flour to it and roast it until color becomes light brown.
2. In another bowl, take peanut butter, 3 soaked dates and mix it.
3. To this date and peanut butter mixture, add the roasted besan flour, chopped almonds and 1 tsp of elaichi and cinnamon powder each. Also add flax seed powder to it.
4. Apply ghee to your palms and make about 7 balls.
5. Make good round laddoos out of it and serve. You can also garnish it with almonds, pista, on top of it.





PAAN LADOO

BY: BHAVNA ARORA



PREPARATION TIME: 15 MINS



COOK TIME: 15 MIN



SERVING SIZE: 7

Nutritional Information
Proteins - 7 g
Fats- 4 g
Carbs - 34 g
Energy - 143 kcals

INGREDIENTS

Khoya – 250 g
Paan leaf - 1
Rose petals - 20
Milk – 1 cup
Rose flavour – 1 tsp
Coconut Powder – 1 Tbsp

INSTRUCTIONS

1. Take one cup of milk in the blender and put the paan leaf and rose petals. Blitz it to form a uniform mix. Add rose flavor.
2. Mesh the Khoya into a bowl properly and gradually add the milk mixture prepared above.
3. Knead the khoya into a dough consistency.
4. Make small balls as per the size required and put in the refrigerator for 1 hour
5. The Paan Ladoos are ready to serve.

RAVA CHOCO LADDOO



BY: TOSHIBA



PREPARATION TIME: 10 MINS



COOK TIME: 10 MIN



SERVING SIZE: 15

Nutritional Information
Proteins - 11 g
Fats- 9 g
Carbs - 67 g
Energy - 187 kcals

INGREDIENTS

- | | |
|-----------------------|------------------------|
| Peanuts – 100 g | Coconut powder – 100 g |
| Rawa – 250 g | Dates - 10 |
| Almonds – 100 g | |
| Walnuts - 100g | |
| Cocoa powder - 1 Tbsp | |

INSTRUCTIONS

1. Take one cup of milk in the blender and put the paan leaf and rose petals. Blitz it to form a uniform mix. Add rose flavor.
2. Mesh the Khoya into a bowl properly and gradually add the milk mixture prepared above.
3. Knead the khoya into a dough consistency.
4. Make small balls as per the size required and put in the refrigerator for 1 hour
5. The Paan Ladoos are ready to serve.





TRIO MITHAAYI

BY: AATEFA SHEIKH



PREPARATION TIME: 15 MINS



COOK TIME: 1 HOUR



SERVING SIZE: 15

Nutritional Information
Proteins - 11 g
Fats- 9 g
Carbs - 67 g
Energy - 187 kcals

INGREDIENTS

- | | |
|------------------------|---------------------------|
| Almonds 15 g | Ghee – 12 g |
| Cashew- 15 g | Cardamom powder – 1 pinch |
| Pistachio- 15 g | |
| Coconut (Grated)- 15 g | |
| Sesame Seeds- 15 g | |

INSTRUCTIONS

1. Soak dates in hot water
2. Take groundnut and grind until it turns into butter and keep it aside.
3. Blend to smooth paste without adding any water. keep aside.
4. In a kadhai take dry fruits and sesame seeds. Roast on low flame for 5 mins. Further, add dry coconut and continue to roast. Transfer it to a bowl and keep aside
5. Take dates, paste in a pan and saute on medium flame until it thickens. Add in roasted nuts 2 tsp, $\frac{1}{2}$ tsp cardamom powder and peanut butter. Transfer this to a bowl and keep aside
6. In a pan roast 15 g rolled oats on medium flame and blend to a fine powder. Transfer this to the dates mixture. Combine well, keep mixing until the mixture thickens.
7. Transfer the prepared mixture into a greased plate lined with baking paper. Let it be set in the form of a block. Keep it in refrigerator for 1 hour
8. Unmould and cut into pieces
9. Serve the mithai





CREAMY DELIGHTS

BY: LALITA



PREPARATION TIME: 15 MINS



COOK TIME: 5 MIN



SERVING SIZE: 4

Nutritional Information
Proteins - 8 g
Fats- 5 g
Carbs - 35 g
Energy - 265 kcals

INGREDIENTS

Milk-1/2 liter
Apple-1
Oats-1/2 cup
Khajoor-3/4 cup

INSTRUCTIONS

1. Roast oats in a pan until golden brown.
2. Cut the apple into slices, add khajoor and oats. Pour milk into this mixture and leave for 10 min.
3. Grind the mixture
4. Sprinkle it with flax seeds and serve





BANANA CARROT MAKHANA KHEER

BY: RESHMA ANIS KAZI



PREPARATION TIME: 20 MINS



COOK TIME: 15 MIN



SERVING SIZE: 4

Nutritional Information
Proteins - 15 g
Fats- 12 g
Carbs - 47 g
Energy - 289 kcals

INGREDIENTS

- | | |
|------------------------|------------------------|
| Milk-400 ml | Powdered flaxseed-15 g |
| Makhana powdered- 30 g | Ghee- 10 g |
| Grated carrot-50 g | |
| Banana-50 g | |
| Soaked dates-15 g | |
| Chopped almonds- 10 g | |

INSTRUCTIONS

- 1.In a pan heat about 1 tbsp ghee, roast the chopped almonds and add grated carrots.
- 2.Roast for about a minute or two, and add coarsely powdered makhana.
- 3.Then roast for about one-two minutes more and add milk. Add kesar strands. Add flaxseed powder, soaked dates and banana.
- 4.Cook it for not more than 3-4 minutes.
- 5.Sprinkle elaichi, cinnamon powder and let it cool in refrigerator and serve.





CHOCOLATE KHEER

BY: MOHD ZYAN



PREPARATION TIME: 30 MINS



COOK TIME: 45 MIN



SERVING SIZE: 4

Nutritional Information
Proteins - 2 g
Fats- 5 g
Carbs - 59 g
Energy - 266 kcals

INGREDIENTS

Basmati rice – ¼ Cup
Milk – 4 cups
Dates – 5-7
Cocoa powder – 2 Tbsp

INSTRUCTIONS

1. Rinse ¼ cup basmati rice a couple of times in fresh water and then soak in enough water for 15 to 20 minutes.
2. In a big kadhai pour the milk while constantly stirring and bring it to a boil.
3. Soak a few saffron strands in some milk until it leaves a pleasant colour.
4. When the milk starts to boil add soaked rice and mix well and cook till the rice grains are half-cooked.
5. Then add 5-7 crushed dates and cocoa powder in the milk.
6. Continue to cook rice on low to medium-low heat. Do stir at intervals. Simmer till the rice is almost cooked.
7. Switch off the heat when the rice grains are completely cooked. The kheer will also thicken. On cooling, rice kheer thickens more. Scrape milk solids from the sides of the pan and add to the kheer.
8. Your kheer is ready to serve.

SUGARCANE QUINOA PAYASAM



BY: ABHILASHA SHARMA



PREPARATION TIME: 30 MINS



COOK TIME: 30 MIN



SERVING SIZE: 2

Nutritional Information
Proteins - 9 g
Fats- 5 g
Carbs - 28 g
Energy - 290 kcals

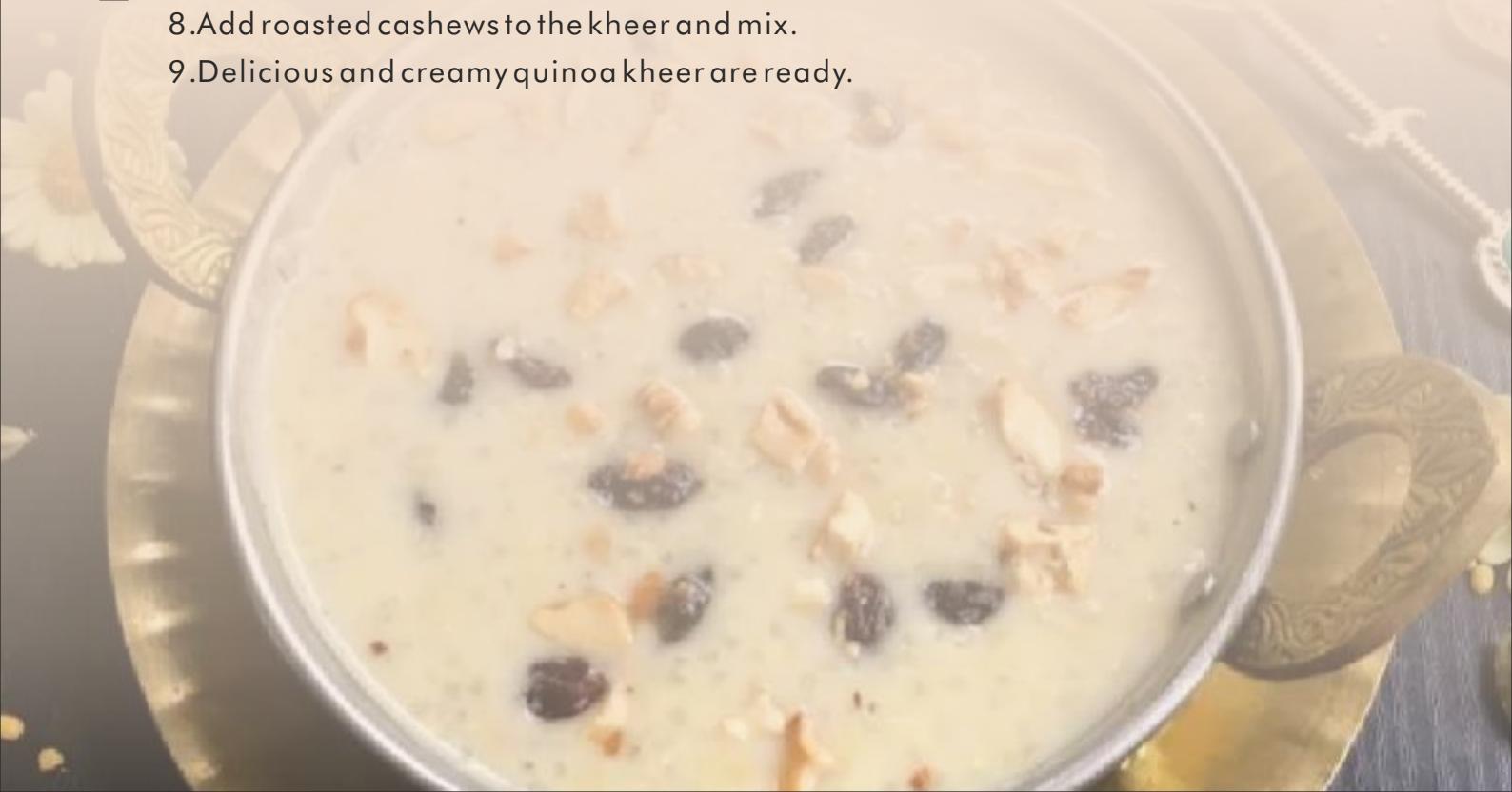
INGREDIENTS

Quinoa - 1/4 cup
Water - 1 cup
Milk - 1 cup
Sugar cane juice - 1 cup
Salt - a pinch
Cardamom powder - 1/2 tsp

Dry ginger powder - 1/4 tsp
Ghee - 1 Tbsp
Almonds - 5-7

INSTRUCTIONS

1. Wash and soak quinoa for 30 minutes.
2. Heat 1 tsp ghee in a pressure cooker, add quinoa and saute for 3-4 minutes.
3. Then add 1 cup of sugarcane juice and pressure cook for 3-4 whistles in medium flame.
4. Once the pressure releases, open the cooker and mix.
5. Add milk to it and allow it to boil.
6. Once it is creamy, add a pinch of salt, cardamom powder, and dry ginger powder.
7. Heat the remaining 2 tsp ghee and fry the cashews till golden.
8. Add roasted cashews to the kheer and mix.
9. Delicious and creamy quinoa kheer are ready.



KHAJOOR PHIRNI



BY: VIJETA SINGHARI



PREPARATION TIME: 30 MINS



COOK TIME: 30 MIN



SERVING SIZE: 5

Nutritional Information
Proteins - 11 g
Fats- 5 g
Carbs - 28 g
Energy - 225 kcals

INGREDIENTS

Dates- 18-20, washed and deseed
Rice - 50 g
Cardamom - 4-5
Almonds - 4-5 (Crushed to small pieces)
Salt – a pinch
Rose Water – ½ tsp

Milk – 1 liter
Silver paper and Almonds to garnish

INSTRUCTIONS

1. Soak Rice in water for 30 min and make paste
2. Soak Dates in warm milk make paste
3. Boil milk and add Cardamom powder. After one boil lower the flame
4. Add rice paste, salt and almonds to the boiling milk and keep stirring continuously to avoid burning
5. When the consistency gets thick add paste of soaked dates to it and keep stirring.
6. Once the consistency is semi liquid you may take off the phirni from flame. Add Gulabjal for the fragrance.
7. Place it in a serving bowl.
8. Keep in the refrigerator to cool.
9. Garnish with Almonds and silver paper before serving
10. Serve cool.



SHARIFA KHEER



BY: THAVANESH RAO



PREPARATION TIME: 10 MINS



COOK TIME: 2 MIN



SERVING SIZE: 4

Nutritional Information
Proteins - 9 g
Fats- 7 g
Carbs - 29 g
Energy - 230 kcals

INGREDIENTS

Rolled oats – ½ cup
Cashew / Almond - 3-4 , soaked for 4-5 hours
Custard apple /Sharifa pulp – 4 (deseeded)
Saffron – 2/3 strands
Cardamom – ¼ tsp

INSTRUCTIONS

1. Blend the cashew/almond with 1 cup water to make a watery paste.
2. Mix all the ingredients in a bowl & place in the fridge for at least 2 hours.
3. Serve kheer chilled.



SWEET POTATO HALWA



BY: AKSHADA SAHEBRAO SHINDE



PREPARATION TIME: 1 HOUR



COOK TIME: 15 MIN



SERVING SIZE: 4

Nutritional Information
Proteins - 9 g
Fats- 15 g
Carbs - 41 g
Energy - 340 kcals

INGREDIENTS

Sweet potato – 250 g
Cashew- 25 g
Almonds(- 25 g
Dates – 50 g
Yellow raisin – 25 g
Cardamom powder – ½ tsp

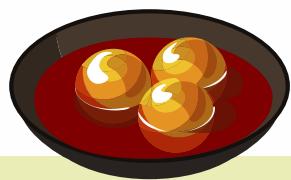
Dry coconut – 1 tsp
Ghee – ½ cup

INSTRUCTIONS

1. Take sweet potato make slit apply ghee on it . Bake it for 40 min
2. Remove the peel and smash it.
3. Cut all the dry fruits in small pieces
4. In a blender make dates paste.
5. In a pan add ghee and roast all the dry fruits , add smashed potato and cardamom powder in it. Mix well and allow to cook on low flame for 5-8 mins.
6. Once done serve it hot



BEET BANANA JAMUN



BY: PRATIKSHA GAJANAN PATIL



PREPARATION TIME: 15 MIN



COOK TIME: 10 MIN



SERVING SIZE: 2

Nutritional Information
Proteins - 6 g
Fats- 5 g
Carbs - 26 g
Energy - 178 kcals

INGREDIENTS

Raw Banana peel -150 g
Beet peel- 150 g
Desiccated Coconut 350 g
Sugar cane juice – ½ cup
Condensed milk- ¾ cup

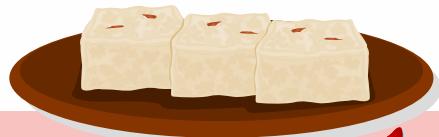
Khoya- 40g
Ghee- 3 Tbsp

INSTRUCTIONS

1. Wash all ingredients.
2. Take banana peel and beet peel and cut or grate them.
3. Add 3 tbsp ghee in the pan , grated banana peel and beet peel and cook on low flame till it softens
4. Then add desiccated Coconut , sugar cane juice concentrate and khoya. Mix well and cook for 10 min on low flame for 5 minutes.
5. Mix well and serve it with sugar cane juice concentrate.



FRUIT KALAKAND



BY: PRIYA S. MISHRA



PREPARATION TIME: 20 MIN



COOK TIME: 45 MIN



SERVING SIZE: 6

Nutritional Information
Proteins - 6 g
Fats- 5 g
Carbs - 26 g
Energy - 178 kcals

INGREDIENTS

Custard apple – 250 g
Pineapple – 125 g
Crumbled paneer – 250 g
Coconut – 125 g
Milk - 500ml
Sugarcane juice – 125 ml

Ghee – 2 tsp
Cardamom powder -3/4 tsp
Almond - 2 Tbsp chopped

INSTRUCTIONS

1. Heat milk in a saucepan. Simmer it on a low flame.
2. When it becomes a little thick, add the Pineapple and Custard apple pulp.
3. Cook till it becomes thick.
4. Then add Sugarcane juice, cook it for 5-7 minutes.
5. Add the crumbled Paneer and grated Coconut in this and keep stirring till it becomes thick and starts to leave the sides of the pan.
6. Switch off the flame and add Cardamom powder, mix well.
7. Grease a plate with ghee and transfer the mixture to the plate and spread it evenly in 1 inch thick layer.
8. Sprinkle the chopped Almonds on the Kalakand and press them lightly.
9. Refrigerate it until it sets. Cut in squares and serve.



BESAN KA HALWA



BY: KIRAN CHAUHAN



PREPARATION TIME: 5 MIN



COOK TIME: 12 MIN



SERVING SIZE: 4

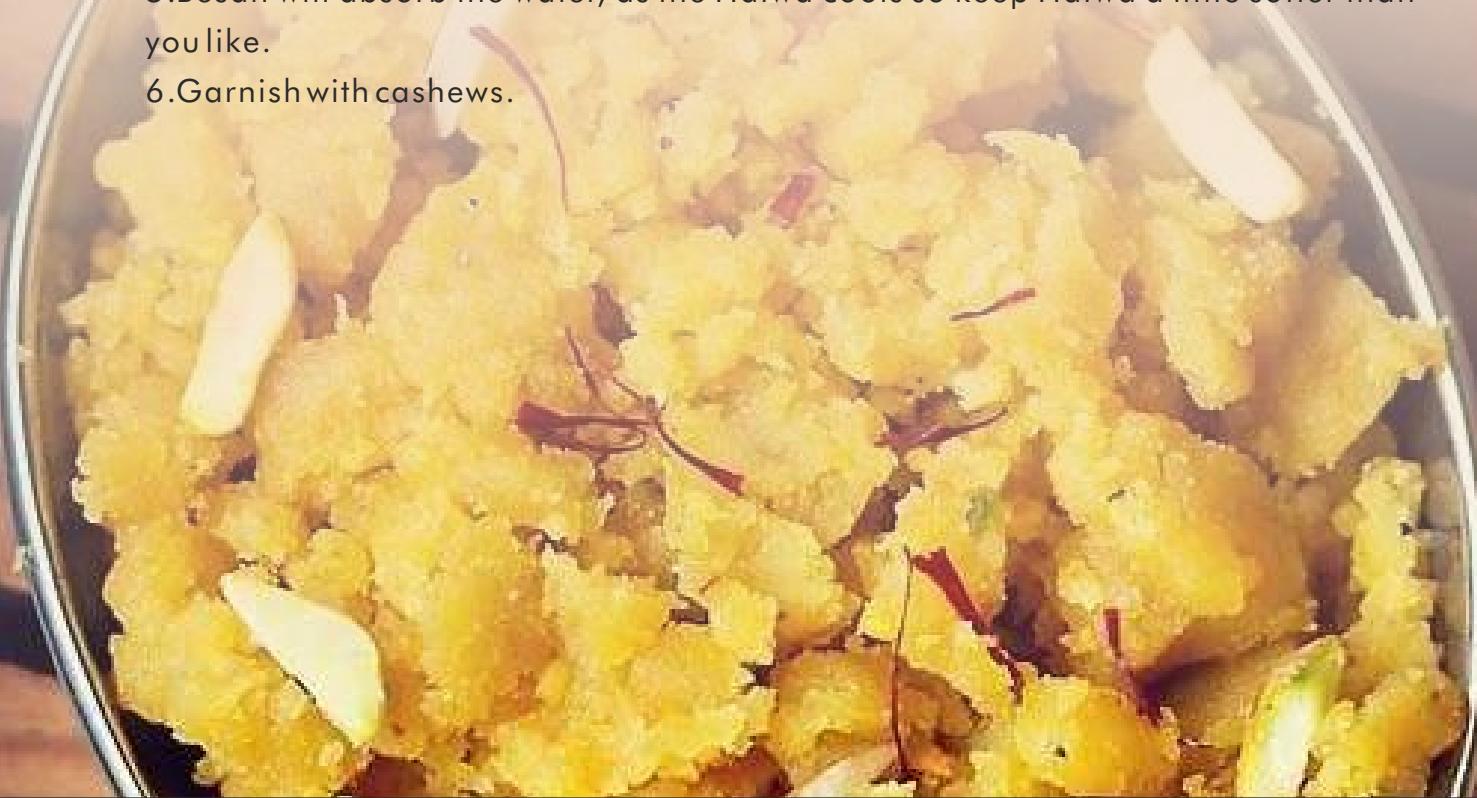
Nutritional Information
Proteins - 3 g
Fats- 11 g
Carbs - 37 g
Energy - 234 kcals

INGREDIENTS

Besan/gram flour - 1 cup
Ghee 1 Tbsp
Dates – ½ cup
Cardamom powder- ½ tsp
Water – 2 ½ cup
Almonds - 1 cup sliced

INSTRUCTIONS

- Boil the water with dates and cardamom powder in a saucepan over low medium heat. Bring to a boil and Set aside.
- Add ghee in a frying pan on low medium heat. Add besan and roast to golden brown color; stirring constantly this will take about 5 to 8 minutes. Besan will be golden brown in color and will have a light sweet aroma.
- Add the syrup slowly, as you add the syrup to besan water will splatter.
- Turn down the heat to low and let it cook for about 2-3 minutes.
- Besan will absorb the water, as the Halwa cools so keep Halwa a little softer than you like.
- Garnish with cashews.



BLACK CARROT HALWA



BY: SHAHEEN



PREPARATION TIME: 20 MIN



COOK TIME: 10 MIN



SERVING SIZE: 4

Nutritional Information
Proteins - 6 g
Fats- 3 g
Carbs - 27 g
Energy - 180 kcals

INGREDIENTS

Black Carrots - 1/2 kg

A few Pistachios

Date Syrup - 1 cup

A few Cashew Nuts

Milk - 2 cups

Cardamom Powder - 1/2 tsp

Ghee - 1/2 tsp

INSTRUCTIONS

1. Grate black carrots and put them in a pan.
2. Add milk and cook until soft.
3. Add date syrup and cardamom powder.
4. Cook well..
5. Fry pistachios and cashew nuts in ghee and add to the mixture.
6. Mix well and cook till ghee leaves the sides of the pan.
7. Tasty Black Carrot Halwa is ready and it can be either served hot or chilled.





PUMPKIN HALWA

BY: SUGARFREE MALPUA



PREPARATION TIME: 20 MIN



COOK TIME: 10 MIN



SERVING SIZE: 4

Nutritional Information
Proteins - 8 g
Fats- 3 g
Carbs - 48 g
Energy - 275 kcals

INGREDIENTS

Wheat flour - 1 ½ cup

Semolina - ½ cup

Coconut – ¾ cup , grated

Milk - ½ cup (Full cream)

Mashed ripe banana – 3 / 4

Green Cardamom Powder -½ tsp

Fennel Seeds (roasted & crushed) - 1 ½ Tbsp

Fresh Sugar Cane syrup - ½ cup

Pinch of salt

Pinch of Baking soda

Desi Ghee for frying

INSTRUCTIONS

- 1.Add flour, salt, fennel seeds, cardamom powder and grated coconut in a bowl. Mix it well with a spoon.
- 2.Add paste of ripe banana mix well. make it like a dough.
- 3.Now gradually add warm milk and fresh sugar cane juice to it and make a smooth flowing batter.
- 4.Cover and let the batter rest for at least 2 hours.
- 5.Take ghee in a pan and heat it.
- 6.Add a pinch of soda to the batter and mix.
- 7.Take a scoop full of batter and shallow fry it on low/medium flame. Batter will take a circular form on its own.
- 8.When one side is golden enough, flip it over and fry the other side. The edges will become crispy with a soft center.
- 9.Once done, drain it out on a kitchen towel to remove excess of ghee.
- 10.Following the same process, make all the malpuas this way.
- 11.Serve hot or you can even store it. While serving, top it with some grated nuts.

PUMPKIN HALWA



BY: RENU LAMBA



PREPARATION TIME: 10 MIN



COOK TIME: 30 MIN



SERVING SIZE: 4

Nutritional Information
Proteins - 1 g
Fats- 5 g
Carbs - 39 g
Energy - 175 kcals

INGREDIENTS

Yellow pumpkin 500g

Sugar cane juice- 50 ml

Green cardamom 3

Ghee. 75g

Cumin seeds. 1 tsp

Poppy seeds 2 tsp washed and soaked

Dry fruits to taste and
dry chopped coconut- 2 tsp

INSTRUCTIONS

- 1.Heat ghee, add cumin seeds and green cardamom. When it starts to splutter add pumpkin ,stir little and pressure cook for three to four whistles.
- 2.Let it rest for five minutes.
- 3.Now add sugarcane juice and poppy seeds and keep stirring till ghee leaves the sides and it dries up.
- 4.Add all the dry fruits and stir it well.
- 5.Serve hot with little cardamom powder and dry fruits.



SWEET VERMICELLI/SEVIYAN



BY: RITU DHAWAN



PREPARATION TIME: 10 MIN



COOK TIME: 20 MIN



SERVING SIZE: 4

Nutritional Information
Proteins - 4 g
Fats- 7 g
Carbs - 47 g
Energy - 226 kcals

INGREDIENTS

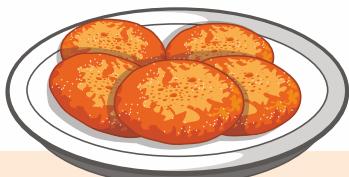
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| Vermicelli- ½ cup | Cashew Nuts- 10g |
| Sugarcane juice- ½ cup | Raisins- 20 g |
| Ghee- 1 Tbsp | |
| Green cardamom powder- ½ tsp | |
| Water- 1 cup | |
| Dry fruit- almonds- 10 g | |

INSTRUCTIONS

1. Heat ghee in a karahi and roast vermicelli till it turns golden brown.
2. Boil water in a separate pan, add sugarcane juice and cardamom powder.
3. Add the water syrup to vermicelli and bring it to boil.
4. Cook it on low heat till water is dried and add dry fruits.
5. Serve hot.



FRUITS PITHA



BY: RENU TIWARY



PREPARATION TIME: 30 MIN



COOK TIME: 1 HRS



SERVING SIZE: 4

Nutritional Information
Proteins - 2 g
Fats- 7 g
Carbs - 28 g
Energy - 267 kcals

INGREDIENTS

Rice flour - 1 cup [200 grams]
Dried Apricot [Khubani] – 10 pcs [finely diced]
Peach [Aadu] – 4 pcs [finely diced]
Dates [Khajoor] – 5 pcs [deseeded and finely diced]
Almonds [soaked and peeled] – 5 pcs
Green cardamom powder – 1/4th tsp

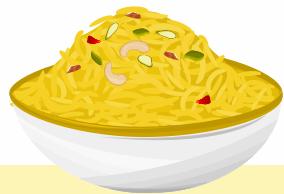
Oil – 1/2 tsp
Ghee - 2 tsp
Water – 3-4 cups

INSTRUCTIONS

1. Heat 1 cup of water. Lower the flame. Add 2 tsp oil.
2. Add rice flour and mix. Turn off the flame and cover the flour. Keep aside for 5 minutes.
3. Take out the mixture on a plate and knead till a soft dough. Keep it aside
4. Mix the finely diced fruits and almonds.
5. Add cardamom powder and mix them together.
6. Divide the dough in 10 equal parts. Grease your palms with ghee and roll each part in round even sized balls.
7. Take one round ball and make a deep depression in it with your thumb and place 1 ½ spoon of mixture inside and seal. Keep it aside.
8. Similarly make the remaining pithas
9. Place the pithas in a steamer for 15 mins
10. Allow it to cool and cut into half before serving.



MEETHE CHAWAL



BY: SALONI SHANGARI



PREPARATION TIME: 5 MIN



COOK TIME: 20 MINS



SERVING SIZE: 2

Nutritional Information
Proteins - 1 g
Fats- 4 g
Carbs - 43 g
Energy - 155 kcals

INGREDIENTS

Chawal- $\frac{1}{2}$ cup
Water- $\frac{3}{4}$ cup
Sugarcane juice- $\frac{1}{2}$ cup
Saffron- 2-3 strands
Green cardamom powder- 1 tsp
Ghee- $\frac{1}{4}$ cup

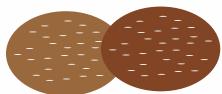
Dry fruits- almond, cashewnut, raisins
Coconut dry- 1 Tbsp
Grated carrot- 1

INSTRUCTIONS

1. Soak rice for half hour
2. Heat ghee and fry dry fruits
3. Drain the water from rice. saute rice in ghee with cardamom powder and cinnamon stick.
4. Add grated carrot and saute. Add water and cook till half done.
5. Add sugarcane juice and cook on low flame till rice is completely cooked.
6. Add saffron (soaked in 1 tsp of cold milk), dry fruits and grated coconut.
7. Serve hot.



BAJRA DHODA/MANN



BY: POONAM KHURANA



PREPARATION TIME: 15 MIN



COOK TIME: 25 MINS



SERVING SIZE: 4

Nutritional Information
Proteins - 5 g
Fats- 4 g
Carbs - 34 g
Energy - 215 kcals

INGREDIENTS

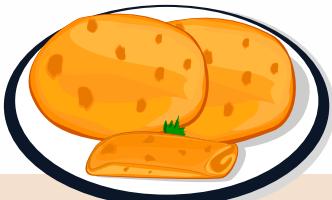
Bajra flour- 2 cups
Sugarcane juice- $\frac{3}{4}$ cup
Ghee- $\frac{1}{4}$ cup
Black cardamom- 1
Fennel/saunf- 2Tbsp

INSTRUCTIONS

1. Take bajra flour in a bowl, add ghee, sugarcane juice, powdered black cardamom and fennel. Knead it in a dough and add water if required.
2. Keep it aside for 20 minutes to rest
3. Take portion of the dough and roll it into thick chapati
4. Cook it on low flame on the griddle and apply a small amount of ghee on both the sides.
5. Once done, serve it hot with ghee or thick cream.



PURAN POLI



BY: LOVELEEN DEWAN



PREPARATION TIME: 10 MIN



COOK TIME: 20 MINS



SERVING SIZE: 4

INGREDIENTS

FOR PURAN :

- Chana dal – $\frac{1}{2}$ cup
- Turmeric – $\frac{1}{2}$ tsp
- Ghee – $\frac{1}{2}$ tsp
- Water – 3 cups
- Mashed raisins - $1\frac{1}{2}$ cup
- Cardamom powder – $\frac{1}{2}$ tsp

FOR POLI

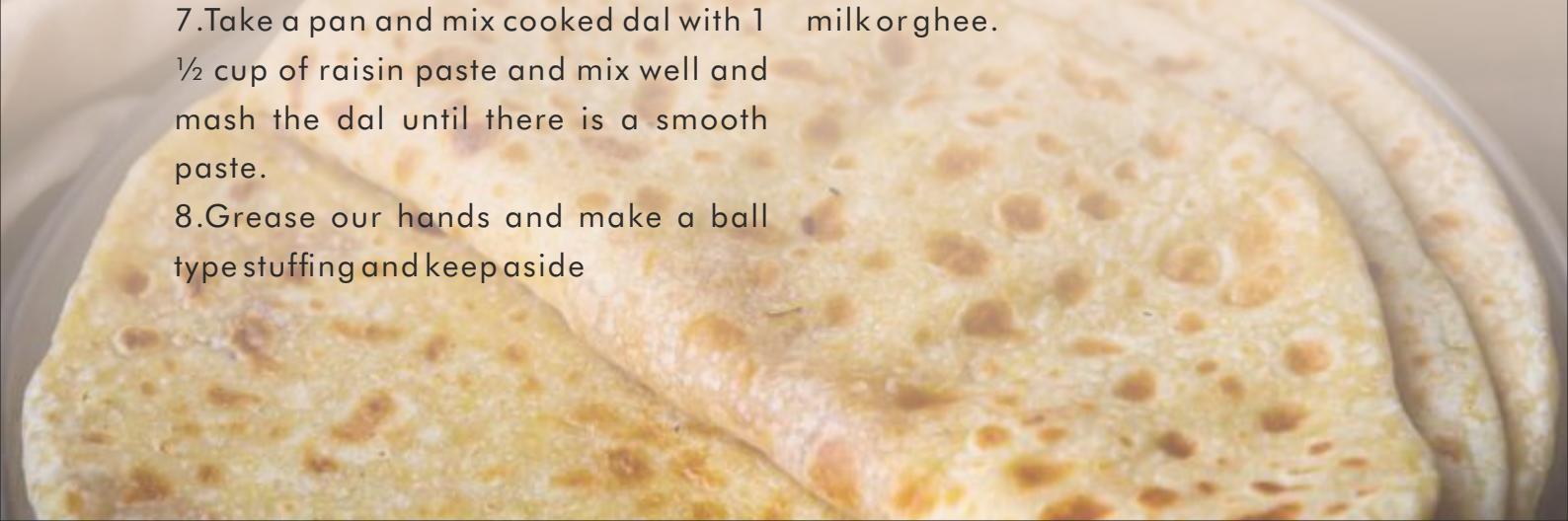
- Wheat flour – 2 cups
- .. Maida – 1 cup
- Turmeric – $\frac{1}{4}$ tsp
- Salt – $\frac{1}{4}$ tsp
- Oil – 2 Tbsp
- Water (for kneading), Ghee for roasting

PURAN

- In a large bowl soak $1\frac{1}{2}$ cup chana dal for 1 hour.
- Drain off the water and transfer it to the cooker. Add $\frac{1}{4}$ tsp turmeric, $\frac{1}{2}$ tsp ghee, 3 cup water. Pressure cook for 3 whistles on medium flame
- now drain off the water separating dal and water.
- transfer the dal to a large kadai.
- Soak the raisins overnight and make a smooth paste.
- Separate the cooked dal and water.
- Take a pan and mix cooked dal with $\frac{1}{2}$ cup of raisin paste and mix well and mash the dal until there is a smooth paste.
- Grease our hands and make a ball type stuffing and keep aside

POLI

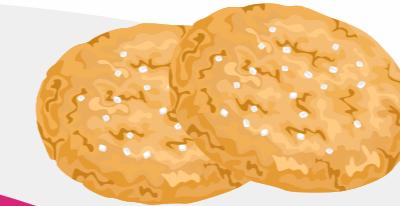
- Take 2 cup wheat flour, 1 cup maida, $\frac{1}{4}$ tsp turmeric, $\frac{1}{4}$ tsp salt and 2 tbsp oil. Mix them well and knead the dough. Dough has to be smooth and soft. Keep it for an hour.
- Take a ball sized dough and fill in the Puran prepared before. Dust the filled ball and flatten it.
- Now cook the puran poli on hot tawa keeping the flame on medium in Desi Ghee. Cook it golden brown.
- Your Puran Poli is ready to serve with milk or ghee.



Nutritional Information
Proteins - 6 g
Fats- 3 g
Carbs - 23 g
Energy - 185 kcals



Cakes and Cookies



PUMPKIN DATES MOIST CAKE



BY: NEHA ES



PREPARATION TIME: 30 MINS



COOK TIME: 20 MINS



SERVING SIZE: 5

Nutritional Information
Proteins - 8 g
Fats- 4 g
Carbs - 60 g
Energy - 308 kcals

INGREDIENTS

- | | |
|-------------------------|----------------------------|
| Ragi flour - 1 cup | Baking powder - 1/4 tsp |
| Wheat flour – 1 1/2 cup | Baking soda - a pinch |
| Pumpkin - 250 g | Egg - 1 |
| Dates - 20 | Nuts (optional) as topping |
| Milk – 100 ml | Whipping cream – 50 g |
| Cocoa powder - 1/2 tsp | Vegetable oil - 1 Tbsp |

INSTRUCTIONS

1. Sieve together ragi flour, wheat flour, baking powder, cocoa powder and baking soda in a bowl and mix well.
2. Take warm milk and soak 15 dates in it. When the dates are fully softened, grind it into a fine paste.
3. Add egg, oil and the date paste to the dry ingredients and mix well.
5. Grease a cake pan, pour the mixture into it and bake at 180° for 25-30 mins.
6. Meanwhile, for the topping, peel and steam the pumpkins in a vessel. Add remaining 5 dates in it; steam for another 2 minutes and then grind it into fine paste.
7. When the cake is baked, it will be moist and warm. Top it with both whipping cream and pumpkin cream.
8. Serve warm or chilled.



OATS CUPCAKE WITH FROSTING



BY: STHUTI CHOUDHARY



PREPARATION TIME: 20 MINS



COOK TIME: 15 MINS



SERVING SIZE: 2

Nutritional Information
Proteins - 9 g
Fats- 4 g
Carbs - 44 g
Energy - 255 kcals

INGREDIENTS

For the cupcake:

Oats- 1/2 cup
Dates- 8-10 , pitted
Milk- 1/4 cup
Olive Oil- 1 tsp
Baking Powder- 1 tsp
Vanilla Essence- 1 tsp
Walnuts- 3-4

For frosting:

Hung Curd- 1 1/2 Tbsp
Dates- 3-4 small dates, pitted

INSTRUCTIONS

1. Coarsely grind the oats to make flour.
2. Grind the milk and dates together to make a paste.
3. Add baking powder, milk-date paste, oat flour, olive oil, some chopped walnuts and vanilla essence in a bowl and mix well.
4. Pour the mixture in a cupcake mould and bake at 180°C for 20 mins. Once done, let them cool for 5 mins.
5. For the frosting, take the dates with little water and blend it into a mixture of thick consistency.
6. Take hung curd in a bowl under ice water, and use an electrical beater to beat it, add the date paste gradually and keep beating it till it becomes fluffy.
7. Fill the frosting in a piping bag and frost the cupcake.



PINEAPPLE CAKE

BY: S YUVASHREE



PREPARATION TIME: 25 MINS



COOK TIME: 1 HRS



SERVING SIZE: 6

Nutritional Information
Proteins - 3 g
Fats- 2 g
Carbs - 42 g
Energy - 210 kcals

INGREDIENTS

Maida-250 g Oil – 1 tsp
Pineapple-200 g
Milk - 1 Tbsp
Salt – As per taste
Cardamom-2
Baking powder-1 tsp

INSTRUCTIONS

1. Cut the pineapples and blend them into a fine paste.
2. Take a bowl and add maida, salt, pineapple puree, cardamom powder and milk. Mix well until it forms a smooth consistent batter without any lumps.
3. Pour the batter in a cake pan and bake at 180° for 20 mins. Let it cool for 5 mins.
4. Garnish the cake with some dry fruits and it is ready to serve.



CUSTARD APPLE CAKE



BY: SEETHALAKSHMI V



PREPARATION TIME: 10 MINS



COOK TIME: 30-35 MINS



SERVING SIZE: 3

Nutritional Information
Proteins - 1.5 g
Fats- 1 g
Carbs - 36 g
Energy - 168 kcals

INGREDIENTS

Custard apple - 1
Wheat flour - 75g
Oil – 20 ml
Milk - 20 ml
Dark chocolate (80%) – 40g
Baking powder - 1 tsp

Baking soda – 1 tsp
Dark chocolate sauce – 1 Tbsp
Salt – As per taste

INSTRUCTIONS

1. Deseed the custard apple and grind it to a fine paste.
2. In a bowl, sieve wheat flour, baking powder, baking soda and salt.
3. In a separate bowl, add the custard apple paste, milk, oil and mix it well.
4. Add the dry ingredients along with the chocolate and mix it till it forms a thick batter.
5. Transfer the batter to a greased cake pan.
6. Bake it for 15-20 min at 180°C.
7. Serve it with some dark chocolate sauce.



CARROT CAKE



BY: ROHIT KUMAR



PREPARATION TIME: 30 MINS



COOK TIME: 15 MINS



SERVING SIZE: 4

Nutritional Information
Proteins - 7 g
Fats- 11 g
Carbs - 68 g
Energy - 410 kcals

INGREDIENTS

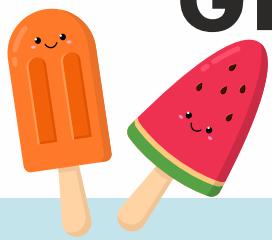
Carrot - 3	Ground ginger -1	Dried unsweetened coconut- 3 tsp
Eggs- 2	Ground cinnamon-2 to 3	Baking powder - 1 tsp
Water-250 ml	Nutmeg	Walnut – 3-4
Milk -1 cup	Salt – As per taste	Pecans – 1-2
Coconut – 20 g	Vanilla essence – 1 tsp	Banana – 4 , ripe
Oil - 1/2 cup	Almond flour -2 Tbsp	

INSTRUCTIONS

- 1.Cut the carrots into small pieces.
- 2.In a blender add the bananas, a few carrot pieces and blend into a fine puree.
- 3.In a bowl, add two eggs, banana carrot mixture, milk, coconut oil, cinnamon, cardamom, nutmeg, salt and vanilla essence. Mix into a smooth consistency.
- 4.Add the dry ingredients - almond flour, coconut baking powder, then drain those raisins into this mix along with the remaining carrot pieces ,some walnuts and mix them.
- 5.Pour the batter mixture into an 8 inch pan and bake at 180° for 20-25 mins. Let the cake cool for 5 mins.
- 6.Garnish it with cream of your choice and it is ready to serve.



GLUTEN FREE CAKE POPSICLES



BY: SHANJU M



PREPARATION TIME: 35 MINS



COOK TIME: 1.5 HRS



SERVING SIZE: 2

Nutritional Information
Proteins - 3.5 g
Fats- 5 g
Carbs - 34 g
Energy - 205 kcals

INGREDIENTS

Pearl millet - 1/2 cup

Salt- 1/4 tsp

Cocoa powder- 1/2 Tbsp

Vegetable oil- 1/2 tsp

Baking powder - 1/2 Tbsp

Dry fruits – a few

Baking soda -1/4 tsp

Dates syrup- 1/4 cup (sugar free)

Egg - 2

INSTRUCTIONS

1. Beat Egg, salt, and vegetable oil in a bowl for 3 - 4 minutes.
2. Then pour the date syrup (1/4 cup) into it and beat it well.
3. Sieve the dry ingredients – cocoa powder, pearl millet, baking powder and baking soda into this mixture and mix it in a cut-fold method.
4. Transfer into a cake pan and bake it in a preheated oven at 180°C for 25 to 35 minutes. Let it cool for 10 mins.
5. Crumble the cake thoroughly using a mixer, and make sure there are no large cake chunks.
6. Pour some milk to make it a little wet and add some dry fruits like fig, cashew and almonds.
7. Make small sized balls out of the dough and place them on a baking sheet coated with wax paper. Refrigerate the cake balls for at least 2 hours.
8. Dip the cake pops into the melted dark chocolate coating until it is completely covered and allow it to dry.
9. Melt the white chocolate using a double boil method and pour on it.
10. Insert a stick into the center of the cake ball and it is ready to serve.



STRAWBERRY SOUFFLE



BY: TAYBAH



PREPARATION TIME: 2 HRS



COOK TIME: 15 MINS



SERVING SIZE: 4

Nutritional Information
Proteins - 4 g
Fats- 3 g
Carbs - 54 g
Energy - 270 kcals

INGREDIENTS

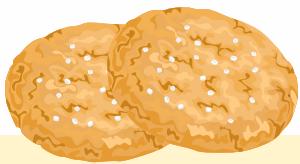
Strawberries - 500g
Dates - 200g
Whip cream - 2 Tbsp
Milk - 1 litre
Gelatin - 1 tsp
Water - 1 Tbsp

INSTRUCTIONS

1. Boil the strawberries in water on low flame until they become soft.
2. Keep aside and let it cool for 5 mins.
3. Take dates and boiled strawberries in a jar and make a fine paste.
4. Take gelatin in a bowl of hot water and keep aside for 5 min till it dissolves. Take a saucepan and combine the paste obtained, gelatin and milk and cook until thick.
5. Take a separate bowl, pour half the mixture and combine with whip cream.
6. Finally put a layer of the whip cream mixture and then on top of it the remaining mixture.
7. Refrigerate for 1 hour.



SUGAR FREE BANANA COOKIES



BY: RINKI TIWARI



PREPARATION TIME: 15 MINS



COOK TIME: 10 MINS



SERVING SIZE: 4

Nutritional Information
Proteins - 5 g
Fats- 3 g
Carbs - 48 g
Energy - 245 kcals

INGREDIENTS

Bananas – 2 , very ripe
Almond milk – 1/3 cup
All-purpose flour – 1 cup
Baking powder – ½ tsp

INSTRUCTIONS

1. Preheat the oven at 350°F/180°C.
2. Peel the bananas and mash them in a mixing bowl. Add the almond milk and stir to combine.
3. Add the flour and baking powder and stir to combine until it forms a thick batter.
4. Use an ice cream scoop to scoop equally sized batter onto a baking tray lined with parchment paper.
5. Bake the cookies in the oven for about 10-15 minutes (until slightly brown on the edges).
6. Let them cool and then serve.



DATES WALNUT CAKE



BY: RINKIE OSWAL



PREPARATION TIME: 30 MINS



COOK TIME: 25 MINS



SERVING SIZE: 5

Nutritional Information
Proteins - 9 g
Fats- 11 g
Carbs - 55 g
Energy - 365 kcals

INGREDIENTS

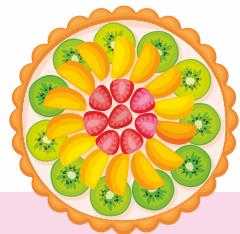
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| Dates - $\frac{1}{2}$ cup | Baking powder - 1 tsp |
| Milk- $\frac{3}{4}$ cup | Baking soda - $\frac{1}{4}$ tsp |
| Oil - $\frac{1}{4}$ cup | Walnuts - $\frac{1}{4}$ cup |
| Curd - $\frac{1}{4}$ cup | Dates - 2 Tbsp. |
| Wheat flour - 1 cup | |
| Milk - $\frac{1}{4}$ cup | |

INSTRUCTIONS

1. Remove seeds of the dates (150 gm) and cut in small pieces and soak in milk (warm milk) for 30 mins.
2. Blend the soaked dates in a smooth paste. Add curd and oil in the paste and mix well.
3. Add the dry ingredients in the mixture - wheat flour, baking powder and baking soda.
4. Add milk to the mixture and mix well in cut and fold direction.
5. Lastly add walnuts and dates cut in small pieces and pour the batter in a baking tin.
6. Preheat the oven and bake it for 25-30 mins.
7. Garnish and serve it with chopped walnuts.



FRUIT CAKE



BY: JURMANA SHEIKH



PREPARATION TIME: 15 MINS



COOK TIME: 45 MINS



SERVING SIZE: 4

Nutritional Information
Proteins - 3 g
Fats- 5 g
Carbs - 41 g
Energy - 210 kcals

INGREDIENTS

- | | |
|-----------------------------|-------------------------|
| All purpose flour – 1 ½ cup | Vanilla extract – 1 tsp |
| Butter – ½ cup | Strawberries – 2 |
| Egg – 1 | Kiwis - 2 |
| Baking powder – 1 ¾ tsp | Mangoes - 2 |
| Egg whites - 2 | Dates – 25 g |
| Milk – ½ cup | Bananas - 2 |

INSTRUCTIONS

1. In a medium bowl, add butter and stir while adding egg whites to it.
2. When mixed well, add flour and baking powder.
3. Slowly add milk into the mixture while stirring continuously until the batter is of smooth consistency.
4. Pour the cake batter into a greased pan and bake at 180° for 30-40 minutes.
5. Take fresh cream in a blender and add strawberries, kiwis, bananas and make a fine paste.
6. Layer the cake and with cream on both sides.
7. Top it with fresh strawberries and serve fresh.





MANGO CREAM CAKE

BY: RASHMI GUPTA



PREPARATION TIME: 10 MINS



COOK TIME: 40 MINS



SERVING SIZE: 4

Nutritional Information
Proteins - 8 g
Fats- 2 g
Carbs - 47 g
Energy - 245 kcals

INGREDIENTS

- | | |
|---------------------------------------|---------------------------------|
| Rice flour – 1 cup | Baking soda – $\frac{1}{2}$ tsp |
| Mango puree- 1 cup | Eggs – 2 |
| All purpose flour – $\frac{1}{2}$ cup | Butter – $\frac{1}{2}$ cup |
| Dry Fruits – 20 g | |
| Dates- 25 g | |
| Baking powder – 1 tsp | |

INSTRUCTIONS

1. Take all the dry ingredients in a bowl and mix well.
2. Beat the butter along with dates puree and eggs.
3. Combine both the ingredients and whisk until medium smooth consistency.
4. Place in a cake pan and preheat the oven at 160°C.
5. Bake the cake at 160°C for 30 mins.
6. Take mango puree and whisk along some fresh cream.
7. Once the cake is baked, cover it with the cream.
8. Your mango cream cake is ready to serve.



PEAR WALNUT CAKE



BY: RASHMI GUPTA



PREPARATION TIME: 35 MINS



COOK TIME: 10 MINS



SERVING SIZE: 5

Nutritional Information
Proteins - 7 g
Fats- 5 g
Carbs - 52 g
Energy - 310 kcals

INGREDIENTS

- | | |
|------------------------------|--------------------|
| Pears - 3 | Flaxseed – 1 Tbsp |
| Water Chestnut flour – 1 cup | Warm water- ¾ Tbsp |
| Walnut – ½ Cup | |
| Raisins – ¾ Cup | |
| Cinnamon powder – 1 tsp | |
| Coconut oil – 2 tsp | |

INSTRUCTIONS

1. In a nonstick pan, add chopped pears and cinnamon powder. Saute for 1-2 minutes. Cover and let it simmer for 5 minutes, till tender.
2. In a mixing bowl, add all the remaining ingredients & the mashed pears.
3. If it seems dry, add warm water, 1 Tbsp at a time to make a thick batter.
4. Grease the baking dish, chop the remaining ½ pear into thin slices & place on the bowl evenly. Pour the batter on top, bake at 180°C for about 40 min.
5. Once it cools, place it upside down on a plate & serve.



BANANA JOWAR MUFFINS



BY: MUNTAHA KHAN



PREPARATION TIME: 20 MINS



COOK TIME: 30 MINS



SERVING SIZE: 4

Nutritional Information
Proteins - 5 g
Fats- 4 g
Carbs - 37 g
Energy - 190 kcals

INGREDIENTS

Jowar flour- 90g

Flaxseed-1 Tbsp

Cocoa powder- 15g

Sugar cane juice-50 ml

Banana-1 big

Low fat milk-100 ml

Dates- 7 no.

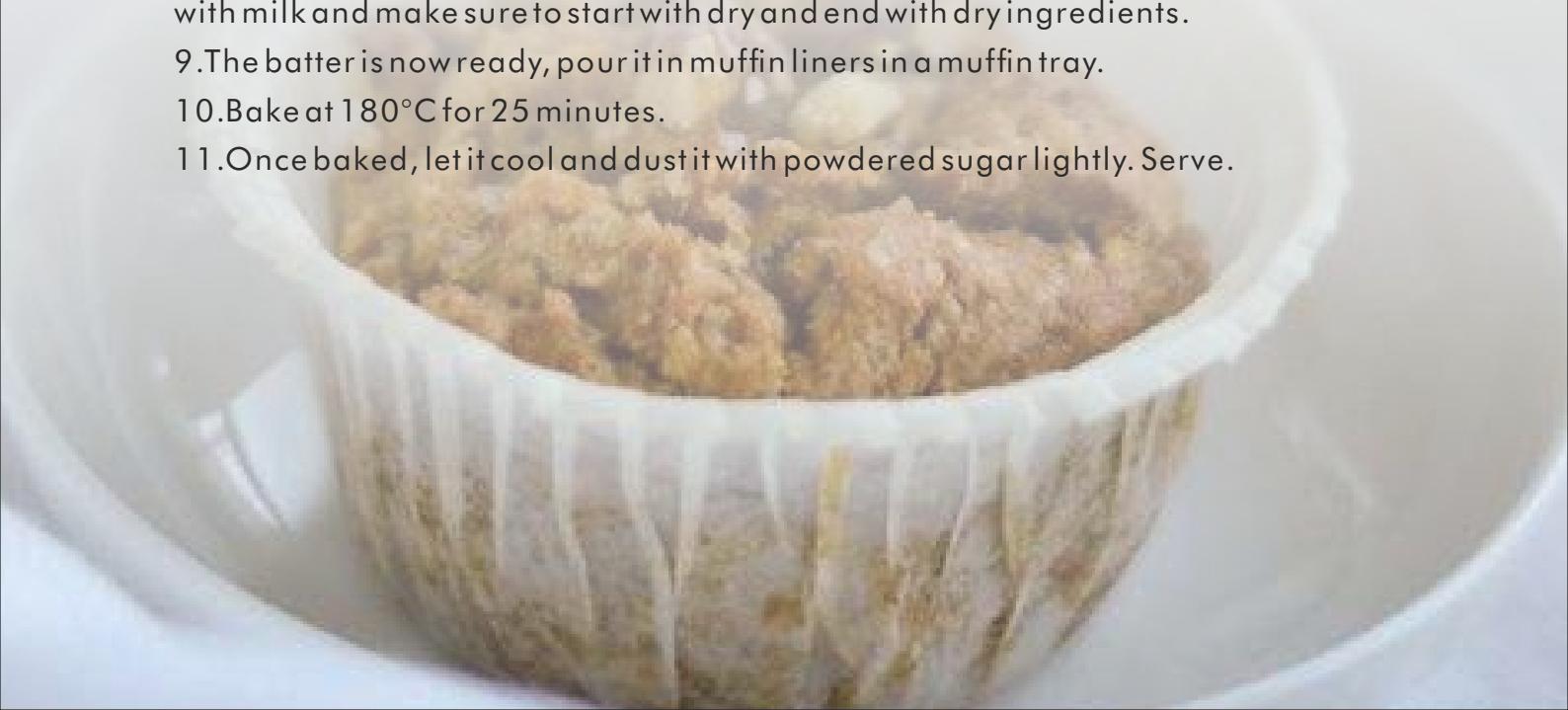
Vinegar -½ Tbsp

Oil- 2 Tbsp

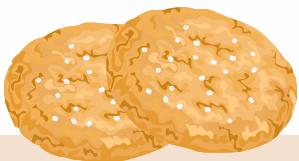
Baking soda- ½ tsp

INSTRUCTIONS

1. Use ripe bananas and roast them for 7-8 minutes.
2. Ground the flaxseed and add $\frac{1}{4}$ cup sugar cane juice.
3. Once the banana is roasted, let it cool, peel and put it in a bowl.
4. Add vinegar to the milk and keep it aside.
5. In a separate vessel, add the dates and cook it on low flame. Blend them into a smooth paste.
6. Now add oil in the bananas and mix till it combines.
7. Add the flaxseed mixture and dates mixture to the bananas and mix it.
8. Add jowar flour, cocoa powder, baking soda in the banana mixture alternating with milk and make sure to start with dry and end with dry ingredients.
9. The batter is now ready, pour it in muffin liners in a muffin tray.
10. Bake at 180°C for 25 minutes.
11. Once baked, let it cool and dust it with powdered sugar lightly. Serve.



OAT BANANA COOKIES



BY: SHIKHA SHARMA



PREPARATION TIME: 15 MINS



COOK TIME: 3 MINS



SERVING SIZE: 2

Nutritional Information
Proteins - 3 g
Fats- 3 g
Carbs - 24 g
Energy - 115 kcals

INGREDIENTS

Banana - 1
Oats - 6 Tbsp
Choco chips - 1 Tbsp
Vanilla essence - ½ tsp

INSTRUCTIONS

1. In a bowl, mash banana using a fork.
2. Mix in oats and choco chips.
3. Bring together everything, so that you can form cookies. Add a little more oats if the mix is too wet.
4. Form cookies. Make thin cookies and not thick ones.
5. Preheat the air fryer for 3 minutes at 180°C.
6. Keep the cookies in the air fryer basket and bake for 13 to 15 minutes at 160°C.
7. You can bake them in the oven too. Preheat your oven at 160° C and preheat it for 10 minutes.



SUGARFREE FRUIT PUNCH



BY: SNEHA ROY



PREPARATION TIME: 5 MINS



COOK TIME: 5 MINS



SERVING SIZE: 2

Nutritional Information
Proteins - 2 g
Fats- 2 g
Carbs - 28 g
Energy - 128 kcals

INGREDIENTS

- Dates - 50g Wheat - 50g
Milk - 50 ml
Oil - 15ml
Baking powder - 6g
Baking soda - 4g
Walnut - 30g

INSTRUCTIONS

1. Soak dates in milk for 30 minutes and blend the dates to make a fine paste..
2. Beat the egg for 2 to 3 minutes. Then add wheat flour, baking powder, and baking soda to it.
3. Gradually add oil to it and mix. Add walnut to the batter and add 1 tsp of vanilla essence
4. Pour the batter to a tin. Bake it in preheated oven for 25 minutes at 180°C
5. Take it out and it is ready to serve.





Brownies Bars and Bites



BROWNIE FUDGE



BY: SHIFA SIDDIQUE SHAIKH



PREPARATION TIME: 10 MINS



COOK TIME: 10 MINS



SERVING SIZE: 4

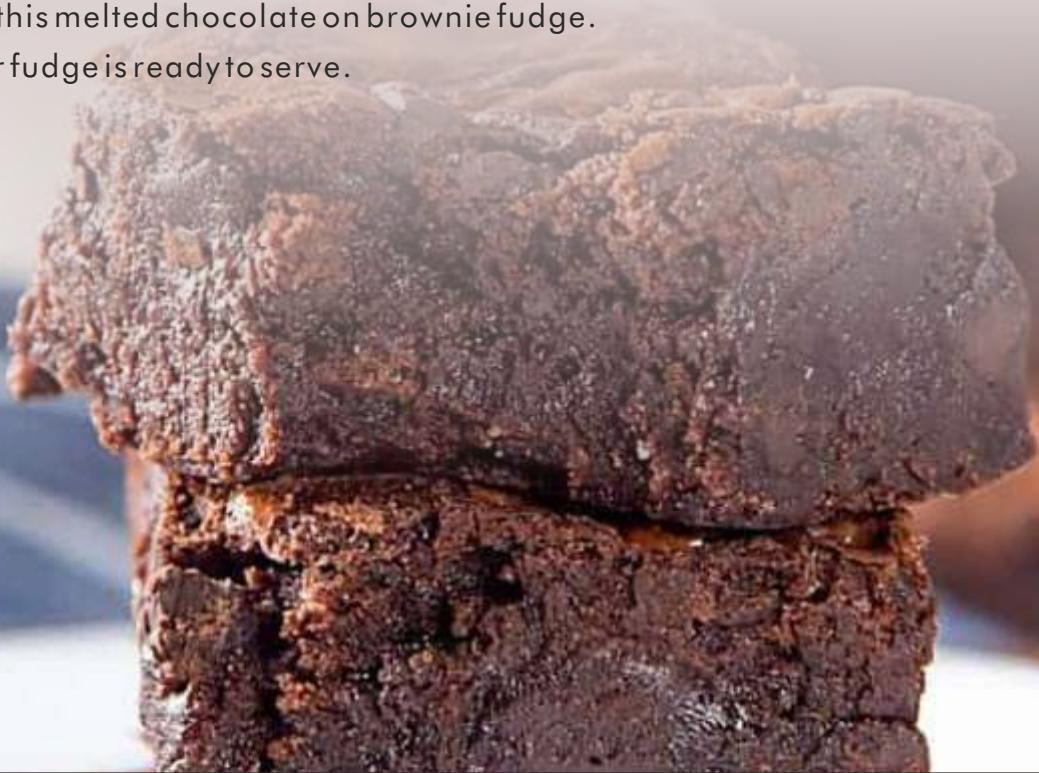
Nutritional Information
Proteins - 6 g
Fats- 7 g
Carbs - 32 g
Energy - 225 kcals

INGREDIENTS

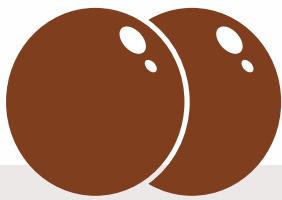
- | | |
|------------------------------------|------------------------------|
| Ragi+oats flour- $\frac{1}{4}$ cup | Dark chocolate-1 small piece |
| Dates-2pcs | Milk- $\frac{1}{4}$ cup |
| Anjeer-8-10pcs | |
| Black raisins-10-12 | |
| Ghee-1 tsp | |
| Vanilla essence- $\frac{1}{2}$ tsp | |

INSTRUCTIONS

- 1.Dry roast oats and ragi flour until they turn brown in color.
- 2.Soak dry fruits in milk for 10 mins.
- 3.Then blend dry fruits with milk into thick paste.
- 4.Add 1 tsp ghee, roasted flour and dryfruits paste,1 Tbsp cocoa powder, vanilla essence. Mix all together very well.
- 5.Put this mixture in a rectangular mold greased with little ghee .
- 6.Keep it in refrigerator for 2 mins.
- 7.Till then melt a small piece of bitter/dark chocolate.
- 8.Top this melted chocolate on brownie fudge.
- 9.Your fudge is ready to serve.



CHOCOLATE BLISS BALLS



BY: JUVERIA MULLA



PREPARATION TIME: 10 MINS



COOK TIME: 5 MINS



SERVING SIZE: 4

Nutritional Information
Proteins - 4 g
Fats- 5 g
Carbs - 20 g
Energy - 130 kcals

INGREDIENTS

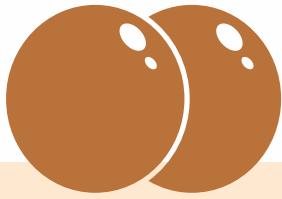
Cocoa Powder-50 g
Dates-10
Almonds-15
Sesame seeds-1 Tbsp
Milk-1 Cup

INSTRUCTIONS

1. Soak 10 dates in 1 cup of warm milk for 2 mins and then grind it in a blender to get a fine paste like consistency.
2. Roast the almonds and sesame seeds on a pan until you get a nice roasted smell, cool it.
3. Add cocoa powder, roasted almonds & sesame seeds in the blender containing the date paste.
4. Blend it till you get a uniform mixture.
5. Transfer it to a bowl, scoop out some mixture and make it into balls using your hands.
6. Once you are done making the balls, put it in the freezer for 1 hour.
7. Your bliss balls are ready to serve.



PAPAYA AND DATES BALLS



BY: AYISHA SIDDIQUAI



PREPARATION TIME: 20 MINS



COOK TIME: 40 MINS



SERVING SIZE: 8

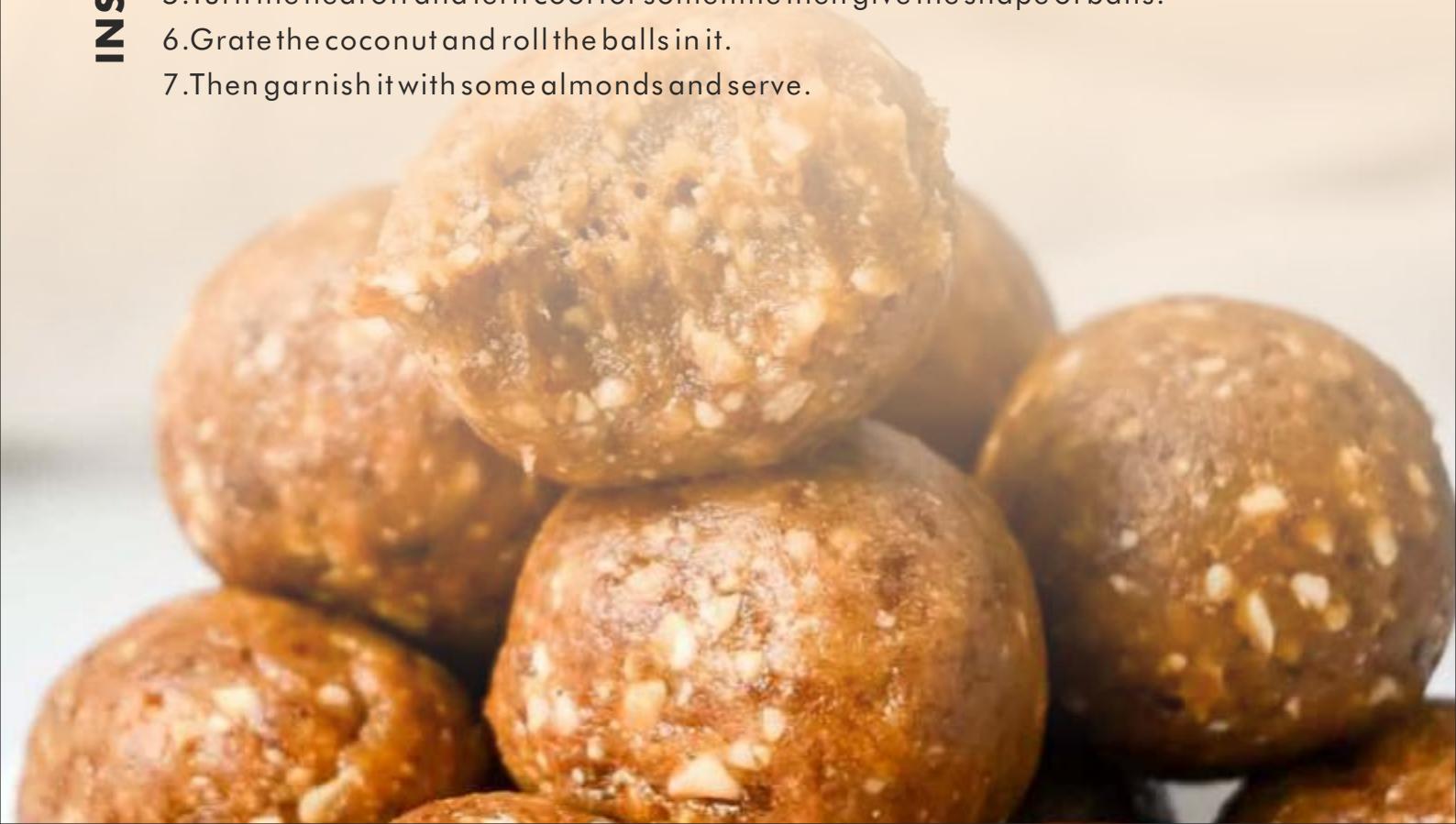
Nutritional Information
Proteins - 7 g
Fats - 4 g
Carbs - 36 g
Energy - 190 kcals

INGREDIENTS

- Papaya – 1 Cup
Dried Dates Powder – $\frac{1}{4}$ Cup
Paneer – $\frac{1}{4}$ Cup
Cashew Powder – $\frac{1}{4}$ Cup
Ghee – 1 Tbsp
Coconut (Grated) – 20g

INSTRUCTIONS

1. Add papaya in a blender and make a puree out of it.
2. In a non stick pan add papaya puree and dried dates powder in it.
3. Cook it till thick consistency is obtained, then add ghee, crushed paneer, and cashew rough powder.
4. Mix all the ingredients well and cook till it becomes a nice softball.
5. Turn the heat off and let it cool for sometime then give the shape of balls.
6. Grate the coconut and roll the balls in it.
7. Then garnish it with some almonds and serve.



PEPITA AND COCONUT CHOCOLATE ROUNDS

BY: LAHARI SANAKA



PREPARATION TIME: 20 MINS



COOK TIME: 40 MINS



SERVING SIZE: 8

Nutritional Information
Proteins - 7 g
Fats - 5 g
Carbs - 34 g
Energy - 197 kcals

INGREDIENTS

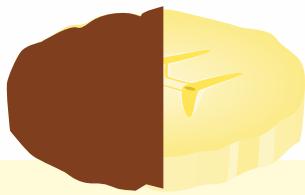
- Dark (70%) chocolate, chopped - 40g Dried currants - ½ cup
Desiccated coconut - 90g Sea salt flakes, to garnish
coconut oil - 1 Tbsp
Pumpkin seeds - ½ cup
Papaya seeds - 40 g
Sunflower seeds - 40 g

INSTRUCTIONS

1. Place chocolate in a heat proof bowl set over a saucepan of gently simmering water (don't let bowl touch water) and stir occasionally until melted.
2. Add remaining ingredients except salt and stir to combine. Set aside for 2 minutes to set slightly, then stir again.
3. The mixture should be textured and rough; add more coconut for a chunkier consistency if needed.
4. Place tablespoons of chocolate mixture on 2 baking paper-lined baking trays and shape into rough 4cm rounds with the back of a spoon.
5. Sprinkle over the sea salt and extra pumpkin and sunflower seeds, then chill for 1 hour or until firm.



BANANA BITES



BY: ANOOP KUMAR



PREPARATION TIME: 10 MINS



COOK TIME: 15 MINS



SERVING SIZE: 4

Nutritional Information
Proteins - 3 g
Fats - 1 g
Carbs - 28 g
Energy - 117 kcals

INGREDIENTS

Mixed dry fruits (walnuts, pistachio, cashew nuts, almonds) - 1 cup
oats - 1 cup
Banana - 1 medium
Apricot - 1/2 cup dry choppe
Cocoa powder - 1/2 cup

INSTRUCTIONS

1. Crush the nuts and oats into a coarse mixture.
2. Add banana, dry apricots, cocoa powder and blend into a thick paste.
3. Take out the mixture and spread evenly into a tray on the butter paper.
4. Refrigerate them for 30 minutes and cut them into square pieces.





ANJEER AND KHAJUR ROLLS

BY: SHRUTI GOEL



PREPARATION TIME: 5 MINS



COOK TIME: 20 MINS



SERVING SIZE: 5

Nutritional Information
Proteins - 19 g
Fats - 17 g
Carbs - 50 g
Energy - 430 kcals

INGREDIENTS

Figs - 200 g

Poppy Seeds (Khus khus) - 2 Tbsp

Dates - 200 g Pitted

Almonds - 100 g

Cashews - 100 g

Pistachios - 50 g (Soaked, Peeled and Chopped)

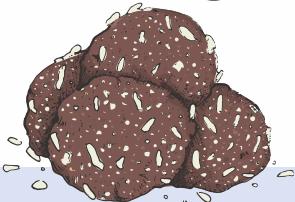
Mixed Seeds - 50 g

INSTRUCTIONS

1. Soak anjeer in water.
2. Roast nuts and seeds and chop them into small pieces.
3. Remove anjeer from the water, squeeze out all extra water and pat them dry.
4. Put soaked and squeezed anjeer (figs) and khajur (pitted dates) in the food processor.
5. Run the food processor for about 30 seconds, stopping after every 10 seconds in pulse mode.
6. Heat a non-stick pan, put the Dates-Figs mix and saute it for about 5 minutes, stirring constantly, so that extra water, if any, evaporates. Also, the mix loosens up due to heat and it becomes easy to mix dried fruits in it.
7. Switch off the flame, add chopped nuts and seeds (except Poppy seeds). Mix everything and let it cool a little.
8. When the mix is still warm, form laddoos or divide it into 2 or 3 parts. Make cylinders.
9. Spread some roasted poppy seeds on the work surface and roll the log over it so that Poppy seeds stick all over it. Wrap this roll in aluminium foil and refrigerate.
10. Take it out, cut roundels and your dates and figs rolls are ready to serve.



SWEET ENERGY BITES



BY: ELIZABETH JONES



PREPARATION TIME: 30 MINS



COOK TIME: 15 MINS



SERVING SIZE: 5

Nutritional Information
Proteins - 2 g
Fats - 1 g
Carbs - 16 g
Energy - 77 kcals

INGREDIENTS

Oats - 1 cup

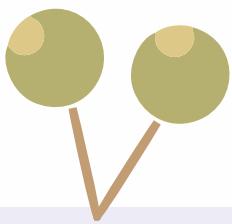
Dates - 12

flax seeds - 15g

INSTRUCTIONS

1. Soak the dates in clean water for 6 hours or overnight. Peel and deseed them.
2. Roast oats for 15 minutes. Leave them to cool before grinding them in a mixie. Keep the oats flour separate.
3. Dry roast the flax seeds for 7 minutes and leave them to cool before grinding them. The ground flax seeds should be of powder consistency.
4. Blend the oats flour, flax seed powder and dates in a mixie. Scrape away the mixture from the sides at intervals between mixing.
5. Remove the final product from the mixie jar.
6. Take a tablespoon of the mixture and form a small ball. Do this until all the mixture has been moulded into balls.
7. Leave them on a plate or in a plastic container in the fridge for 2 hours. Serve





OATS AND DATES LOLLIES

BY: BHAWNA MUTREJA



PREPARATION TIME: 2 MINS



COOK TIME: 2 MINS



SERVING SIZE: 1

Nutritional Information
Proteins - 2 g
Fats - 4 g
Carbs - 14 g
Energy - 97 kcals

INGREDIENTS

Oats: 20 g
Milk- 45ml
Dates- 10 g
Almonds- 5 g

INSTRUCTIONS

1. Dry roast the oats and chop the dates.
2. Add milk in a saucepan and add the chopped dates into it and let it boil.
3. Add oats and finely chopped almonds to the mix - let it cool down.
4. Make balls out of it and attach them to wooden sticks.
5. Your lollies are ready to serve.



RAVA KESARI



BY: SHIVANI VERMA



PREPARATION TIME: 15 MINS



COOK TIME: 20 MINS



SERVING SIZE: 4

Nutritional Information
Proteins - 3 g
Fats - 11 g
Carbs - 34 g
Energy - 235 kcals

INGREDIENTS

Rava/ Sooji-1 cup
Sugar Cane Juice-2 1/2 cups
Ghee-2-3 Tbsp
Cashew Nuts-2-3 Tbsp
Cardamom Powder-1 tsp

INSTRUCTIONS

1. Roast cashew nuts until golden brown.
2. Add rava and keep on stirring until it changes color.
3. Add the sugar cane juice and cardamom powder and cook on medium flame until the mixture becomes thick.
4. Pour it in a greased tray and using the back of the ladle, smooth the top.
5. Allow it to cool completely before slicing it.
6. Serve it and Enjoy.



SHAHITUKDA QUIRKY JAM TOAST



BY: O P S RAO



PREPARATION TIME: 15 MINS



COOK TIME: 20 MINS



SERVING SIZE: 4

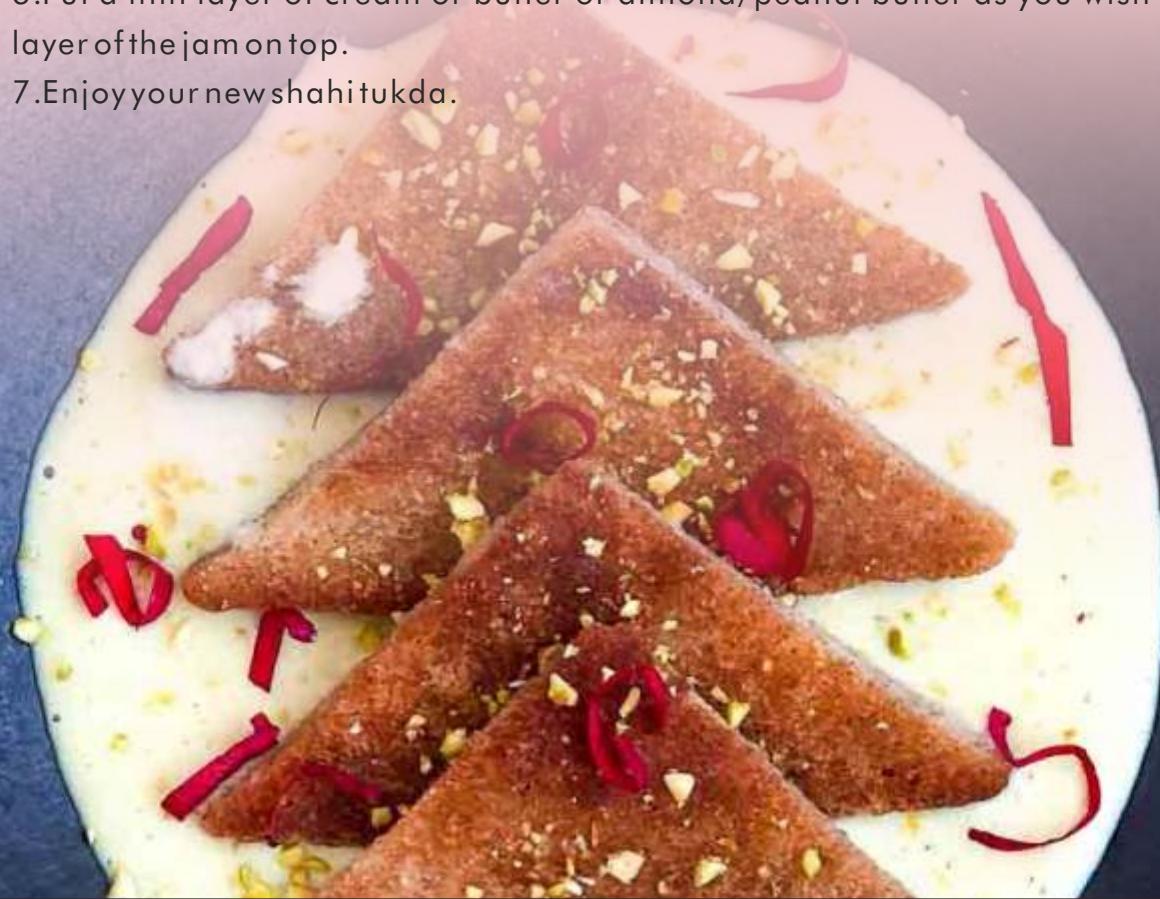
Nutritional Information
Proteins - 1 g
Fats - 4 g
Carbs - 27 g
Energy - 155 kcals

INGREDIENTS

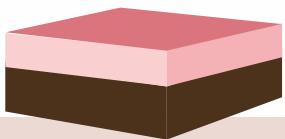
- | | |
|---------------------------|---------------------------------|
| Apple - 1 | Bay leaf - 1 |
| Pear - 1 | Cloves - 2/3 |
| Pineapple- 1 cup, chopped | Ginger - 1 , grated |
| Banana - 1, ripe | Coconut oil or ghee - 1 tsp |
| Cardamom - 1 tsp | Juice of 1 lemon – about 3 Tbsp |
| Cinnamon - 1 tsp | Bread - 3-4 slices |

INSTRUCTIONS

1. In a covered pan add all the ingredients
2. Cook for about 10 minutes till soft.
3. Remove from gas and pour the lemon juice on top and mix well.
4. Remove all the solid pieces of spices.
5. Take bread of your choice and toast it nicely till brown and crisp.
6. Put a thin layer of cream or butter or almond/peanut butter as you wish and a thick layer of the jam on top.
7. Enjoy your new shahitukda.



CHOCOLATE STRAWBERRY FUDGE



BY: MALVIKA AGGARWAL



PREPARATION TIME: 15 MINS



COOK TIME: 30 MINS



SERVING SIZE: 4

Nutritional Information
Proteins - 0.3 g
Fats - 3 g
Carbs - 14 g
Energy - 78 kcals

INGREDIENTS

Compound chocolate 100 g

Strawberries – 10

All purpose flour – 1 cup

Butter-2 Tbsp

INSTRUCTIONS

1. Take the chocolate and $\frac{1}{2}$ cup of all purpose flour along with 1 Tbsp of butter and knead well. Pour the batter into a cake pan and place it into the oven for about 10 min.
2. Take strawberries in a blender and make a fine paste. Combine this paste along with all purpose flour and 1 Tbsp butter. Pour this batter into another cake pan and bake at 180° for 10 minutes.
3. Once both the cakes are prepared, cut them in slices of about $\frac{1}{2}$ cm in size.
4. Layer by layer place them onto a dish and in between each layer apply some whipping cream.
5. In the top most layer garnish it with some strawberries and it is ready to serve.



BANANA CHOCOLATE BALLS

BY: TANUSH RAO



PREPARATION TIME: 10 MINS



COOK TIME: 20 MINS



SERVING SIZE: 4-5

Nutritional Information
Proteins - 11 g
Fats - 4 g
Carbs - 18 g
Energy - 166 kcals

INGREDIENTS

Unsweetened peanut butter - 1 Tbsp
Bananas - 2, ripened
Flax seed powder - 1 Tbsp
Walnuts - 2 Tbsp, chopped
Figs - 2-3, finely chopped
Oats - 3/4th cup

Cinnamon powder - 1 Tbsp
Coconut oil/ghee - 1 Tbsp

INSTRUCTIONS

1. Mix all the ingredients in a bowl and make a very thick dough.
2. Pour into muffin cups or the container of your choice.
3. Bake for 20-25 minutes at 180°C.
4. Serve it warm.



PEANUT BUTTER FUDGE



BY: HITESH THAKUR



PREPARATION TIME: 5 MINS



COOK TIME: 10 MINS



SERVING SIZE: 5

Nutritional Information
Proteins - 1.4 g
Fats - 10 g
Carbs - 26 g
Energy - 167 kcals

INGREDIENTS

Peanut butter - 1 cup

Dates - 1 cup, pitted

Coconut oil - 2 tsp

INSTRUCTIONS

1. Take a banana bread pan with parchment paper.
2. Soak the dates in water for 30 mins
3. Melt coconut oil over low heat in a small saucepan.
4. Process the dates and coconut oil until smooth (amount 30 second).
5. Add in the peanut butter and process again for 15 to 30 second
6. Pour the mixture into the baking pan and spread evenly.
7. These fudges are to be kept refrigerated as they will become very soft at room temperature.



RAGI PINEAPPLE PUDDING



BY: KARANDEEP BHAGAT



PREPARATION TIME: 20 MINS



COOK TIME: 20 MINS



SERVING SIZE: 4

Nutritional Information
Proteins - 8 g
Fats - 12 g
Carbs - 25 g
Energy - 290 kcals

INGREDIENTS

Pineapple - 1 , ripe
Skimmed milk / milk powder - 250 g
Ragi flour - 110g
Hand-full of Dry fruit & Dry seeds (Pumpkin, water melon, others)
Cinnamon & Cardamom powder - 1 tsp
Sugar Free pineapple jelly

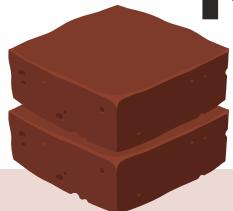
Desi Ghee - 2 Tbsp
Strawberry/mint leaves/ Cherry to garnish

INSTRUCTIONS

1. Take a pineapple and cut small pieces out of it. Place it in a blender and make puree. Keep a few cubes separate
2. Make sugar free pineapple jelly and freeze it.
3. Roast ragi grain in a sauce-pan, add milk with cinnamon and cardamom powder, a glass of water and cook on low flame. Further add pineapple puree to it, stir & mix well with boil.
4. Add dry fruits and seeds. Heat, boil and stir in between to thicken. Pour it in semi solid form and freeze it. Take an ice cream bowl and put pineapple cubes in it. Pour the cooled Ragi pudding on top
5. Further, add pineapple jelly on top.
6. Finally garnish with Mint leaves, strawberries & small pineapple cubes for crunchiness, acidity and fresh fruit flavor.
7. Serve it cold.



NO-BAKE BROWNIES



BY: APOORV GUPTA



PREPARATION TIME: 20 MINS



COOK TIME: 20 MINS



SERVING SIZE: 4

Nutritional Information
Proteins - 14 g
Fats - 7 g
Carbs - 48 g
Energy - 310 kcals

INGREDIENTS

For Brownies

Almonds - 300 g
Dates - 15
Lemon Juice - 1 tsp
Salt - As per taste
Cocoa Powder - 2 Tbsp

For Icing

Dark Chocolate - 20 g
Coconut Oil - 1 tsp
Coconut Milk - 50 ml

INSTRUCTIONS

1. Take a pan, grease it and spread a parchment paper in such a way that not only it covers the pan but also hangs outside.
2. Gather almonds in the bowl of the food processor and powder them using the PULSE function. Divide this mixture into 3 parts.
3. Soak pitted dates in a bowl of water for 2 to 3 hours.
4. In the food processor bowl, add almond meal, soaked dates, cocoa powder, lemon juice and salt.
5. Blitz it till the mix comes together like a ball, around 15 seconds.
6. Put all the mix in the prepared pan and press it evenly using a potato masher or press it with a piece of parchment paper and keep it in the freezer for an hour.
7. For the icing, take a bowl, mix all the ingredients and whisk well.
8. Take out the pan from the freezer. Holding the parchment paper, remove the brownie from the pan. Take off the parchment paper.
9. Garnish it with chocolate ganache or dry fruit and serve warm or cold.



CHOCOLATE ENERGY BALLS



BY: VIPIN GOEL



PREPARATION TIME: 5 MINS



COOK TIME: 10 MINS



SERVING SIZE: 3-4

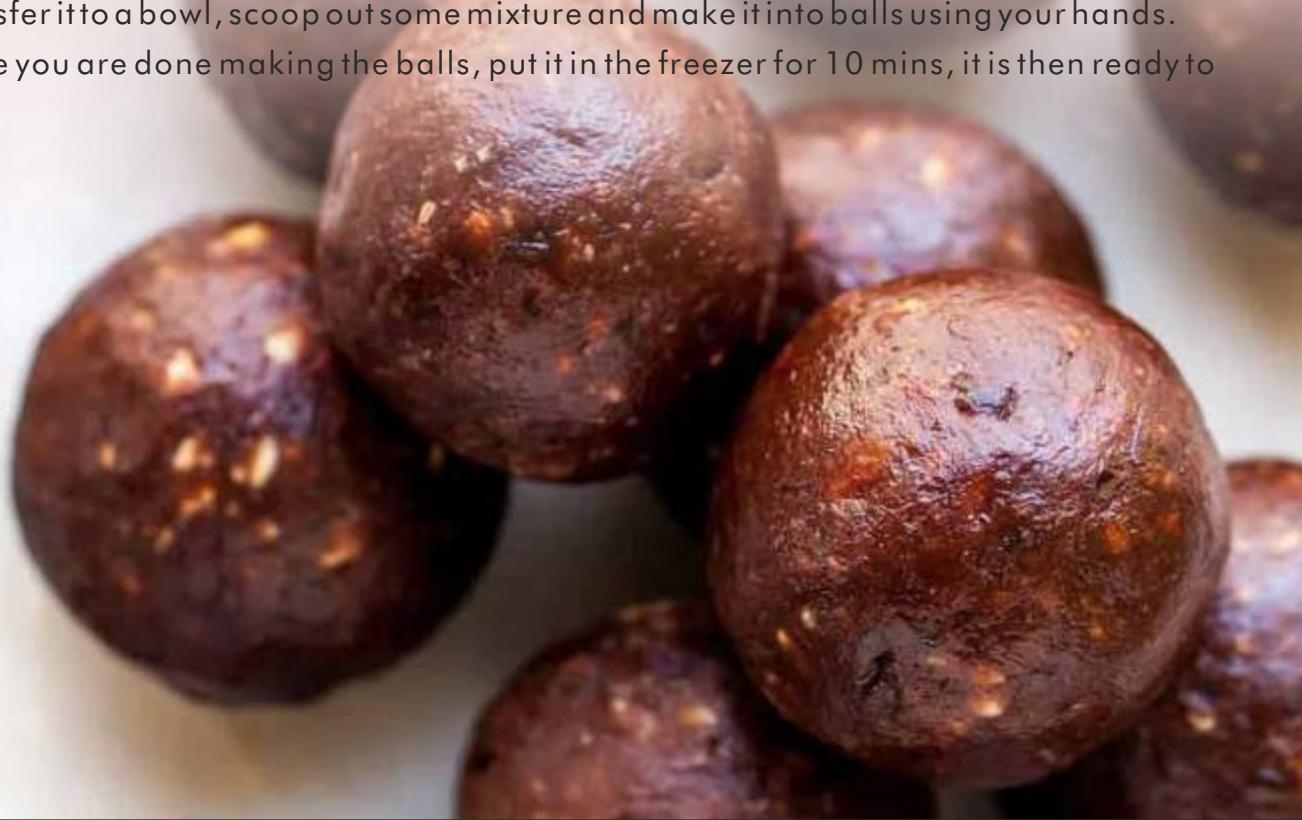
Nutritional Information
Proteins - 4 g
Fats - 8 g
Carbs - 24 g
Energy - 210 kcals

INGREDIENTS

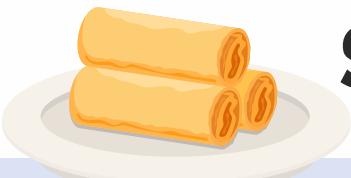
Cocoa Powder-50 g
Dates-10
Almonds-15
Sesame seeds-1 Tbsp
Milk-1 Cup

INSTRUCTIONS

1. Soak 10 dates in 1 cup of warm milk for 2 mins and then grind it in a blender to get a fine paste like consistency.
2. Roast the Almonds and sesame seeds on a pan until you get a nice roasted smell, cool it.
3. Add cocoa powder, roasted almonds & sesame seeds in the blender containing the date paste.
4. Blend it till you get a uniform mixture.
5. Transfer it to a bowl, scoop out some mixture and make it into balls using your hands.
6. Once you are done making the balls, put it in the freezer for 10 mins, it is then ready to eat.



VERY BERY NUTTY SPRING ROLLS



BY: DEVIKA ARORA



PREPARATION TIME: 15 MINS



COOK TIME: 30 MINS



SERVING SIZE: 6

Nutritional Information
Proteins - 11 g
Fats - 7 g
Carbs - 19 g
Energy - 210 kcals

INGREDIENTS

Strawberry - 200 g
Apple juice - 25 ml
Sesame oil - 2 tsp
Dry berries - 50g mixed
Apple cider vinegar - 1 tsp
Spring Roll sheet - 6

Peanut butter - 200 g

INSTRUCTIONS

1. Take peanut butter in a bowl and add apple cider vinegar and mixed dry berries. Mix it well.
2. Take a spring roll sheet and put approx 30g mixture and wrap the spring rolls.
3. Place the 6 spring rolls on a baking sheet which is brushed with vegetable oil.
4. Pierce each roll with a skewer in a few places to prevent bursting.
5. Brush it with sesame oil and bake for about 15 mins until golden brown . Turn the rolls and bake again for 10 mins.
6. Meanwhile purée the strawberries in a mixer and add 25 ml apple juice.
7. Place the spring rolls on a dish and top it with strawberry sauce prepared.
8. Serve at room temperature.





CINNAMON SWEET POTATO ROLLS

BY: ASHWANI KUMAR



PREPARATION TIME: 40 MINS



COOK TIME: 15 MINS



SERVING SIZE: 4

Nutritional Information

Proteins - 11 g

Fats - 7 g

Carbs - 19 g

Energy - 210 kcals

INGREDIENTS

Sweet potato - 500 g
Almonds - 1 cup , chopped
Dates - 1 cup , soaked
Oats – ¾ cup
Coconut oil - 1 Tbsp
Ground cinnamon - 1 tsp

Vanilla extract - 1 tsp
Salt - a pinch
Pumpkin seeds - 1 tsp (optional)
Sesame seeds - 1 tsp (optional)

INSTRUCTIONS

1. Wash sweet potatoe and bake at 160°C for 30-40 minutes.
2. Then add all ingredients in a food processor and knead to a smooth dough.
3. Divide the mixture into 6 large portions and roll each divided portion into a ball in the palm of your hands packing to form a ball and chill into freezer for 10-15 mins.
4. Roll each truffle, one at a time in topping of your choice of topping(sesame seeds or papaya seeds)
5. One at a time, roll each truffle to coat completely.
6. Set on parchment paper
7. Chill for about 20 minutes or until chocolate coating is hardened.
8. Serve while still cool to ensure the chocolate coating is still hard.



Smoothies Shakes and Beverages





GUAVA CHICKOO SMOOTHIE

BY: SHREYA



PREPARATION TIME: 10 MINS



COOK TIME: 5 MINS



SERVING SIZE: 1

Nutritional Information
Proteins - 7 g
Fats - 7 g
Carbs - 15 g
Energy - 155 kcals

INGREDIENTS

Guava – 2 pieces

Dates – 5 pieces

Milk – 1 cup

Banana – 1 ripened

Chickoo - 1 , ripe

Dryfruits – for garnishing

Whipped cream – 1 dollop

INSTRUCTIONS

- 1.In a blender add chickoo, bananas and guavas. Blend with milk
- 2.Soak dates in water for 10 minutes. Blend with enough water to make syrup consistency.
- 3.Place a layer of dates syrup at bottom of a glass and then pour over the fruit smoothie mixture.
- 4.Place a dollop of whipped cream on the top of the glass and your smoothie is ready to serve.





DATES DRINK

BY: PRIYANKA



PREPARATION TIME: 10 MINS



COOK TIME: 5 MINS



SERVING SIZE: 1

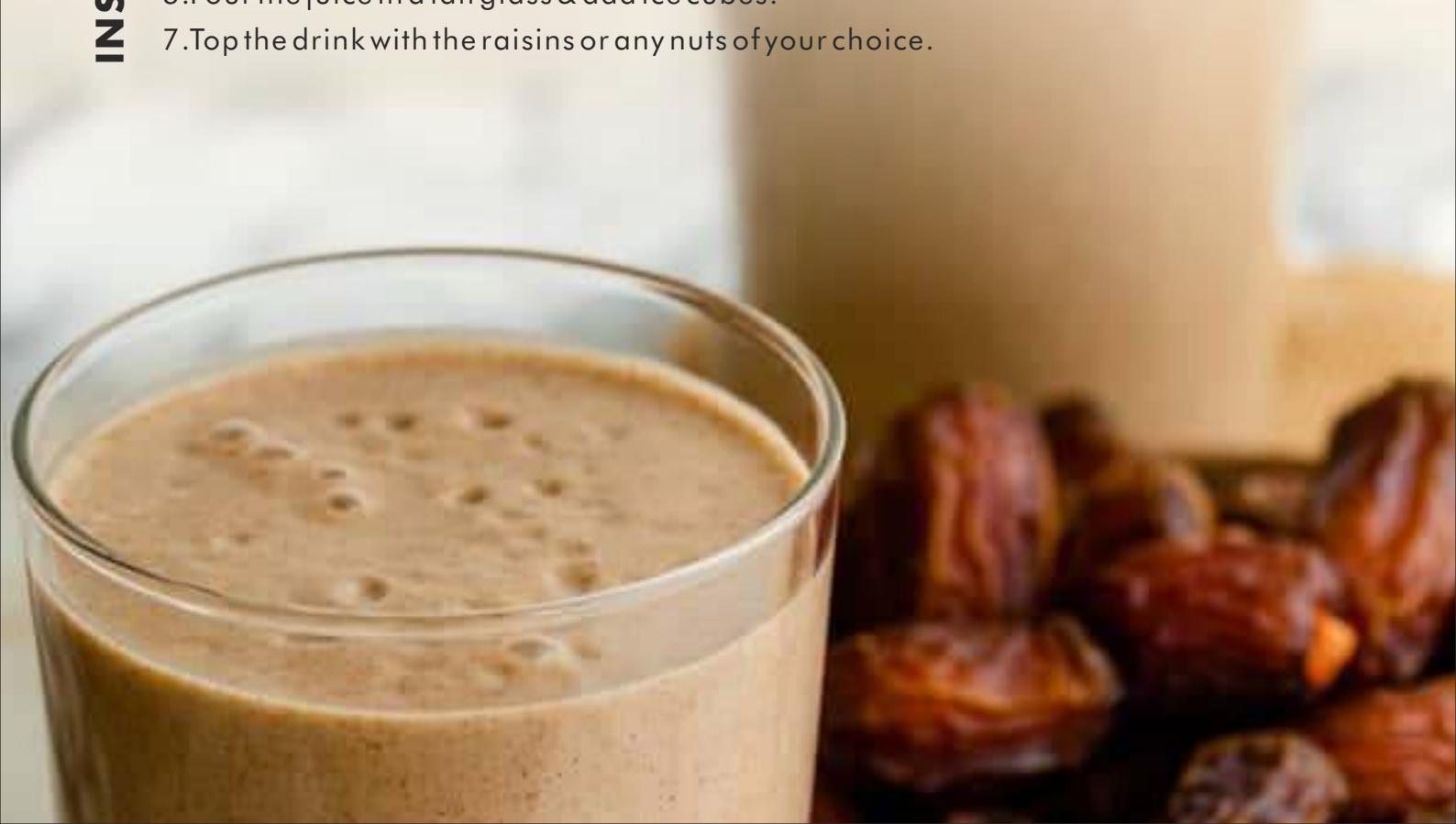
Nutritional Information
Proteins - 11 g
Fats - 5 g
Carbs - 25 g
Energy - 175 kcals

INGREDIENTS

Seedless Dates – ½ cup
Rose water - 1 tsp
Water – 1 cup
Golden Raisins – 1 Tbsp
Pine Nuts – 1 Tbsp
Crushed Ice

INSTRUCTIONS

1. Add dates and water in a big saucepan and heat on medium flame.
2. Cover the lid & bring to boil till the dates become soft.
3. Once the water has reduced to half the quantity, turn off the flame & let it cool.
4. Pour the cooled mixture in the blender, add rose water and blend well.
5. Strain and collect it in a glass.
6. Pour the juice in a tall glass & add ice cubes.
7. Top the drink with the raisins or any nuts of your choice.





DRY APRICOT JUICE

BY: PRASHAATH RANGANATHAN



PREPARATION TIME: 10 MINS



COOK TIME: 4 MINS



SERVING SIZE: 1

Nutritional Information
Proteins - 7 g
Fats - 1 g
Carbs - 15 g
Energy - 75 kcals

INGREDIENTS

Dry Apricots – 100g

Water – 2/3 cup

INSTRUCTIONS

1. Add dry apricots in warm water for 1-2 hrs
2. Add the apricots in a blender.
3. Add 1 cup water and grind.
4. Your Fresh Apricots juice is ready to serve





SAPOTE OATS AMBER SMOOTHIE

BY: INDUGU PRIYA



PREPARATION TIME: 15 MINS



COOK TIME: 5 MINS



SERVING SIZE: 1

Nutritional Information
Proteins - 5 g
Fats - 7 g
Carbs - 21 g
Energy - 165 kcals

INGREDIENTS

Oats – 3 Tbsp

Almond – for garnishing

Almond milk – 1 cup

Chikoo – 3 ripe

Flaxseeds- 1 Tbsp

Cocoa Powder – 1 Tbsp

Dates – 2 small

INSTRUCTIONS

1. Soak oats for 10 minutes in water.
2. Add the soaked oats in a blender and add 3 scooped out chikoo to it.
3. Add 1 cup of Almond milk, flaxseeds, Cocoa powder and dates.
4. Finally blend in a juice mixer or grinder.
5. The smoothie is ready to serve.





VITAMIN A, C HEALTH DRINK

BY: U .INODHAYA



PREPARATION TIME: 15 MINS



COOK TIME: NIL



SERVING SIZE: 1

Nutritional Information
Proteins - 2 g
Fats - 1 g
Carbs - 26 g
Energy - 110 kcals

INGREDIENTS

Carrot – 500g

Beetroot- 500g

Sugarcane Juice - ½ cup

INSTRUCTIONS

- 1.Cut the vegetables into small pieces
- 2.In a mixer, add the chopped vegetables and blend well.
- 3.Add some fresh sugarcane juice.
- 4.Your juice is ready to serve.





BERRY BLAST SMOOTHIE

BY: SHIMRAGH ZUBAIDA FAIZAL



PREPARATION TIME: 10 MINS



COOK TIME: 5 MINS



SERVING SIZE: 3

Nutritional Information
Proteins - 4 g
Fats - 3 g
Carbs - 24 g
Energy - 165 kcals

INGREDIENTS

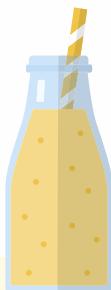
Blueberries- 1/4 cup , frozen
Raspberry -1/4 cup, frozen
Strawberries, 1/4 cup, frozen
Banana-1 large , frozen
Custard apple - 1 ,deseeded
Dates - 2 , soaked and deseeded

Yogurt - 1 Tbsp
Milk - 250 ml
Mixed seeds (pumpkin, sunflower, watermelon) - 1 tsp each
Almonds, Pistachios, Cashew - 5 no. each
Desicated coconut - 1 Tbsp

INSTRUCTIONS

- 1.Gather the fruits, dates, yoghurt and milk in a blender and make a smooth mixture.
- 2.Once blended, transfer the contents into a mason jar/a cup and garnish it with mixed seeds, almonds, cashews and coconuts.
- 3.Serve immediately.





PINA CANE SIP

BY: AMISHA PRAKASH NARSALE



PREPARATION TIME: 10 MINS



COOK TIME: 5 MINS



SERVING SIZE: 3

Nutritional Information
Proteins - 5 g
Fats - 2 g
Carbs - 34 g
Energy - 135 kcals

INGREDIENTS

Sugarcane juice- 50 g
Pineapple juice- 50 g
Coconut water - 15 ml
Kiwi juice- 20 g
Carbonated water – 10 ml
Lemon juice – 3-4 drops

Beetroot juice- 3-4 drops

INSTRUCTIONS

1. Take fruits (sugarcane, pineapple, kiwi) and peel them off.
2. Grind all the fruits with the help of a grinder, and sieve the mixture into separate jars.
3. Take a clean glass jar and place ice cubes in it.
4. Then add the juice, coconut water, carbonated water and lemon juice accordingly.
5. At the end drip beetroot juice along the side of the jar.
6. Serve Fresh





DETOX SMOOTHIE

BY: MANJU P. GEORGE



PREPARATION TIME: 10 MINS



COOK TIME: 5 MINS



SERVING SIZE: 3

Nutritional Information
Proteins - 7 g
Fats - 3 g
Carbs - 24 g
Energy - 145 kcals

INGREDIENTS

Beetroot – ½ portion
Apple – 2
Pear – 1
Ginger – 1 small piece

INSTRUCTIONS

1. Cut the above ingredients into small pieces
2. Add in a mixer and blend it until it has a smooth consistency. Add water if it is thick.
3. Your smoothie is ready to serve.



JOWAR APPLE SHEERA



BY:DIBYANSHU PRAKASH



PREPARATION TIME: 10 MINS



COOK TIME: 10 MINS



SERVING SIZE: 6

Nutritional Information
Proteins - 7 g
Fats - 3 g
Carbs - 24 g
Energy - 145 kcals

INGREDIENTS

Jowar (white millet) flour - 1/2 cup
Apples – 3/4 pieces
Ghee – 2 tsp
Cow's milk – 1 cup
Raisins- 2 Tbsp
Fresh Cane juice – 1 ½ Tbsp

Cinnamon Powder – ½ tsp
Almonds – for garnish

INSTRUCTIONS

1. Heat the ghee in a broad non-stick pan and add the jowar flour and sauté on a medium flame for 2 to 3 minutes.
2. Add milk, mix well and cook on medium flame for 30 seconds, while stirring continuously.
3. Add 1 cup of water and raisins, mix well and cook on a medium flame for 2 to 3 minutes, while stirring continuously using a whisk and trying to break the lumps.
4. Add apple, mix well and cook on a medium flame for 2 minutes, while stirring continuously.
5. Switch off the flame, add fresh cane juice and cinnamon powder and mix well.
6. Serve warm garnished with almond slivers.





BANANA AVAL SHAKE

BY: ELBY SEBASTIAN



PREPARATION TIME: 5 MINS



COOK TIME: 5 MINS



SERVING SIZE: 1

Nutritional Information
Proteins - 3 g
Fats - 2 g
Carbs - 24 g
Energy - 145 kcals

INGREDIENTS

Banana-100g

Soy milk- 150ml

Almonds 10g

Aval-10g

INSTRUCTIONS

1. Take a ripe banana and peel it into slices.
2. In a jar add slices of banana, soaked almonds, aval and soya milk.
3. Blend until the mixture turns smooth.
4. Pour into the serving glass.





NUTRI BUTTERFLY PEA MOCKTAIL

BY: PALLAVI UDAYRAJ DESHPANDE



PREPARATION TIME: 5 MINS



COOK TIME: 10 MINS



SERVING SIZE: 1

Nutritional Information
Proteins - 4 g
Fats - 2 g
Carbs - 27 g
Energy - 148 kcals

INGREDIENTS

Butterfly pea flower- 7/8 flowers
Shatavari- 3 g
Ashwagandha -3 g
Sugar cane juice -5 ml
Water - 5 ml
Lemon pieces/ cube - 3

Black salt - 1./2 tsp
Ice cubes - 10 cubes
Soda - 150 ml (unsweetened)
Mint leaves - 10/ 12 leaves

INSTRUCTIONS

1. Wash all the ingredients
2. Take butterfly pea flower, ashvgandha, shatavri, and Tulsi and boil in some water.
3. Add some lemon pieces in glass then add some mint leaves, sugarcane juice, and pinch of black salt and muddle it.
4. Add butterfly pea flower, Ashwagandha, Shatavari , and Tulsi concentrate mixture in the glass.
5. Then add some ice cubes and soda. Serve fresh.





RAW MANGO CANE JUICE

BY: ANISHYA SOMAN



PREPARATION TIME: 5 MINS



COOK TIME: 0 MINS



SERVING SIZE: 1

Nutritional Information
Proteins - 1 g
Fats - 4 g
Carbs - 28 g
Energy - 163 kcals

INGREDIENTS

Fresh cane juice - 500 ml
Raw mango - 100 g, peeled
Ginger - 5 g
Pudina leaves - 5 Nos
Chaat masala - 1/8 tsp

INSTRUCTIONS

1. Cut and chop the fruits into small pieces
2. Blend the mangoes, ginger and sugarcane juice well. Add masala
3. Strain it in a glass
4. Garnish with pudina leaves and serve.





COOL RUSH

BY: SANDRA MARY JOLLY



PREPARATION TIME: 10 MINS



COOK TIME: 5 MINS



SERVING SIZE: 1

Nutritional Information
Proteins - 3 g
Fats - 2 g
Carbs - 24 g
Energy - 142 kcals

INGREDIENTS

Watermelon- 50g

Fresh Cane juice- 70ml

Lemon- 3g

Mint leaves- 1g

INSTRUCTIONS

- 1.Cut watermelon into small pieces, remove seeds and add it in a mixer. Blend it and make juice.
- 2.Mix watermelon juice and cane juice together and squeeze lemon juice into this mix.
- 3.Finally add mint leaves and mix all the ingredients together in a mixer jar.
- 4.Add ice cubes and serve it in a clean glass.



MOCKSHAKE

BY: RAHUL JAIN



PREPARATION TIME: 10 MINS



COOK TIME: 0 MINS



SERVING SIZE: 4

Nutritional Information
Proteins - 3 g
Fats - 2 g
Carbs - 28 g
Energy - 140 kcals

INGREDIENTS

- | | |
|-------------------------|--------------|
| Chickoo – 1 | Dates – 2 |
| Banana – 1 | Milk – 1 cup |
| Mango – 1 | |
| Strawberry – 6 | |
| Blueberry - 4 | |
| Sugarcane juice – 2 tsp | |

INSTRUCTIONS

1. Take all the fruits in a blender and make a fine paste.
2. Take a glass and place the paste on the bottom layer.
3. In a jar add, dates and milk and blend well.
4. Place it on the layer above the fruits paste
5. Your mockshake is ready to serve.





APPLE PUNCH

BY: TANUSH RAO



PREPARATION TIME: 5 MINS



COOK TIME: 5 MINS



SERVING SIZE: 2

Nutritional Information
Proteins - 4 g
Fats - 3 g
Carbs - 22 g
Energy - 135 kcals

INGREDIENTS

Apples - 2
Water - 200 ml
Cinnamon Powder - 2 tsp
Star anise - 1
Ginger - 1 , finely chopped

INSTRUCTIONS

1. Chop the apples finely and place with all the ingredients in a pressure cooker for 2-3 whistles
2. Then strain the water and add more spices to and add flavour of your choice.
3. Your punch is ready to serve.





PUMPKIN SPICED DRINK

BY: INOSHI SHARMA



PREPARATION TIME: 5 MINS



COOK TIME: 5 MINS



SERVING SIZE: 2

Nutritional Information
Proteins - 2 g
Fats - 2 g
Carbs - 28 g
Energy - 128 kcals

INGREDIENTS

Yellow pumpkin boiled and pureed - ½ cup Turmeric - a pinch

Milk - 1 ½ cup Dates - ⅔ finely chopped

Cardamom - 1 tsp

Instant Coffee - ¼ tsp

Cinnamon - 1 tsp

Saffron - 2-3 strands soaked in 2 tbsp

warm milk for 15 minutes

INSTRUCTIONS

1. Put the milk in a pan on low heat.

2. In a blender add all the ingredients except coffee and add this mixture to the heating milk.

3. Remove and pour into glasses, for extra aroma sprinkle coffee just before serving.





MANGO COCONUT SMOOTHIE

BY: CHETAN P S RAO



PREPARATION TIME: 2 MINS



COOK TIME: 10 MINS



SERVING SIZE: 2

Nutritional Information
Proteins - 2 g
Fats - 5 g
Carbs - 38 g
Energy - 175 kcals

INGREDIENTS

Mango - 1 cup, chopped
Coconut - $\frac{1}{2}$ cup, grated
Roasted Cashew- $\frac{1}{2}$ cup, powdered
3-4 ice cubes

INSTRUCTIONS

1. Mash all the ingredients in a blender to a smooth consistency.
2. Garnish it with some chopped mangoes, a few ice cubes and serve immediately
3. Place the mixture in a container and cover it with aluminium foil
4. Freeze for 4-5 hours
5. Ice cream consistency would be obtained and you can serve it with chopped mangoes



STRAWBERRY BANANA MILKSHAKE



BY: TRIVENI UPADHYAY



PREPARATION TIME: 5 MINS



COOK TIME: 5 MINS



SERVING SIZE: 2

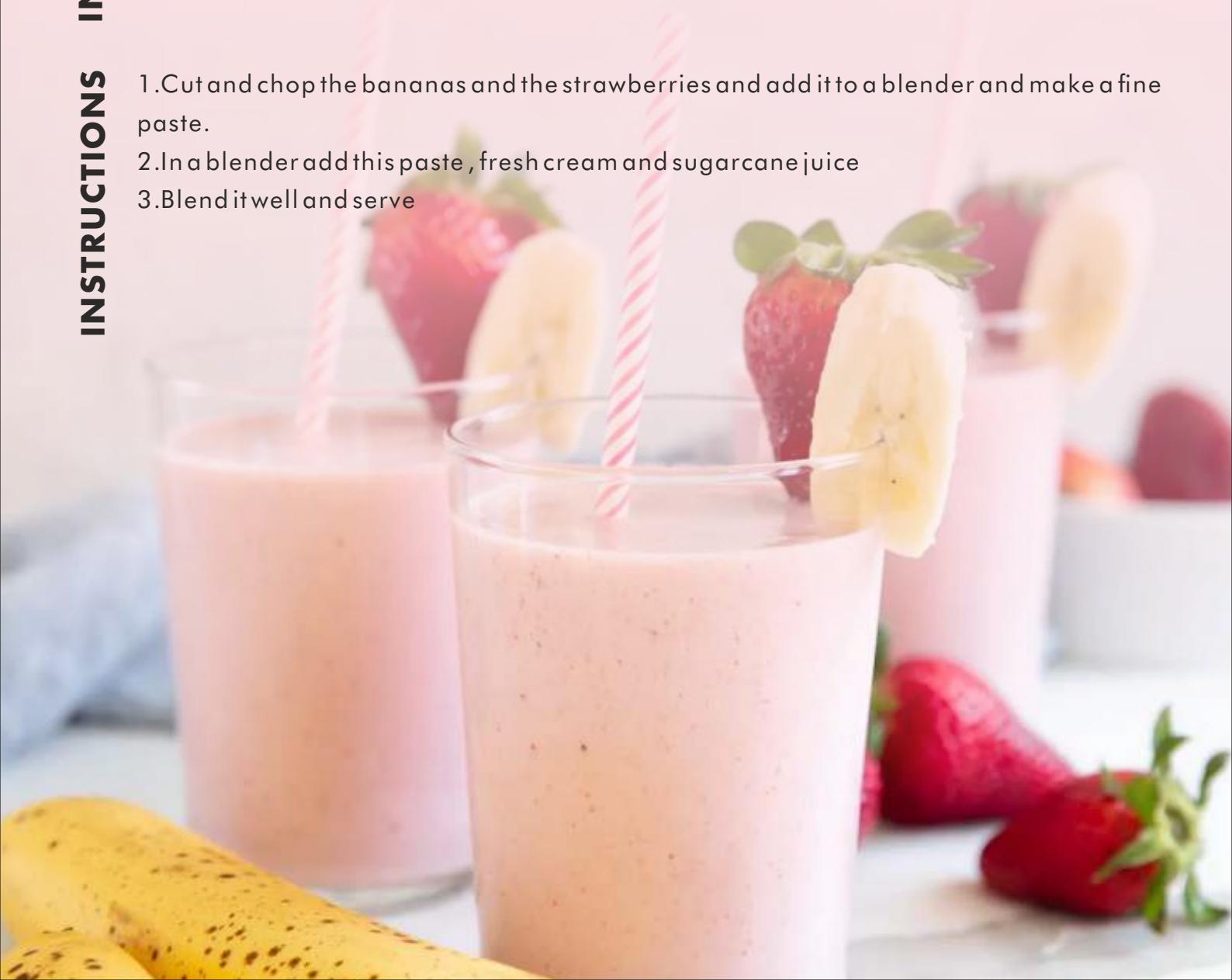
Nutritional Information
Proteins - 6 g
Fats - 5 g
Carbs - 24 g
Energy - 145 kcals

INGREDIENTS

Strawberry - 50 g
Banana - 50 g
Fresh cream - 10 g
Sugarcane juice - 30 ml

INSTRUCTIONS

1. Cut and chop the bananas and the strawberries and add it to a blender and make a fine paste.
2. In a blender add this paste, fresh cream and sugarcane juice
3. Blend it well and serve





PINEAPPLE POMEGRANATE JUICE

BY: ROHIT CHOURDHARY



PREPARATION TIME: 5 MINS



COOK TIME: 5 MINS



SERVING SIZE: 2

Nutritional Information
Proteins - 4 g
Fats - 2 g
Carbs - 18 g
Energy - 90 kcals

INGREDIENTS

Pineapple - 50g
Pomegranate - 50 g
lemon juice - 1 Tbsp
Sugarcane juice - 50ml
Soda - 50ml (unsweetened)

INSTRUCTIONS

1. In a blender add pineapples and pomegranate and make it in the form of juice.
2. Take a glass and add chilled soda.
3. Add the pureed mixture to the soda and add a pinch of black salt to it.
4. Your juice is ready to serve





GUAVA COOLER

BY: DR. SWATI BHARDWAJ



PREPARATION TIME: 10 MINS



COOK TIME: MINS



SERVING SIZE: 2

Nutritional Information
Proteins - 1 g
Fats - 0.3 g
Carbs - 25 g
Energy - 85 kcals

INGREDIENTS

Guava – 1
Sweet Basil seeds – 1 tsp
Mint leaves – 4-5 leaves
Chat Masala – 1/8th tsp
Water – As required

INSTRUCTIONS

1. Wash and chop the guava
2. Soak the sweet basil/sabja seeds in 1/4th cup of water and set aside.
3. In a blender, add chopped guava, mint leaves and chat masala.
4. Grind to a smooth paste, filter the paste if unground guava seeds are present.
5. In a glass add soaked sweet basil/sabja seeds and pour the ground guava puree. Mix well.
6. Add chilled water to adjust the consistency required.



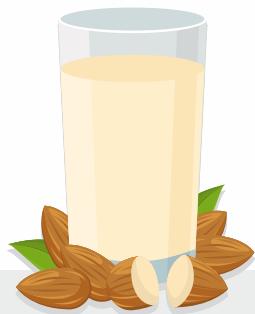


FIG ALMOND SHAKE

BY: RENU TIWARY



PREPARATION TIME: 5 MINS



COOK TIME: MINS



SERVING SIZE: 2

Nutritional Information
Proteins - 7 g
Fats - 3 g
Carbs - 14 g
Energy - 110 kcals

INGREDIENTS

- Dry Figs – 2 pcs, soaked overnight
- Almonds – 10 pcs, soaked overnight
- Milk – 2 cups , toned

INSTRUCTIONS

1. Wash figs and almonds and soak in warm water (separately) overnight.
2. Peel and wash the almonds and add to the blender. Add soaked figs with water and add little milk.
3. Blend to a smooth paste, add the remaining milk to the blender gradually and blend.
4. Serve chilled.



HIGH PROTEIN PLANT BASED THANDAI MOUSSE

BY: JASMIN K SHEIKH



PREPARATION TIME: 15 MINS



COOK TIME: 0



SERVING SIZE: 2

Nutritional Information
Proteins - 1 g
Fats - 5 g
Carbs - 21 g
Energy - 124 kcals

INGREDIENTS

For Thandai Powder

Raw Almonds -15g
Cashewnut-10g
Fennel Seeds- 5g
Watermelon seeds-10g
Pumpkin Seeds-5g
Poppy Seeds-5g
Cardamom -3g
Saffron8 strands

For Mousse

Mango Pulp- 200g
(Custard apple/banana/
chikoo can be used)
Tofu/Paneer-200g
Almond milk/Cow milk-100ml
Vanilla Extract-4ml
Rose water-2 ml Optional

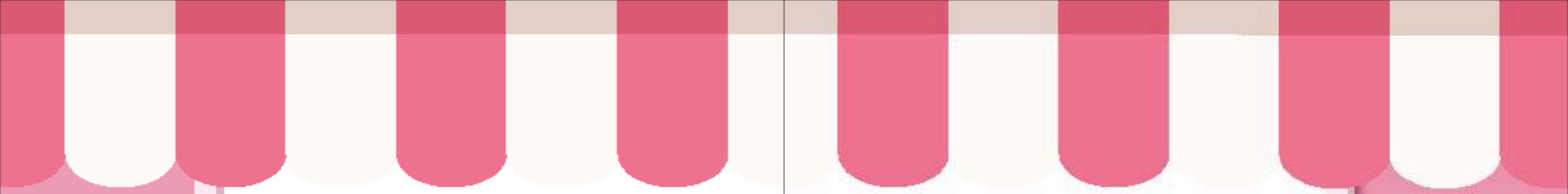
Garnish

Dried Rose petal-5g
Sliced Almonds-3-4g

INSTRUCTIONS

1. Add all the ingredients of Thandai in a blender and blend it into a fine powder.
2. Add mango pulp ,tofu/paneer & almond milk/cow milk, thandai powder ,vanilla extract rose water in a blender and blend into a smooth paste.
3. Mix the sliced almonds or nuts of your choice.
4. Now pour the mixture into serving dishes and put it in the fridge for two hours at least. When the mousse is set garnish with more almonds or pistachios, rose petals.
5. Add coconut whipped cream on top if desired.
6. Your Thandai mousse is ready to serve.





Frozen



Desserts





FROZEN YOGHURT BARK

BY: RITU GOEL



PREPARATION TIME: 15 MINS



COOK TIME: 10 MINS



SERVING SIZE: 4

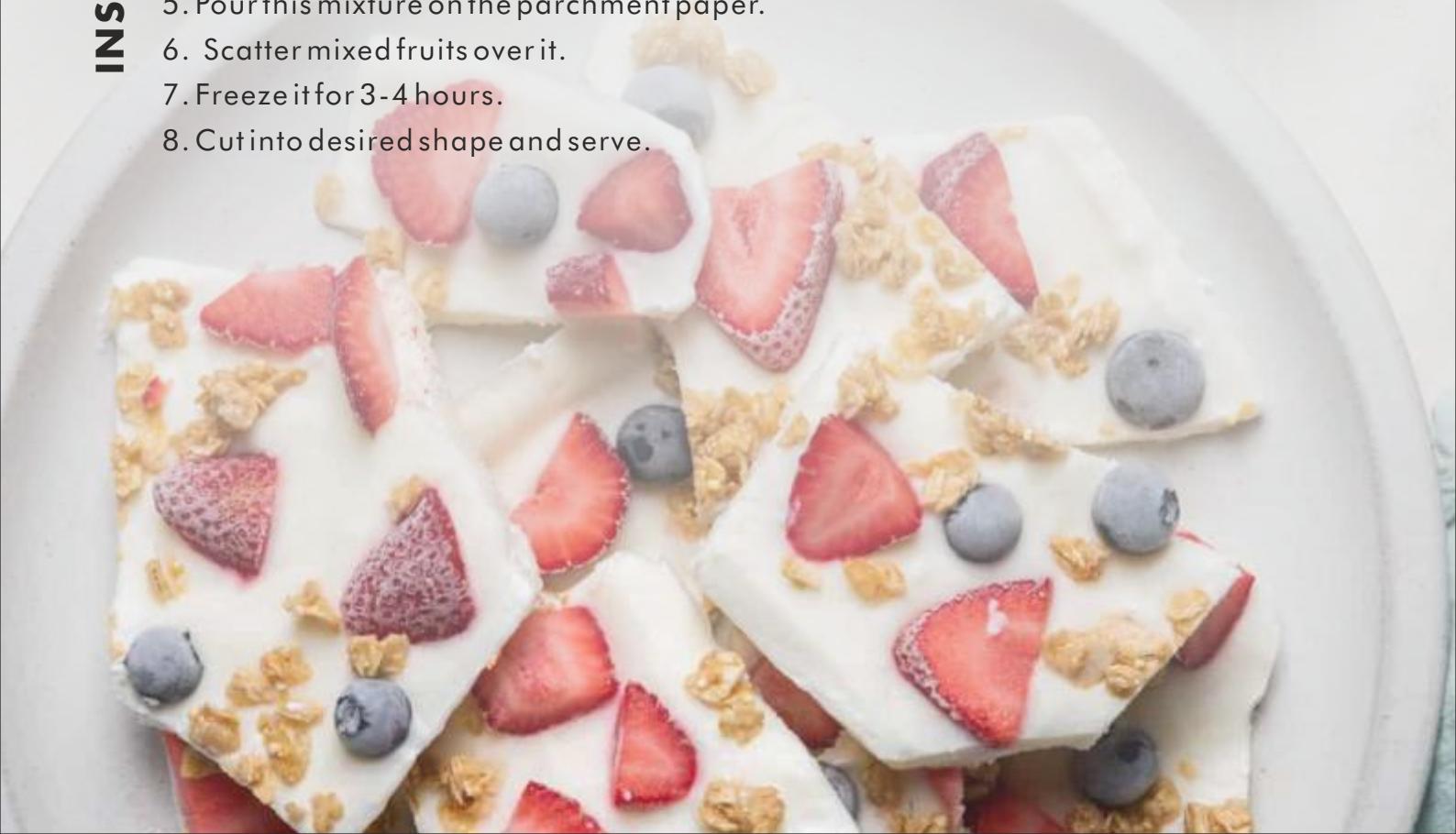
Nutritional Information
Proteins - 1 g
Fats - 5 g
Carbs - 23 g
Energy - 115 kcals

INGREDIENTS

- Hung Curd - 4 Tbsp
- Mango Puree - 4 Tbsp
- Chopped fruits- 1/2 Cup

INSTRUCTIONS

1. Chop a few fruits of your choice. (Grapes, Kiwi, Pomegranate, Plums, Peaches, Cherries etc.)
2. Take a shallow tray that can go in your freezer and align parchment paper over it.
3. Add mango puree to the hung curd and beat for 10-15 seconds to remove lumps, if any.
5. Pour this mixture on the parchment paper.
6. Scatter mixed fruits over it.
7. Freeze it for 3-4 hours.
8. Cut into desired shape and serve.





MANGO SORBET

BY: SARLA GUPTA



PREPARATION TIME: 10 MINS



COOK TIME: 15 MINS



SERVING SIZE: 3

Nutritional Information
Proteins - 1 g
Fats - 5 g
Carbs - 23 g
Energy - 115 kcals

INGREDIENTS

Mangoes: 250 g , chopped

Lemon Juice: 1 tsp

INSTRUCTIONS

- 1.Chop the mangoes into small pieces. Align these pieces on a tray or plate such that they are not overlapping.
- 2.Keep this plate in the freezer for 4 to 6 hours.
- 3.Put the frozen mangoes along with the lemon juice in a blender and blend to a paste of ice cream consistency. Transfer it to a container
- 4.Cover the container with lid or aluminium foil and again keep this in the freezer for 4 to 6 hours till frozen. Take it out of the freezer at least 15 minutes before serving.
- 5.Scoop out creamy balls and serve fresh.





PEACH ICE CREAM

BY: HARLEEN KAUR



PREPARATION TIME: 10 MINS



COOK TIME: 15 MINS



SERVING SIZE: 2

Nutritional Information
Proteins - 1 g
Fats - 5 g
Carbs - 23 g
Energy - 125 kcals

INGREDIENTS

Peaches - 3-4 , peeled and pitted
Coconut milk - 1 cup
Gram - 1 Tbsp
Salt - 1 tsp

INSTRUCTIONS

1. Peel and slice the peaches and transfer to a blender to make a fruit puree.
2. In a saucepan add the coconut milk, cream and fruit puree.
3. Cook the mixture for 5 minutes.
4. Freeze this mixture for 4-5 hours
5. Take it out from the freezer and serve chilled.





THE TASTE OF KHAJOOR

BY: BHAVISHAYA GAUBA



PREPARATION TIME: 55 MINS



COOK TIME: 45 MINS



SERVING SIZE: 3

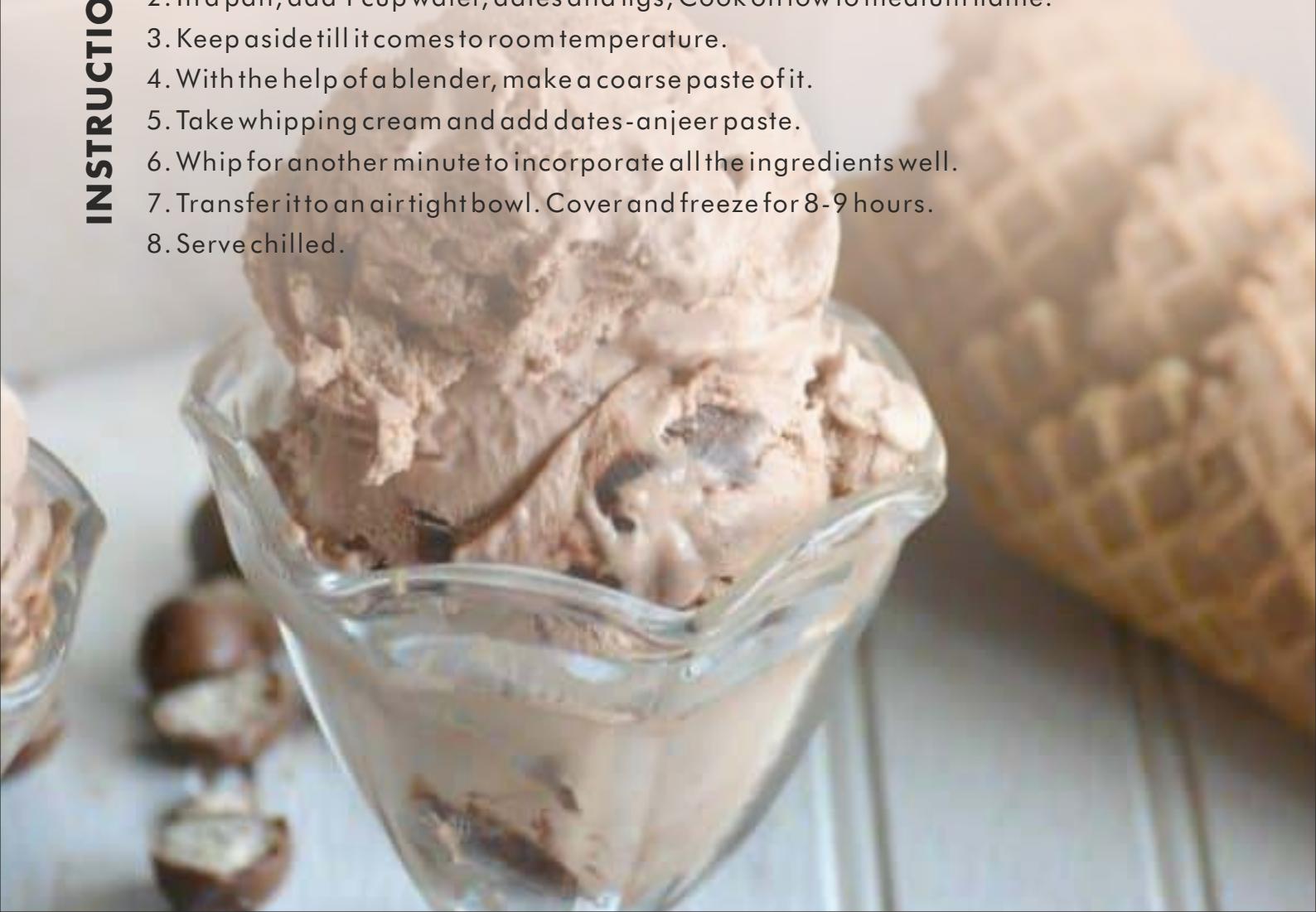
Nutritional Information
Proteins - 12 g
Fats - 7.5 g
Carbs - 48 g
Energy - 337 kcals

INGREDIENTS

Whipping cream - 1 cup
Dates - 18-20
Figs - 8-10
Water - 1 cup
Milk powder- 1/4 cup
Milk - 1 cup

INSTRUCTIONS

1. Soak the dates in water for 15 min.
2. In a pan, add 1 cup water, dates and figs, Cook on low to medium flame.
3. Keep aside till it comes to room temperature.
4. With the help of a blender, make a coarse paste of it.
5. Take whipping cream and add dates-anjeer paste.
6. Whip for another minute to incorporate all the ingredients well.
7. Transfer it to an airtight bowl. Cover and freeze for 8-9 hours.
8. Serve chilled.





CHICKOO DATES ICE CREAM

BY: INDU



PREPARATION TIME: 6 HRS



COOK TIME: 1 HRS 30 MINS



SERVING SIZE: 6

Nutritional Information
Proteins - 4 g
Fats - 3 g
Carbs - 46 g
Energy - 245 kcals

INGREDIENTS

Chikoo- 2
Dates - seedless, 100g
Fresh cream- 250 ml

INSTRUCTIONS

1. Soak dates in one cup of warm water for 1 hour.
2. Peel and deseed the chikoo.
3. Add soaked dates and chikoo in a mixer and grind to a smooth paste.
4. Add whipping cream to chikoo and dates paste and mix well.
5. Add this mixture in an airtight container and refrigerate it for approx 5 to 6 hours.
6. Garnish with some dryfruits and serve chilled





LYCHEE SORBET / GRANITA

BY: POONAM VERMA



PREPARATION TIME: 10 MINS



COOK TIME: 4-5 HRS



SERVING SIZE: 6

Nutritional Information
Proteins - 6 g
Fats - 3 g
Carbs - 46 g
Energy - 255 kcals

INGREDIENTS

Lychee: 500 g

Lemon Juice: 1 tsp

Mint Springs: a few

INSTRUCTIONS

1. Extract lychee pulp in a bowl.
2. Squeeze lemon juice all over it and freeze it for 4 hours.
3. Add this to a blender and blend for 2 mins.
4. Put this mixture in an airtight container and return to the freezer for a few hours or till set fully.
5. Scoop out, sprinkle some mint leaves.
6. Serve it fresh and cold.





LEMON CURD ICE CREAM

BY: RUHAAN DOGRA



PREPARATION TIME: 5 MINS



COOK TIME: 10 MINS



SERVING SIZE: 4

Nutritional Information
Proteins - 3 g
Fats - 2 g
Carbs - 25 g
Energy - 130 kcals

INGREDIENTS

Whipped cream – 1 Cup
Eggs 2
Lemon Juice- 1 Tbsp
Homemade Butter- 1 tsp
Pinch of salt

INSTRUCTIONS

1. Prepare the lemon mix by whisking together eggs, butter, salt and lemon juice. Whisk until frothy.
2. Carefully fold in the lemon mix with the whipped cream.
3. Pour into a container and freeze overnight.
4. Garnish it with a few chopped fruit and serve chilled.



DATES ICE CREAM WITH ROASTED NUTS



BY: SHIVANG GUPTA



PREPARATION TIME: 10 MINS



COOK TIME: 10 MINS



SERVING SIZE: 6

Nutritional Information
Proteins - 3 g
Fats - 2 g
Carbs - 25 g
Energy - 130 kcals

INGREDIENTS

Dates- 12

Raisins- 20

Figs- 6

Milk- 300 ml

Oatmeal- 2 Tbsp

Roasted Nuts- 1/4 Cup

INSTRUCTIONS

1. Soak dates, raisins and figs in 150 ml milk for an hour. Heat the mix in the microwave for 2 minutes.

2. Dissolve oatmeal in 2 Tbsp of milk and put the remaining milk to boil.

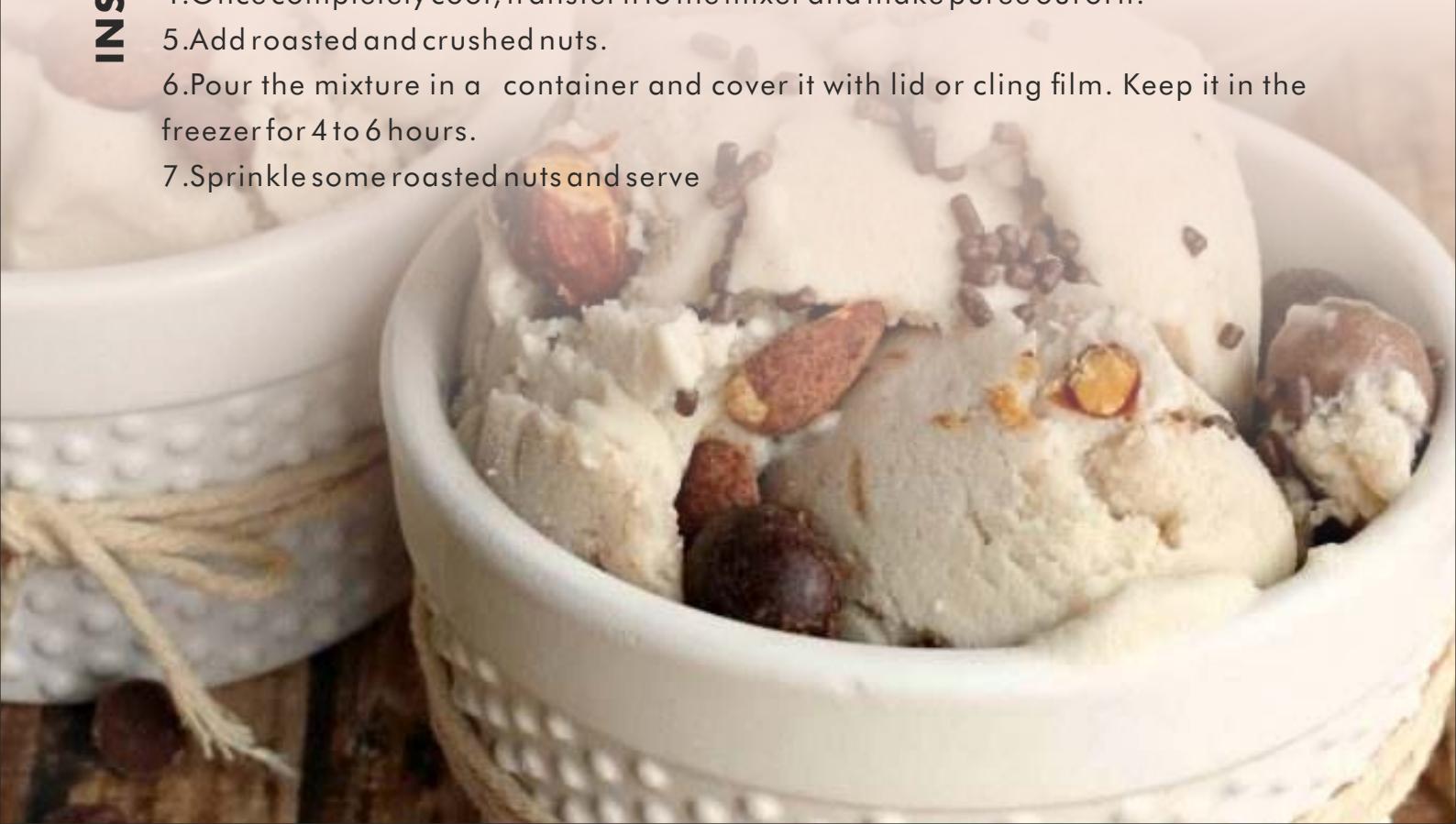
3. Add oatmeal mix and dates mix to the boiled milk. Cook for 2 to 3 minutes till the mixture thickens slightly. Let it cool down.

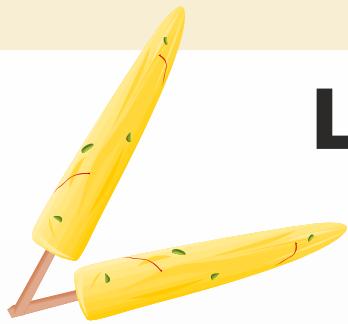
4. Once completely cool, transfer it to the mixer and make puree out of it.

5. Add roasted and crushed nuts.

6. Pour the mixture in a container and cover it with lid or cling film. Keep it in the freezer for 4 to 6 hours.

7. Sprinkle some roasted nuts and serve





LACTOSE FREE KULFI

BY: PREM LATA BHAGAT



PREPARATION TIME: 20 MINS



COOK TIME: NIL



SERVING SIZE: 3

Nutritional Information
Proteins - 2 g
Fats - 1 g
Carbs - 45 g
Energy - 230 kcals

INGREDIENTS

Milk - 1 cup soaked Almonds,
Cashew nuts- 10, soaked
Almonds - soaked
Oats- 3/4th cup, soaked
Water- 4 cups
Dates Paste - $\frac{1}{4}$ cup

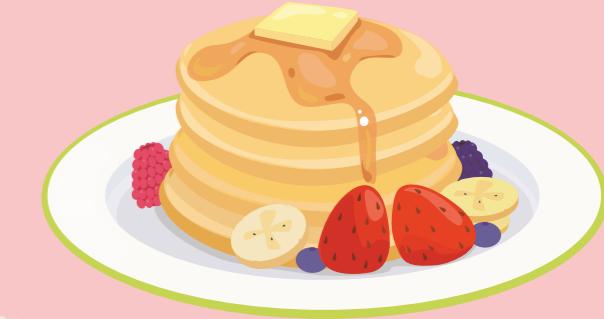
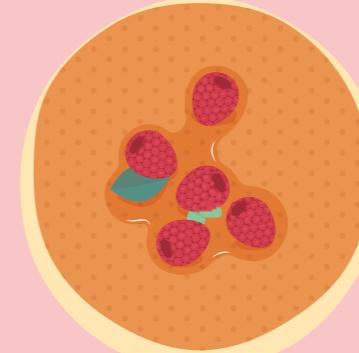
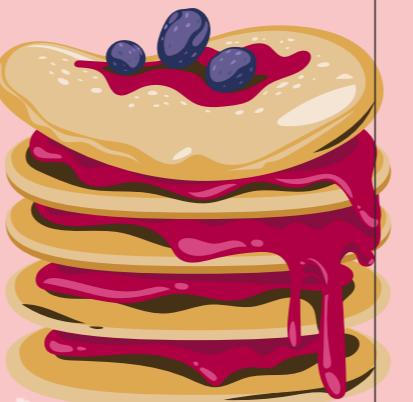
Saffron - 1 tsp
Cardamom Powder - 1 tsp

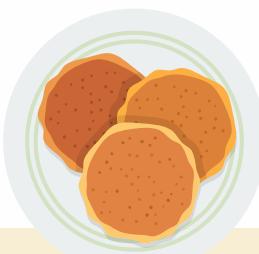
INSTRUCTIONS

- 1.In a mixer/grinder, grind together almonds, cashews and oats with the water and make a paste.
- 2.Strain the paste and keep aside.
- 3.Make a smooth paste of dates by grinding them with water
- 4.Combine both the pastes, add saffron and cardamom powder.Mix well.
- 5.Freeze this mixture for 4 hours.
- 6.Grind the frozen mixture again in a mixer/grinder.
- 7.Put the thick paste in kulfi moulds and freeze until the kulfi is set.
- 8.Garnish it with some dryfruits and serve.



Pancakes Tarts and Waffles





RAGI PANCAKES

BY: SHRUTI RAVINDRA NAVALE



PREPARATION TIME: 10 MINS



COOK TIME: 10 MINS



SERVING SIZE: 2

Nutritional Information
Proteins - 6 g
Fats - 5 g
Carbs - 34 g
Energy - 226 kcals

INGREDIENTS

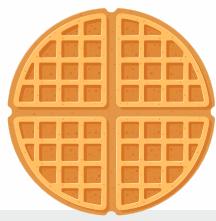
Dates (khajoor) – 50 g
Rice flour – 50 g
Milk – 100 ml
Almond – 10 g
Cashews – 5 g
Ghee – 5 ml

Grated coconut – 25 g

INSTRUCTIONS

1. Add ragi flour, maida and a pinch of salt in a bowl and mix well.
2. Add fresh sugarcane juice until the batter consistency becomes thick followed by chopped dry fruits.
3. Heat a pan, grease with oil and spread a spoonful of batter and cook for 2 mins on each side.
4. Garnish it with white sesame seeds and dryfruits .





VEGAN WAFFLE

BY: SAMEERA GUPTA



PREPARATION TIME: 10 MINS



COOK TIME: 5 MINS



SERVING SIZE: 4

Nutritional Information
Proteins - 2 g
Fats - 7 g
Carbs - 19 g
Energy - 150 kcals

INGREDIENTS

Tapioca Flour- 3/4 Cup

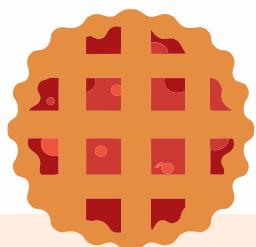
Almond Meal- 1/4 Cup

Coconut Milk- 1/4 Cup

INSTRUCTIONS

1. Mix both the flours and make a thick batter by adding coconut milk.
2. Add little milk at a time until medium smooth consistency is obtained.
3. Prepare the waffle maker by preheating and then grease it lightly using butter.
4. Put the batter in it and bake until they turn slightly golden in color.
5. Your waffles are ready to serve.





APPLE PEANUT BUTTER TART

BY: VIBHAS ARORA



PREPARATION TIME: 35 MINS



COOK TIME: 15 MINS



SERVING SIZE: 4

Nutritional Information
Proteins - 6 g
Fats - 14 g
Carbs - 17 g
Energy - 235 kcals

INGREDIENTS

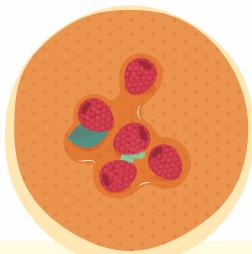
Unsalted butter - 100 g
All-purpose flour - 1/2 cups
Salt - 1/4 tsp
Apples - 3
Lemon juice - 1 Tbsp
Ground cinnamon - 1

Peanut butter- 100g

INSTRUCTIONS

1. Take 75g butter, cut into cubes and freeze it along with milk.
2. In a bowl add a pinch of salt and cubes of frozen butter. Combine in a mixer until wet sand consistency is obtained.
3. Add 2-3 tablespoons of Milk until the dough comes together into a ball.
4. Roll the dough into a fine circle and place it in a 9 inch tart pan evenly and refrigerate for 15 minutes.
5. Preheat the oven to 150°C.
6. Peel the apples, remove the core and mash the apples to a pulpy texture..
7. Add peanut butter, mix thoroughly, add cinnamon powder ,lemon juice and a pinch of salt.
8. Remove the tart shell from the refrigerator and pour this mixture on the sheet and spread evenly.
9. Melt the butter and brush the edges of the crust with melted butter.
10. Bake till the crust turns golden brown.
11. Slice and serve.





OATS BANANA PANCAKE

BY: MERIN CAMLETTA FERNANDEZ



PREPARATION TIME: 10 MINS



COOK TIME: 5 MINS



SERVING SIZE: 1

Nutritional Information
Proteins - 14 g
Fats - 4 g
Carbs - 25 g
Energy - 240 kcals

INGREDIENTS

Oats - 150 g
Banana - 1 1/2 Medium
Water - 1 cup
Salt - 1/2 tsp
Baking powder - 1/2 tsp
Cinnamon powder – 1 tsp

Raspberry and Blackberry for garnish.

INSTRUCTIONS

1. Blend all the ingredients in a blender until medium consistency is obtained.
2. Pour a scoop of batter in a hot pan, close with a lid and cook for a couple of minutes.
3. Flip the pancake and cook for another 2 - 3 minutes.
4. Garnish with Banana, Raspberry or Blackberry as per your preference.



BANANA MILLET PANCAKE

BY: DR. SWATI BHARDWAJ



PREPARATION TIME: 10 MINS



COOK TIME: 5 MINS



SERVING SIZE: 1

Nutritional Information
Proteins - 4 g
Fats - 4 g
Carbs - 34 g
Energy - 190 kcals

INGREDIENTS

Ragi (Finger millet) flour – 1/4th cup
Jowar Flour – 1/4th cup
Corn Flour – 1 tsp
Banana (Ripe): 1
Milk – 4-5 tsp
Salt - 1 pinch

Baking Powder – 1/2 tsp
Oil – 3 tsp
Butter - 1 tsp
Strawberries - 2 [finely chopped]

INSTRUCTIONS

1. Finely mash the bananas using a fork.
2. In a large bowl, mix all the ingredients including ragi flour, jowar flour, corn flour, mashed bananas, baking powder and salt. Gradually add 1-2 teaspoons of milk. The batter should be of pouring consistency.
3. Heat a tawa/griddle greased with a little oil on medium heat. Once heated, pour a ladle of pancake batter onto the skillet.
4. Allow the pancake to cook on medium heat. Once the top side begins to get bubbles and air pockets, flip to the other side.
5. Allow it to cook for about 30 seconds on both sides.
6. Follow the same process with the remaining batter.
7. Serve hot with butter and finely chopped strawberries.





FRUIT ALMOND CREPE

BY: TEHREEM KHAN



PREPARATION TIME: 10 MINS



COOK TIME: 5 MINS



SERVING SIZE: 4

Nutritional Information
Proteins - 7 g
Fats - 3 g
Carbs - 34 g
Energy - 195 kcals

INGREDIENTS

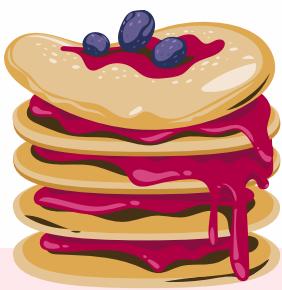
All purpose flour - 3/4 cup
Date syrup - 1 cup
Salt - 1/2 tsp
Almond milk 1 1/2 cup
Eggs - 2
Coconut oil - 1 Tbsp

Banana - 2
Strawberry - 2
Chikoo - 2
Guava - 1

INSTRUCTIONS

1. In a small bowl, sift together the flours, sugar and salt. Set aside.
2. Place the almond milk, eggs and melted coconut oil in the blender. Blend on speed 3 until combined. Add the flour mixture and blend on speed 1 just until the dry ingredients are incorporated. Set the batter aside to rest for 1 hour at room temperature.
3. Melt a 1/2 tsp of coconut oil in a 6-inch crepe pan over medium-low heat. Add about 3 Tbsp of the batter to the pan. Cook for about 1 minute, just until the bottom of the crepe is lightly flecked with color. Flip the crepe over by tossing it in the air. Cook the second side for about 30 seconds.
4. Repeat the process to make each crepe, stacking the crepes on a plate.
5. Cut the fruits and boil them for 5 minutes.
6. Put them in a blender and make a fine paste.
7. Spread the puree over the crepe and make individual rolls.
8. Top it with some dessicated coconut and serve fresh.





WAFFLE WITH PLUM SAUCE

BY: VIVEK ARORA



PREPARATION TIME: 30 MINS



COOK TIME: 15 MINS



SERVING SIZE: 5

Nutritional Information
Proteins - 5 g
Fats - 9 g
Carbs - 25 g
Energy - 210 kcals

INGREDIENTS

- | | |
|--------------------------------|--|
| All-purpose flour - 300 g | Fresh sugarcane juice - 40 ml |
| Salt- 1 tsp | Milk powder - 2 tsp |
| Baking powder - 5 tsp | Plums- 500 g, washed, pitted and cut into quarters |
| Eggs - 2 | Fresh sugarcane juice - 200 ml |
| Unsalted butter, melted - 50 g | Cinnamon - 1 tsp |
| Vanilla extract - 1/4 tsp | Lemon Juice - 1 tsp |

INSTRUCTIONS

1. Add plums, sugarcane juice , and 1/2 a cup of water to a large saucepan or pot and bring this mixture to a boil and allow the plums to soften
2. When the mixture cools , blend and make puree.
3. In the same saucepan add the puree , lemon juice and pinch of cinnamon. Stir to combine and cook until it thickens a little bit. Store in an airtight container in the fridge, or in a mason jar at room temperature until ready to use.
4. For the waffles, beat the eggs and sugarcane juice together with a whisk in a large bowl. Add the vanilla extract, milk powder, and melted butter, then whisk to combine.
5. Add the baking powder to the wet ingredients and give it a stir. Add flour and salt, whisk until the entire batter is smooth. The consistency of the batter should be thick and smooth..
6. Grease the waffle maker before warming over medium heat. Use a 1/4 measuring cup to scoop out the batter and pour it into the waffle maker. Allow it to cook for 5 minutes till golden brown until crisp.
7. Allow the waffle to come to slightly cool before layering them with the plum sauce. Garnish the waffle with ground cinnamon ad serve.





Puddings

BREAD CUSTARD PUDDING

BY: DEVAKSHI BATTA



PREPARATION TIME: 20 MINS



COOK TIME: 15 MINS



SERVING SIZE: 2

Nutritional Information
Proteins - 3 g
Fats- 2 g
Carbs - 28 g
Energy - 145 kcals

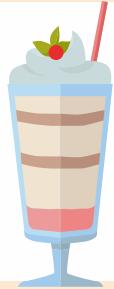
INGREDIENTS

Custard powder -20 g
Milk-3/4 cup
Dates-2
Bread -2 slices
Fruits of choice
Dry fruits optional

INSTRUCTIONS

- 1.In a pan boil milk on low flame.
- 2.In a blender add custard powder, dates and 1 Tbsp of milk to make a fine paste.
- 3.When the milk starts to come to a boil add this paste at equal intervals with continuous stirring to avoid burning.
- 4.Let it cool for 15 mins.
- 5.In a serving glass add a layer of custard followed by fruits and dry fruit.
- 6.Dip a piece of bread in custard and add a layer of it.
- 7.Again, repeat the layers and garnish with a lot of fruits on top.
- 8.Your pudding is ready to serve





APRICOT FOOL

BY: DHWITI MAHAJAN



PREPARATION TIME: 10 MINS



COOK TIME: 20 MINS



SERVING SIZE: 2

Nutritional Information
Proteins - 2 g
Fats- 12 g
Carbs - 24 g
Energy - 230 kcals

INGREDIENTS

Dried apricots – 60 g
Water - 75 ml
Lemon juice - ¼ tsp
Cream, whipped- 60 g
Almonds, flaked and toasted – 2

INSTRUCTIONS

1. Soak the apricots in water and lemon juice for 12 hours.
2. Simmer until tender and remove the stones. Sieve in a jar and keep aside.
3. Blend the apricot mixture with the whipped cream. Leave a tablespoon of cream aside for decoration and refrigerate for 30 mins.
4. Spoon into a tall stemmed glass and top with flaked, browned almonds and a spoonful of whipped cream.



TENDER PUDDING



BY: MARY EVA JUDE



PREPARATION TIME: 5 MINS



COOK TIME: 5 MINS



SERVING SIZE: 1

Nutritional Information
Proteins - 5 g
Fats- 11 g
Carbs - 45 g
Energy - 320 kcals

INGREDIENTS

Pineapple – 20 g

Tender coconut water – 150 ml

Tender coconut flesh - 30 g

China grass – 100 g

INSTRUCTIONS

1. Soak China grass in water for 5 min. Then boil the mix till it dissolves.
2. Grind pineapple to juice.
3. Pour coconut water to pineapple mix. Add $\frac{1}{2}$ China grass mix into pineapple mix.
4. Grind the tender coconut flesh and tender coconut water together.
5. Add chia grass mix into it.
6. Pour tender coconut water mix with China grass mix into bottom of the glass. Then add tender coconut flesh mix. And finally add pineapple mix as the last layer.
7. Refrigerate for 30 mins and serve it.



CARAMEL BAKED CUSTARD



BY: ARSHIYA VIG



PREPARATION TIME: 20 MINS



COOK TIME: 10 MINS



SERVING SIZE: 6

Nutritional Information
Proteins - 3 g
Fats- 4 g
Carbs - 25 g
Energy - 190 kcals

INGREDIENTS

Milk - 3 cups
Milk powder - 3 Tbsp
Vanilla custard powder - 1 tsp
Eggs - 3
Vanilla essence - 1 tsp
Cinnamon powder-1 tsp

Sugarcane juice - 1 tsp
Fresh fruits like gooseberries or cherries or grapes

INSTRUCTIONS

1. Heat a pan on low flame and add milk, milk powder and custard powder. Mix it well with a whisk to dissolve all the lumps. Let it come to a boil and then keep this mixture aside.
2. Beat eggs and essence until light and fluffy and add this to the custard milk mixture.
3. Sprinkle 2 tbsp sugarcane juice at the bottom of a ring mould or a jelly mould and place it on low heat holding it with a pair of tongs and heat till it turns golden brown. Remove from heat and spread it evenly over the base and sides of the mould.
4. Pour the milk-egg mixture in the mould. Cover well with aluminium foil.
5. Bake in a preheated oven at 200°C for 15 minutes. Let it cool
6. Refrigerate it for 2 hours
7. Demould it in a plate, garnish it with your favorite toppings and serve





FIG CUM DATES PUDDING

BY: GAIKWAD SNEHAL SANJAY



PREPARATION TIME: 20 MINS



COOK TIME: 10 MINS



SERVING SIZE: 6

Nutritional Information
Proteins - 12 g
Fats- 7 g
Carbs - 37 g
Energy - 280 kcals

INGREDIENTS

Dried Figs – 10-12
Dried dates powder (Kharik Powder) – 30 g
Milk– 500 ml
Ghee – 1 Tbsp
Cinnamon powder – 1 tsp

INSTRUCTIONS

1. Soak the dried figs in lukewarm water for 2 hours.
2. Drain out the water completely and chop the dried fig (pre-soaked) into small pieces.
3. Heat the pan, add ghee and slightly roast the dried dates powder.
4. Pour the milk into a medium-sized pot. Heat until it comes to boil. Do not let boil.
5. Blend all the ingredients such as chopped dried figs, roasted dried dates powder, milk and cinnamon powder.
6. Adjust the consistency of the pudding by adding milk.
7. Place it in the refrigerator to chill for about 2 hours. 8. Decorate and serve cold.





CHIA PUDDING

BY: ANNU FRANCIS



PREPARATION TIME: 15 MINS



COOK TIME: 1 MINS



SERVING SIZE: 5

Nutritional Information
Proteins - 2 g
Fats- 5 g
Carbs - 26 g
Energy - 190 kcals

INGREDIENTS

Chia seeds – 4 Tbsp
Coconut milk - 3/4 cup
Almond paste - 1 tsp
Pineapple juice - 1/4cup
Fruits- (apple, pineapple, watermelon) or as per preference

INSTRUCTIONS

1. Soak chia seeds in pineapple juice for couple of minutes and add coconut milk to it.
2. Add almond paste and whisk well then keep it until it begins to thicken. Usually, it'll take about 1 hour.
3. Top the pudding with fruits (here I used watermelon & pineapple, apple)
4. Serve cold.



RASAWAL



BY: B. SRAVAN CHOWDARY



PREPARATION TIME: 15 MINS



COOK TIME: 20 MINS



SERVING SIZE: 8

Nutritional Information
Proteins - 9 g
Fats- 11 g
Carbs - 42 g
Energy - 330 kcals

INGREDIENTS

- Fresh Sugarcane Juice – 1 litre
Kodo millet – ½ cup
Melted Ghee - 1/4 Cup
Roasted Peanuts - 2 Tbsp
Ghee roasted coconut pieces - 2 Tbsp
Cardamom Powder - 1/2 tsp
Salt – a pinch

INSTRUCTIONS

1. Wash and soak the millets for 2 hours.
2. In a thick bottomed vessel add sugarcane juice and bring it to boil.
3. Remove the scum and add the drained millet and cook on medium heat till it becomes soft and mushy. It may take 15 to 20 minutes.
4. Once done, add ghee, salt and switch off. Mix in the roasted nuts. It may look watery but gets thickened on cooling.

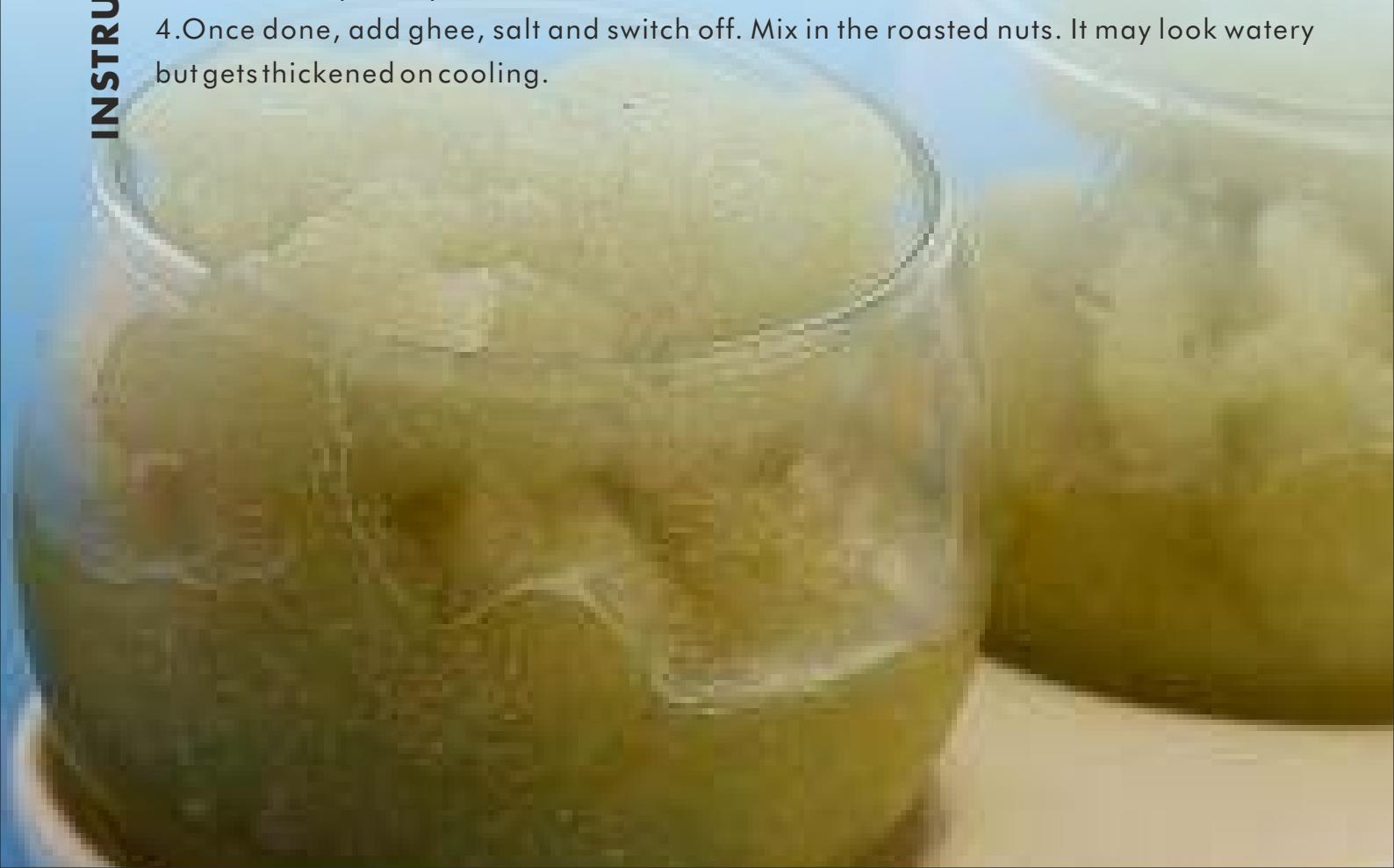




FIG ANJEER PUDDING

BY: PALAK



PREPARATION TIME: 20 HRS



COOK TIME: 2 MINS



SERVING SIZE: 8

Nutritional Information
Proteins - 4 g
Fats- 7 g
Carbs - 32 g
Energy - 270 kcals

INGREDIENTS

Dried anjeer (figs) - 100 g, soaked
Dalchini - 1/2 tsp
Milk- 2 Tbsp
Walnuts - for garnishing

INSTRUCTIONS

1. Place the anjeer in a pan with little water and cook till it becomes tender. Adjust water as it cooks, there should be enough liquid to cover the anjeer after it is cooked through.
2. Take the pan off the heat, mix in the dalchini and allow to cool.
3. When cool enough to handle, add the milk and blend in a blender and transfer into the serving dish.
4. Garnish with the walnuts and refrigerate till set. Serve chilled.





APPLE CRUMB PUDDING

BY: RHEA VIG



PREPARATION TIME: 20 MINS



COOK TIME: 5 MINS



SERVING SIZE: 1

Nutritional Information
Proteins - 5 g
Fats- 3 g
Carbs - 41 g
Energy - 250 kcals

INGREDIENTS

- | | |
|----------------------|----------------------|
| Lemon – 1 Tbsp | Butter – 5 g |
| Butter - 15 g | Apple Juice – 1 Tbsp |
| Mixed spice – ¼ tsp | Water – 30 ml |
| Bread crumbs – 25 g | |
| Cooking apple – 50 g | |
| Raisins – 15 g | |

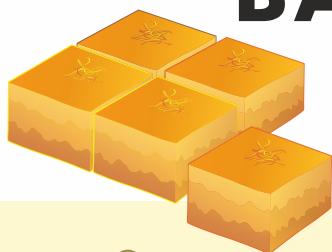
INSTRUCTIONS

1. Grate the rind of lemon and squeeze the juice from the lemon.
2. Cream the butter and add the spice, bread crumbs and lemon rind.
3. Put half of this mixture into a greased casserole.
4. Peel and slice the apples, lemon juice and raisins.
5. Put this over the crumb mixture, then top with the rest of the crumbs, dot with butter and cover with a foil or lid.
6. Bake at 180°C for 15-20 minutes. Remove the lid/foil for the last 5 minutes, so that the crumbs become crisp.
7. In a saucepan add lemon juice , apple juice, grated lemon and a little bit of water and heat on low flame until it thickens.
8. Serve the pudding in the same casserole topped with syrup sauce.



BANANA CUSTARD PATTIES

BY: SHAHEENA MEHMOOD PATEL



PREPARATION TIME: 15 MINS



COOK TIME: 5 MINS



SERVING SIZE: 2

Nutritional Information
Proteins - 5 g
Fats- 9 g
Carbs - 14 g
Energy - 155 kcals

INGREDIENTS

Bread-100 g
Bananas-50 g
Milk-100 ml
Egg-50 g
Ghee-15 g
Custard powder-5 g

INSTRUCTIONS

1. Cut the bananas into small pieces.
2. Heat clarified butter (pure ghee) in a pan, add the banana slices and sauté until it turns golden brown
3. Take bread and cut its sides.
4. Roll out the breads for increasing the surface area and put 1 spoon of the sautéed banana on each of the breads.
5. Make a roll of it and seal it with the help of egg.
6. Dip the Patties in the egg
7. Shallow fry the Patties in pure ghee
8. Heat milk in the pan and start boiling. When it starts to come to a boil add custard powder in it and stir continuously. Let it cool
9. Now take the Banana Patties in the plate and add the custard over it.
10. The healthy Banana Custard Patties are ready to serve.





MUSA DACTLIFERA PANNA COTA

BY: FARHANA A H



PREPARATION TIME: 10 MINS



COOK TIME: 10 MINS



SERVING SIZE: 3

Nutritional Information
Proteins - 14 g
Fats- 11 g
Carbs - 41 g
Energy - 345 kcals

INGREDIENTS

- Banana – 80 g
- Dates – 30 g
- Pomegranate – 30 g
- Almond – 15 g
- Cashew – 15 g
- Milk – 75 ml
- Agar - Agar – 5 g

INSTRUCTIONS

- 1.In a bowl, sprinkle agar - agar over water and let stand about 1 minute to soften. Microwave for 30 secs.
- 2.In a mixer , grind banana, dates, almond, cashew, milk together and make a fine paste.
- 3.Grind pomegranate extract separately.
- 4.Pour banana and dates paste in three different bowls and refrigerate from 20 – 30 minutes.
- 5.Pour Pomegranate extract on the top and again refrigerate from 15 minutes.
- 6.Garnish it with topping of your choice and serve.





MANGO PARFAIT

BY: SIDHARTH GUPTA



PREPARATION TIME: 5 MINS



COOK TIME: 1 MINS



SERVING SIZE: 2

Nutritional Information
Proteins - 4 g
Fats- 1 g
Carbs - 28 g
Energy - 130 kcals

INGREDIENTS

Mangoes - 3

Hung Curd - 1/2 Cup

Mixed Fruits (Kiwi, Plums, Grapes, Apple) - 1/4 Cup, Chopped Finely

Strawberry Puree (Optional) – 1 Tbsp

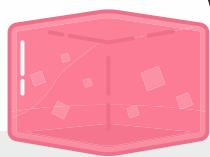
INSTRUCTIONS

- 1.Chop mangoes finely. Reserve around 2 Tbsp for topping and use the remaining for making mango yogurt.
- 2.In a blender add the chopped mangoes and hung curd and puree it.
- 3.Your mango yogurt is ready.
- 4.Now take a glass. Put little strawberry puree in it. Any other fruit puree can also be used
- 5.Put mango yogurt and align fruits on the top
- 6.Again add mango yogurt. Top with some mango pieces.
- 7.Serve it fresh.



COCONUT AND WATERMELON JELLY

BY: ANUSHKA SHELKE



PREPARATION TIME: 30 MINS



COOK TIME: 10 MINS



SERVING SIZE: 3

Nutritional Information
Proteins - 4 g
Fats- 1 g
Carbs - 28 g
Energy - 130 kcals

INGREDIENTS

Watermelon juice – ½ cup
Agar agar powder - 1 Tbsp
Water - ¼ cup
Milk - ¼ cup
Salt - a pinch
Coconut water – ½ cup

INSTRUCTIONS

1. Add water to a small pot, then sprinkle on agar agar powder and stir to mix. Add milk.
2. Bring to a boil while stirring frequently until it dissolves completely.
3. Lower the heat to the lowest setting and keep the pot covered.
4. Similarly prepare the coconut water mixture and the watermelon mixture with agar agar and keep them separate.
5. Pour the first layer into your dish, spoon off any bubbles and refrigerate.
6. Reheat the coconut mixture and make sure it is steaming hot and pour it carefully over the first layer.
7. Similarly pour the third layer.
8. Let the jelly refrigerate for at least 4 hours and serve.





MANGO CHOCOLATE MOUSSE

BY: POOJA CHANDEL



PREPARATION TIME: 1 HRS



COOK TIME: 10 MINS



SERVING SIZE: 8

Nutritional Information
Proteins - 2 g
Fats- 7 g
Carbs - 44 g
Energy - 210 kcals

INGREDIENTS

Mangoes – 500 g
Strawberry - 500 g
Compound Chocolate – 100 g
Whipped Cream – 150 g
Milk - 1 litre

INSTRUCTIONS

1. Take dark compound chocolate combine with 250g milk and 50 g whipped cream and cook it on low flame for 2 minutes.
2. Pour it in a glass jar and refrigerate. This is your first layer.
4. Cut mangoes and place in a blender along with 250g milk and 50g whip cream and pour this on top of the chocolate layer.
5. Lastly cut strawberries and place in a blender along with 250g milk and 50 g whip cream and pour this on top of the mango puree layer.
6. Refrigerate for 2 hours and place cut fruits on top and serve immediately.





FRUIT MOUSSE

BY: DEVENDRA GUPTA



PREPARATION TIME: 20 MINS



COOK TIME: 0 MINS



SERVING SIZE: 4

Nutritional Information
Proteins - 1.6 g
Fats- 3 g
Carbs - 20 g
Energy - 118 kcals

INGREDIENTS

Mango – 2
Strawberry – 10
Egg white – 1 large
Blueberries- 10
Chickoo - 2 pieces
Whip cream – 1 Tbsp

INSTRUCTIONS

1. Chop the fruits and place in the freezer for 30 mins.
2. Take a blender and place all the chopped fruits and start mixing.
3. Take a bowl and add an egg white to the mixture and beat until it becomes fluffy.
4. Place layer by layer of whip cream and fruit paste and make a 6 layered mousse .
5. Refrigerate it for half an hour and your mousse is ready to serve.





RAGI FRUITS SMOOTHIE BOWL

BY: AKANKSHA PRIYA



PREPARATION TIME: 20 MINS



COOK TIME: 10 MINS



SERVING SIZE: 2

Nutritional Information
Proteins - 11 g
Fats- 7 g
Carbs - 34 g
Energy - 215 kcals

INGREDIENTS

Banana- 150, ripe
Papaya- 80 g
Ragi – 1 Tbsp
Oats – 1Tbsp
Sugarcane juice - 5 ml

Ripe banana.- 50 g
Almonds- 5 g
Walnuts – 5 g
Raisins – 5 g
Chia seeds – 5 g

INSTRUCTIONS

1. Wash all fruits before blend and chopped the dry fruits properly (for topping)
2. Blend papaya - banana, sugarcane juice, ragi flour and oats in a blender until smooth
3. Transfer to a serving bowl and top it with the fruits, nuts and seeds





COCONUT ICE CREAM

BY: DIVIYANSHI GUPTA



PREPARATION TIME: 1 HRS



COOK TIME: 15 MINS



SERVING SIZE: 4

Nutritional Information
Proteins - 7 g
Fats- 5 g
Carbs - 57 g
Energy - 315 kcals

INGREDIENTS

Coconut milk - 4 cup
Coconut meat - 1 cup
Sugarcane juice - 1 1/2 cup
Corn flour - 1 Tbsp

INSTRUCTIONS

1. Add the chopped coconut meat in a large bowl and add 1/2 cup cold coconut milk in it along with cornflour. Mix well and keep the bowl aside.
2. Now, place a deep-bottomed pan over medium flame, add the remaining milk in the pan and bring it to a boil. Add sugarcane juice in the pan and stir until the sugar dissolves completely, and boil the mixture for 4-5 minutes. Keep stirring the mixture at regular intervals.
3. Next, transfer the coconut milk and corn flour mixture into the pan, and stir simultaneously. Turn off the flame when done. Allow it to cool and add fresh cream.
4. Bring an aluminum dish and pour the mixture into it. Cover the mixture with aluminium foil sheet or a cling sheet and place the dish into the refrigerator. Let the mixture freeze for about 6-7 hours.
5. Now, transfer the mixture into the blender jar and blend until you obtain a smooth form of it. Pour the mixture again into the aluminium dish and mix finely chopped coconut meat in it. Cover it with aluminium foil sheet and freeze until the mixture sets.
6. Serve it cold when done

SUGARCANE JUICE BEETROOT DALIA



BY: INOSHI SHARMA



PREPARATION TIME: 10 MINS



COOK TIME: 10 MINS



SERVING SIZE: 2

Nutritional Information
Proteins - 13 g
Fats- 5 g
Carbs - 48 g
Energy - 290 kcals

INGREDIENTS

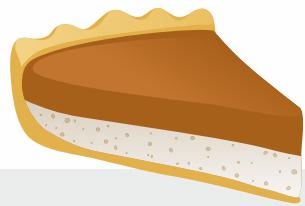
- | | |
|------------------------|---------------------------|
| Dalia - 1 cup | Cinnamon- 1 inch |
| Ghee – 1 Tbsp | Kishmish/raisins - 2 Tbsp |
| Laung - 2-3 | Almond & cashew - 2 Tbsp |
| Elaichi - 3/4 | Beetroot- 1 |
| Tej patta – 1 | Sugarcane juice – 1 cup |
| Ginger paste -- 1 Tbsp | Water – 1 cup |

INSTRUCTIONS

1. Sautee all the garam masala & ginger in ghee for 2 minutes till aroma rises, now add chopped nuts & beetroot, sauté for another 2-3 min.
2. Add the dalia with sugarcane & water, give it 2-3 whistles in a pressure cooker.
3. Serve it warm.



APPLANA CHEESECAKE



BY: MADHUR SHARMA



PREPARATION TIME: 15 MINS



COOK TIME: 10 MINS



SERVING SIZE: 4

Nutritional Information
Proteins - 9 g
Fats- 6 g
Carbs - 44 g
Energy - 285 kcals

INGREDIENTS

Cashew nut - 1 cup, Roasted and Unsalted
Apple – 1
Cinnamon powder - 1/2 Tbsp
Coconut oil - 1 Tbsp
Bananas - 2 ,very ripe
Dates – 2/3 finely chopped

Silken tofu – 1 cup
Cinnamon powder – 1 Tbsp
Agar agar - 1 Tbsp

INSTRUCTIONS

1. Grind the cashew nuts into powder and keep aside.
2. Chop the apple into small pieces and place in a non-stick pan with 1 tbsp coconut oil and ½ tbsp cinnamon powder. Cover & cook for 5 minutes stirring occasionally. Once cool, place in blender & make sauce.
3. Add this mixture to the cashew powder and make a smooth dough.
4. Place this mixture in a bowl about 6-7 cm in diameter & 5 cm deep.
5. Mash the banana, tofu, dates & cinnamon powder in blender.
6. In a small pan take 1 Tbsp applesauce & ¼ cup water
7. Add 1 tbsp of agar agar powder, cook on low flame and stir rigorously for about 3-4 minutes. Remove & add to banana/tofu mixture. Pour immediately over the cashew apple crust & place in fridge overnight to set.
8. Serve it fresh.





PINEAPPLE MOUSSE

BY: RAGHAV LAMBA



PREPARATION TIME: 15 MINS



COOK TIME: 10 MINS



SERVING SIZE: 4

Nutritional Information
Proteins - 9 g
Fats - 7 g
Carbs - 39 g
Energy - 267 kcals

INGREDIENTS

Water – 1 cup
Couscous/ Semolina - ½ cup
Suji - 4 Tbsp, powdered
Chilled cream - 250 g
Vanilla essence - 1 tsp
Orange - 1
Pineapple puree – 1 cup
Yoghurt – 1 cup
Butter - 1/3 cup
Sugarcane juice - 50 ml
Cream - 2 Tbsp

Toffee topping

INSTRUCTIONS

1. In a chilled metal bowl, whip the cream until soft peaks form.
2. Fold in the vanilla essence, orange rind and half quantity of sugarcane juice.
3. Combine the whipped cream with the Yoghurt and puree. Mix gently.
4. Refrigerate the yogurt-mango mixture till semi set.
5. Place 1 cup water in a saucepan and bring to boil. Add the couscous or semolina in a stream. Stir once. Add remaining sugarcane juice Remove from the heat. Cover and keep aside undisturbed for 12 to 15 minutes or more.
6. For the topping, cook butter and sugar in a heavy bottomed pan on low heat till sugar melts. Remove from fire, add cream, mix. Keep aside.
7. Combine the yogurt-mango mixture with the couscous/semolina. Transfer to a serving dish.
8. Top with toffee topping swirl on top of the mousse to get a marbled mousse





FRUIT GANACHE

BY: HIMANSHI MAHAJAN



PREPARATION TIME: 10 MINS



COOK TIME: 10 MINS



SERVING SIZE: 6

Nutritional Information
Proteins - 0.7 g
Fats- 13 g
Carbs - 48 g
Energy - 310 kcals

INGREDIENTS

- Graham Crackers (sugar free) - 200 g Kiwi - 1
Black raisins - ½ cup
Dark chocolate – 200 g, chipped (2 cups)
Heavy whipping cream - ½ cup
Vanilla extract/essence - ½ tsp
Strawberries - 3-4

INSTRUCTIONS

- 1.Crush biscuits and add vanilla extract in it. Add raisins.
- 2.Heat cream on very low heat in a heavy bottomed pan. Add chipped chocolate to it. Mix well till chocolate melts. Remove from heat and stir well to make a smooth sauce or ganache.
- 3.Mix a little more than half of the ganache with the crushed biscuits, just enough to bind the mixture nicely.
- 4.Line a loaf tin with aluminium foil and put the mixture in it. Press and level it. Keep in the freezer for 10 minutes till set. Demould the set biscuits on a wire rack. Place a plate underneath the rack. Heat the remaining ganache with a tbsp of water and pour on the set biscuit mixture. Level the ganache on the sides with palate knife and keep it back in the fridge for 10-15 minutes to set.
- 5.Cut into 2 inch square pieces and decorate it with any slice of fresh fruit of your choice.
- 6.Serve cold.





MANGO DELIGHT

BY: SHALINI SETHI



PREPARATION TIME: 15 MINS



COOK TIME: 10 MINS



SERVING SIZE: 6

Nutritional Information
Proteins - 1 g
Fats- 10 g
Carbs - 28 g
Energy - 290 kcals

INGREDIENTS

Mango juice - 2½ cups
Gelatine – 3 tsp
Whipping cream - 1½ cups
Yellow Food colour – a few drops

Topping Mango crush – 1 , sliced

INSTRUCTIONS

1. Add gelatine in half cup mango juice kept in a bowl and keep aside for 10 minutes. Heat over low flame for 2-3 minutes or till it dissolves. Remove from heat.
2. Add the hot gelatine solution to the remaining juice.. Keep it in the freezer for about 20 minutes till it thickens. Beat well till smooth and fluffy.
3. Beat cream in a bowl till fluffy. Add whipped cream and yellow colour to mango mixture whip. Refrigerate for 3-4 hours till set.
4. Decorate with mango crush and mango/papaya slices or balls. Serve chilled.



PEACHES SAUCE IN POMEGRANATE

BY: JASLEEN VIG



PREPARATION TIME: 15 MINS



COOK TIME: 10 MINS



SERVING SIZE: 4

Nutritional Information
Proteins - 3 g
Fats- 8 g
Carbs - 48 g
Energy - 370 kcals

INGREDIENTS

Peaches – 3, halved & cored
Pomegranate juice - 2% cups
Cinnamon (dalchini) - 2% cups
Cloves - 3
Cream- ¼ cups
Walnuts, for garnish

INSTRUCTIONS

1. In a saucepan add pomegranate juice, peaches, cinnamon stick, cloves and bring to a boil. Cover the pan and cook until tender, for about 10 minutes.
2. Let fruits cool in the syrup. Strain the syrup in a separate pan and boil the syrup until reduced to 1 cup. Transfer peaches to a serving dish. Pour syrup over the peaches.
3. Cover with a wrap and refrigerate to chill.
4. To serve, add whipped cream on the fruit and sprinkle with the toasted nuts and drizzle some syrup over it with a spoon.



List of Winners

1. Indian Classics

Sno.	Name	Name of the dish	Place
1.	Naeema Shaikh	Khajur and Nutty barfi	Maharashtra
2.	Sunil Kumar Tiwari	Gajar ka Halwa	Delhi
3.	Srimathy V	Cocoa Milk Alsin Rasgullah	Tamil Nadu
4.	Safoora K P	Mixed Fruit Halwa	Kerala
5.	Sima Vakil Mahato	Dry Fruits Modak	Maharashtra
6.	Shravani Manohar Jambhul	Sweet O Tato Barfi	Maharashtra
7.	Avani Shah	Watermelon Rasgullah	Maharashtra
8.	Ravi Sharma	Beet Modak	Delhi
9.	Zulfa Anis Kazi	Date flavoured peanut butter besan laddoo	Maharashtra
10.	Bhavna Arora	Paan laddoo	Haryana
11.	Toshiba	Ravachoco Laddoo	Delhi
12.	Aatefa shaikh	Trio Mithaayi	Maharashtra
13.	Lalita	Creamy delights	Delhi
14.	Reshma Anis Kazi	Banana Carrot Makhana Kheer	Maharashtra
15.	Mohd Zyan	Chocodate Kheer	Delhi
16.	Abhilasha Sharma	Sugarcane quinoa payasam	Himachal Pradesh
17.	Vijeta Singhari	Khajoor Phirni	Haryana
18.	Thavanesh Rao	Sharifa kheer	Delhi
19.	Akshada sahebrao shinde	Sweet potato halwa	Maharashtra
20.	Pratiksha Gajanan Patil	Beet banana jamun	Maharashtra
21.	Priya S. Mishra	Fruit Kalakand	Maharashtra
22.	Kiran Chauhan	Besan Ka Halwa	Delhi
23.	Shaheen	Black carrot halwa	Delhi
24.	Chitra Singhari	Sugarfree Malpua	Faridabad
25.	Renu Lamba	Pumpkin Halwa	Delhi
26.	Ritu Dhawan	Sweet Vermicelli/seviyan	Delhi
27.	Renu Tiwary	Fruits Pitha	Haryana
28.	Saloni Shangari	Meethe chawal	Jharkhand
29.	Poonam Khurana	Bajra Dhoda/Mann	Madhya Pradesh
30.	Loveleen Dewan	Puran Poli	Uttar Pradesh

2.Cakes and Cookies

Sno.	Name	Name of the dish	State
31.	Neha E S	Pumpkin Dates Moist Cake	Kerala
32.	Sthuti Choudhary	Oats Cupcake with frosting	Maharashtra
33.	S Yuvashree	Pineapple cake	Tamil Nadu
34.	Seethalakshmi. V	Custard Apple Cake	Tamil Nadu
35.	Rohit Kumar	Carrot Cake	Delhi
36.	Shanju M	Gluten free cake popsicles	Tamil Nadu
37.	Taybah	Strawberry Souffle	Delhi
38.	Rinki Tiwari	Sugar Free Banana Cookies	Delhi
39.	Rinkie Oswal	Dates Walnut Cake	Maharashtra
40.	Jurmana Sheikh	Fruit Cake	Delhi
41.	Rashmi Gupta	Mango Cream Cake	Hyderabad
42.	Satmi Kumari	Pear Walnut Cake	Delhi
43.	Muntaha Khan	Banana Jowar Muffins	Maharashtra
44.	Shikha Sharma	3 Ingredient Banana Cookies	Delhi

3.Brownies, Bars and Bites

Sno.	Name	Name of the dish	State
45.	Shifa Siddique shaikh	No bake dark chocolate brownie fudge	Maharashtra
46.	Juveria Mulla	Chocolate bliss balls	Maharashtra
47.	Ayisha Siddiqual	Papaya and dates balls	Tamil Nadu
48.	Lahari Sanaka	Pepita and coconut chocolate rounds	Andhra Pradesh
49.	Anoop Kumar	Banana bites	Delhi
50.	Shruti Goel	Anjeer and Khajur Rolls	Delhi
51.	Elizabeth Jose	Sweet energy bites	Kerala
52.	Bhawna Mutreja	Oats and dates lollies	Delhi
53.	Shivani Verma	Rava kesari	Rajasthan
54.	O P S Rao	Shahitukda- quirky jam toast	Haryana
55.	Malvika Aggarwal	Chocolate Strawberry Fudge	Tamil Nadu
56.	Tanush Rao	Banana Chocolate balls	Delhi
57.	Hitesh Thakur	Peanut Butter Fudge	Uttar Pradesh
58.	Samira's Recipe Diary	No-Bake Brownies	Delhi
59.	Vipin Goel	Chocolate Energy Balls	Uttar Pradesh
60.	Devika Arora	Very berry nutty spring rolls	Haryana
61.	Ashwani Kumar	Cinnamon Sweet Potato Truffles	Delhi

4. Smoothies, Shakes and beverages

Sno.	Name	Name of the dish	State
62.	Shreya	Guava Chickoo Smoothie	Maharashtra
63.	Priyanka	Dates Drink	Maharashtra
64.	Prashaath Ranganathan	Dry Apricot Juice	Delhi
65.	Indugu Priya	Sapote Oats Amber Smoothie	Karnataka
66.	U.Inodhaya	Vitamin A , C Health Drink	Tamil Nadu
67.	Shimragh Zubaida Faizal	Berry Blast Smoothie	Kerala
68.	Amisha Prakash Narsale	Pina Cane Sip	Maharashtra
69.	Manju p. George	Detox Smoothie	Kerala
70.	Dibyanshu Prakash	Jowar Apple Sheera	Delhi
71.	Elby Sebastian	Banana Aval Shake	Kerala
72.	Pallavi Udayraj Deshpande	Nutri Butterfly Pea Mocktail	Maharashtra
73.	Anishya Soman	Raw Mango Cane Juice	Kerala
74.	Sandra Mary Jolly	Cool Rush	Kerala
75.	Rahul Jain	Mockshake	Haryana
76.	Tanush Rao	Apple Punch	Delhi
77.	Inoshi Sharma	Pumpkin Spiced Drink	Delhi
78.	Chetan PS Rao	Mango Coconut Smoothie	Delhi
79.	Sneha Roy	Sugarfree Fruit Punch	Haryana
80.	Triveni Upadhyay	Strawberry Banana Milkshake	Haryana
81.	Rohit Choudhary	Pineapple Pomegranate Juice	Haryana
82.	Dr Swati Bhardwaj	Guava Cooler	Haryana
83.	Renu Tiwary	Fig, Almond Shake	Haryana
84.	Jasmine K Sheikh	High protein plant based thandai	Maharashtra

5. Frozen Desserts

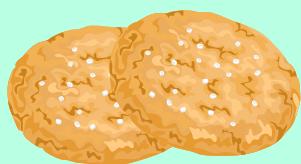
Sno.	Name	Name of the dish	State
85.	Ritu Goel	Frozen Yoghurt Bark	Delhi
86.	Sarla Gupta	Mango Sorbet	Delhi
87.	Harleen Kaur	Peach Ice Cream	Punjab
88.	Indu	Chickoo Dates Ice Cream	Maharashtra
89.	Poonam Verma	Lychee sorbet/Granita	Uttar Pradesh
90.	Ruhaan Dogra	Lemon Curd icecream	Delhi
91.	Shivang Gupta	Dates Ice cream With Roasted Nuts	Delhi
92.	Prem Lata Bhagat	Lactose & Sugar free Kulfi	Uttar Pradesh

6. Pancakes, Tarts and Waffles

Sno.	Name	Name of the dish	State
93.	Shruti Ravindra Navale	Ragi Pancakes	Maharashtra
94.	Sameera Gupta	Vegan Waffle	Delhi
95.	Vibhas Arora	Apple Peanut Butter Tart	Delhi
96.	Merin Camletta Fernandez	Oats Banana pancake	Kerala
97.	Dr Swati Bhardwaj	Papaya Millet pancake	Haryana
98.	Tehreem	Fruit Almond Crepe	Maharashtra
99.	Vivek Arora	Waffle With Plum Sauce	Haryana

7. Puddings, Custards and Frostings

S no.	Name	Name of the dish	State
100.	Devakshi Batta	Bread Custard Pudding	Punjab
101.	Dhwiti Mahajan	Apricot fool	Uttar Pradesh
102.	Mary Eva Jude	Tender Pudding	Kerala
103.	Arshiya Vig	Caramel Baked Custard	Delhi
104.	Gaikwad Snehal Sanjay	Fig cum Dates Pudding	Maharashtra
105.	Annu Francis	Chia Pudding	Kerala
106.	B.Sravan Chowdary	Rasawal	Andhra Pradesh
107.	Palak	Fig (anjeer) Pudding	Punjab
108.	Rhea Vig	Apple crumb pudding	Delhi
109.	Shaheena Mehmood Patel	Banana Custard Patties	Maharashtra
110.	Farhana A H	Musa Dactylifera Panna Cotta	Tamil Nadu
111.	Siddharth Gupta	Mango Parfait	Delhi
112.	Karandeep Bhagat	Ragi Pineapple pudding	Delhi
113.	Pooja Chandel	Mango Chocolate Mousse	Delhi
114.	Devendra Gupta	Fruit Mousse	Haryana
115.	Akanksha Priya	Ragi Fruits Smoothie Bowl	Jharkhand
116.	Diviyanshi Gupta	Coconut Ice cream	Delhi
117.	Inoshi Sharma	Sugarcane juice beetroot dalia	Delhi
118.	Anushka Shelke	Coconut and Watermelon Jelly	Maharashtra
119.	Madhur Sharma	Applana Cheese cake	Delhi
120.	Raghav Lamba	Couscous pineapple Mousse	Uttar Pradesh
121.	Himanshi Mahajan	Fruit Ganache Slice	Uttar Pradesh
122.	Shalini Sethi	Mango Paradise	Uttar Pradesh
123.	Jasleen Vig	Peaches Poached in Pomegranate	Delhi



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