

Instant Green Gram Dal Fry (Protein-Rich) .

Instant Green Gram Dal Fry .

Category: curries / dal-based curries

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: 3–4 servings .

Prep Time: 10 minutes .

Cook Time: 15 minutes .

Total Time: 25 minutes .

Calories: 180–220 kcal per serving .

Food Type: vegetarian .

Food Timing: lunch or dinner .

Food Texture: smooth, semi-thick curry .

Spice Level: medium

Difficulty: easy

Storage: . Refrigerate in an airtight container within 2 hours of cooking; reheat thoroughly before serving.

Shelf Life: . 24–36 hours refrigerated; not recommended to freeze due to texture change.

Diet & Allergens

- Dietary Attributes: high protein ., high fiber ., gluten-free if hing is gluten-free ., vegan if no ghee used .
- Allergens: asafoetida (possible wheat traces) ., mustard seeds .

Ingredients

English	Amount
Green gram (moong dal), dehusked	1 cup .
Tomato, chopped	1 cup .
Green chilies	1 tablespoon, chopped .
Ginger	1 teaspoon, chopped .
Lemon juice	1 tablespoon .
Asafoetida (hing)	1/4–1/2 teaspoon .
Coriander seeds	1 teaspoon .
Cumin seeds	1 teaspoon .
Mustard seeds	1 teaspoon .
Dry red chili	1 piece .
Turmeric powder	1/4 teaspoon .
Curry leaves	6–8 leaves .
Coriander leaves	2 tablespoons, chopped .
Salt	to taste .
Water	2.5–3 cups, as needed .

Procedure

1. . Dry-roast the moong dal on low heat for 3–4 minutes until aromatic; optionally rinse and pre-cook until just soft.

2. . Grind the roasted (and cooled) dal to a coarse-fine powder; mix with 2 cups water to form a lump-free slurry and rest 5 minutes.
3. . Lightly roast cumin and coriander seeds; grind to a fine spice powder.
4. . In a small jar, grind ginger, green chilies, tomato, and some coriander leaves to a coarse paste.
5. . Heat a pan; add mustard seeds and dry red chili. When they splutter, add a pinch of asafoetida and curry leaves.
6. . Add the ground cumin-coriander powder and the tomato-chili-ginger paste; sauté 2–3 minutes until raw smell reduces. Add turmeric.
7. . Pour in the moong slurry, add salt, and stir continuously to avoid lumps. Cook covered on low-medium heat for 5–10 minutes until it thickens.
8. . Turn off heat; stir in lemon juice and remaining coriander leaves. Adjust salt, spice, and consistency with hot water if needed.
9. . Serve hot with plain rice, chapathi, or roti.

Key Benefits

- . High protein supports muscle repair and satiety.
- . High fiber aids digestion and promotes fullness.
- . Generally easier on the gut than bengal gram for many people.
- . Lemon and herbs add antioxidants and enhance mineral absorption.

Health Info

. Suitable for balanced diets and weight goals when paired with whole grains and vegetables.

Cautions

- . Use gluten-free hing if sensitive to gluten.
- . Reduce chilies and hing during gastritis flare-ups.
- . Add lemon off heat to prevent bitterness.

Contraindications

- . Known legume allergy
- . Severe GI sensitivity to pulses

Nutrition (per serving)

- **protein:** 12 g per serving .
- **carbs:** 28 g per serving .
- **fat:** 5 g per serving .
- **fiber:** 8 g per serving .

Notes

- Frequency: daily
- Max Usage: . 1–2 cups cooked dal per day for most adults, adjust to individual needs.

Source

<https://www.youtube.com/watch?v=-9e439Of2m4>

Red Blood Juice for Healthy Blood Vessels (Beetroot Mix) .

Red Blood Juice (Beetroot–Pomegranate Mix) .

Category: smoothies_and_juices

Therapeutic: lifestyle_and_metabolic_disorders / hypertension / high blood pressure

Details

Servings: 2 glasses .

Prep Time: 10–15 min .

Cook Time: 0 min .

Total Time: 10–15 min .

Calories: 150–220 kcal per glass .

Food Type: vegetarian .

Food Timing: morning or evening refresher .

Food Texture: smooth, light-fiber juice .

Spice Level: mild

Difficulty: easy

Storage: Refrigerate immediately in a sealed container; keep chia separate if preferred to avoid thickening .

Shelf Life: Best consumed fresh; up to 12–24 hours refrigerated .

Diet & Allergens

- Dietary Attributes: gluten-free, refined sugar-free, high-fiber, dairy-free, vegan-friendly if honey skipped .
- Allergens: honey (pollen trace) .

Ingredients

English	Amount
chia seeds	2 tsp; soak in water 10–15 min .
beetroot, chopped	1 small (100–120 g) .
pomegranate seeds (arils) .	1/2–1 cup .
cucumber, chopped .	1/2 medium .
water	3/4–1 cup; adjust to blend .
honey (optional)	1 tsp or to taste; skip for strict diabetics .

Procedure

1. Soak chia seeds in water for 10–15 minutes until gel-like .
2. Add beetroot, pomegranate seeds, and cucumber to a blender with water and blend until smooth .
3. Strain the mixture to lighten the fiber and remove coarse bits .
4. Pour the strained juice into a bowl or jug; stir in honey if using .
5. Fold in the soaked chia gel and mix well .
6. Serve immediately, optionally chilled .

Key Benefits

- Beetroot nitrates may support healthy blood pressure and vascular function .
- Pomegranate polyphenols support heart health and antioxidant status .
- Chia provides fiber, plant omega-3 (ALA), and plant protein .
- Hydrating, cooling drink suitable for summer .
- May support hemoglobin formation due to beetroot and overall micronutrients .

Health Info

Juice intended to support blood vessels, heart health, and gentle hydration; diabetic-friendly if honey minimized or omitted .

Cautions

- Monitor blood glucose if adding honey; keep to 1 tsp or skip .
- High-oxalate foods like beetroot may not suit those prone to kidney stones .
- May lower blood pressure; take care if on antihypertensive medications .

Contraindications

- Allergy to bee products .
- History of calcium oxalate kidney stones (limit beetroot) .
- Symptomatic hypotension (use caution) .

Nutrition (per serving)

- **protein:** 3–5 g per glass .
- **carbs:** 20–30 g per glass .
- **fat:** 3–5 g per glass .
- **fiber:** 4–7 g per glass .

Notes

- Frequency: daily
- Max Usage: 1–2 glasses per day .

Source

<https://www.youtube.com/watch?v=-Cs56KajhE>

B-Complex Laddu (Thavudu Laddu) Recipe

B-Complex Laddu (Thavudu Laddu)

Category: sweets / traditional sweets

Therapeutic: lifestyle_and_metabolic_disorders / weight gain

Details

Servings: 12–15 laddus .

Prep Time: 15 minutes .

Cook Time: 10 minutes (dry roast) .

Total Time: 25 minutes .

Calories: 120–150 kcal per laddu .

Food Type: vegetarian

Food Timing: after meals

Food Texture: soft

Spice Level: mild

Difficulty: easy

Storage: Store in an airtight container in a cool, dry place; refrigerate in warm climates.

Shelf Life: 5–7 days at room temperature; up to 2 weeks refrigerated .

Diet & Allergens

- Dietary Attributes: refined sugar free, no jaggery, protein rich, B-vitamin rich, contains honey
- Allergens: peanuts, tree nuts (cashew), sesame, gluten (if wheat bran used)

Ingredients

English	Amount
bran (rice/wheat bran)	1 cup

cashew nuts	1 cup
peanuts	1 cup
sesame seeds	1 cup
honey	2 tablespoons
cardamom powder	1/2 teaspoon .
dates paste	1/4 cup .

Procedure

1. Dry roast cashews, peanuts, and sesame separately on low heat until aromatic; cool.
2. Lightly roast the bran (Thavudu) until it smells nutty; cool completely.
3. Pulse roasted peanuts, cashews, and sesame together to a fine powder; set aside.
4. Grind cashews with honey briefly to make a soft paste; keep aside.
5. In a bowl, combine dates paste and honey-cashew paste; add roasted bran and nut-seed powder.
6. Add cardamom powder and mix thoroughly until the mixture holds shape; adjust honey/dates if needed.
7. Portion and roll into laddus; optionally garnish with cashew pieces.
8. Store in an airtight container.

Key Benefits

- Bran supplies B-complex vitamins
- Nuts and sesame provide protein and healthy fats
- No refined sugar or jaggery; natural sweeteners used

Health Info

. Convenient way to incorporate bran (B vitamins) with protein-rich nuts and sesame; suggested as a post-meal sweet.

Cautions

- Allergen risk from nuts and sesame
- High calorie density; portion control advised
- Adjust sweetness for diabetics

Contraindications

- Infants under 1 year due to honey
- Individuals with nut/sesame allergies
- Use rice bran instead of wheat bran if gluten sensitive

Nutrition (per serving)

- **protein:** 4–5 g per laddu .
- **carbs:** 10–12 g per laddu .
- **fat:** 7–9 g per laddu .
- **fiber:** 2–3 g per laddu .

Notes

- Frequency: daily
- Max Usage: 1–2 laddus per day for adults .

Source

<https://www.youtube.com/watch?v=-hOZG8F4jnU>

Kova Kajjukayalu without oil and refined sugar (honey-glazed, multigrain) — Deepavali special .

Kova Kajjukayalu (No-oil, Honey-glazed, Multigrain) .

Category: sweets / traditional sweets

Details

Servings: . 12 pieces (6–8 servings)

Prep Time: . 20 minutes

Cook Time: . 25 minutes

Total Time: . 45 minutes

Calories: . 220 kcal per piece

Food Type: . Traditional Indian sweet/dessert

Food Timing: . After-meal dessert or festive snack

Food Texture: . Crisp outside, soft nutty-coconut filling

Spice Level: mild

Difficulty: medium

Storage: . Store in an airtight container; keep cool and dry; refrigerate in warm climates.

Shelf Life: . 2–3 days at room temperature; 5–7 days refrigerated.

Diet & Allergens

- Dietary Attributes: . Vegetarian, . No deep-frying, . Egg-free, . Contains dairy, . Contains nuts, . May contain gluten
- Allergens: dairy, tree nuts (cashew, almond, pistachio), gluten (if flour includes wheat)

Ingredients

English	Amount
Multigrain flour	. 1 cup
Milk	. 1/2–3/4 cup, as needed for dough
Ghee	. 1–2 teaspoons for soft dough
Dry coconut powder (desiccated coconut)	. 1 cup
Kova (khoya/mawa)	. 1 cup, crumbled
Cashew nut powder	. 1 cup
Almond powder	. 2 tablespoons
Cashew nuts (chopped)	. 2 tablespoons
Cardamom powder	. 1/2 teaspoon
All-purpose flour (optional, for dusting/binding)	. 1 tablespoon
Honey	. 1/2–3/4 cup for glaze
Water	. 2–3 tablespoons for thinning honey
Pistachios (for garnish, chopped)	. 1 tablespoon
Almonds (for garnish, slivers)	. 1 tablespoon

Procedure

1. In a mixing bowl, add multigrain flour and gradually add milk, mixing to form a soft dough; drizzle in ghee and knead until smooth; cover and rest for . 1 hour.
2. In another bowl, combine dry coconut powder, crumbled khoya, cashew powder, almond powder, chopped cashews, and cardamom powder; mix well to make the filling.

3. Pinch small portions of the rested dough and roll into balls; flatten or roll lightly into small discs.
4. Place a spoonful of the nut-coconut filling in the center; fold over to form a crescent and press edges to seal; crimp or use a rolling pin edge to secure.
5. Heat a thick pan/tawa on low-medium; place a metal ring/trivet and set a plate/tray with the shaped kajjukayalu on top to create gentle, even heat (or bake in an oven if preferred).
6. Cook until the outer dough is set and lightly crisp, flipping or rotating the tray as needed for even cooking; avoid high heat to prevent scorching.
7. For the glaze, add honey to a small pan with a little water; heat for about 5 minutes until it foams and turns sticky like a light syrup.
8. Dip or toss the cooked kajjukayalu in the warm honey syrup briefly (about 30–60 seconds) to coat; avoid over-soaking.
9. Remove and place on a greased plate or parchment; garnish with pistachios and almond slivers.
10. Allow to set for a few minutes; serve warm or at room temperature.

Key Benefits

- . No deep-frying reduces oil intake.
- . Multigrain flour adds fiber and micronutrients compared to only maida.
- . Nuts and khoya provide some protein and healthy fats.
- . Honey glaze avoids refined sugar syrup, though total sugars remain significant.
- . Festival-friendly sweet with traditional flavor.

Health Info

. Despite no deep-frying and refined sugar syrup, this dessert remains calorie-dense and sweet; practice portion control, especially for diabetes or weight management.

Cautions

- . High in sugars; monitor portion if diabetic.
- . Contains dairy and nuts; check for allergies.
- . May contain gluten if multigrain mix includes wheat.

Contraindications

- . Nut allergy
- . Severe lactose intolerance
- . Uncontrolled diabetes

Nutrition (per serving)

- **protein:** . 4 g per piece
- **carbs:** . 25 g per piece
- **fat:** . 10 g per piece
- **fiber:** . 2 g per piece

Notes

- Frequency: weekly
- Max Usage: . 1–2 pieces per serving; adjust for activity level and health status.

Source

<https://www.youtube.com/watch?v=-QdjVX3ubmA>

Drumstick Parotta (Multi-grain) — Manthanhouse Kitchen .

Drumstick Parotta with Multi-grain Flour .

Category: main_course / roti

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: 2–3 servings .

Prep Time: 15 minutes .

Cook Time: 20 minutes .

Total Time: 35 minutes .

Calories: 200–250 kcal per parotta .

Food Type: vegetarian

Food Timing: lunch or dinner .

Food Texture: soft inside with lightly crisped spots .

Spice Level: medium

Difficulty: easy

Storage: Refrigerate dough in an airtight container for up to 24 hours; cooked parottas keep refrigerated for 1 day; reheat on tawa .

Shelf Life: Dough: 24 hours refrigerated; cooked parottas: 6–8 hours at room temperature or 1 day refrigerated .

Diet & Allergens

- Dietary Attributes: vegetarian, multi-grain, high-fiber ., diabetic-friendly ., no deep-frying
- Allergens: gluten, dairy, legumes (chickpea/gram flour)

Ingredients

English	Amount
drumstick (moringa) pods, finely chopped	1 cup .
multi-grain flour	1 cup .
gram flour (besan)	2 tablespoons .
roasted coriander seeds	1 teaspoon .
roasted cumin seeds	1 teaspoon .
green chilies, finely chopped	1 tablespoon .
grated ginger	1 teaspoon .
asafoetida (hing)	1 teaspoon .
lemon, juiced	1 medium .
curd (yogurt)	1 cup .
fresh coriander leaves, chopped	2 tablespoons .

Procedure

1. Rinse, soak briefly, wash well, and very finely chop tender drumstick pods for easier chewing .
2. In a bowl combine multi-grain flour and gram flour; add chopped drumstick, green chilies, grated ginger, chopped coriander leaves, and asafoetida .
3. Add lemon juice and curd; mix to form a soft dough and rest 5–10 minutes to hydrate .
4. Sprinkle in roasted cumin and roasted coriander seeds; knead gently to distribute evenly .
5. Divide dough into portions; roll each into a disc, then trim edges with a plate to make a neat round shape .

6. Cook each parotta on a preheated non-stick tawa over low–medium heat until golden spots appear on both sides, using minimal or no oil as preferred .

7. Serve hot; can be eaten plain or with simple sides like curd or chutney .

Key Benefits

- Higher fiber than maida parotta, supporting steadier post-meal glucose .
- Drumstick is rich in beta-carotene and micronutrients supporting eye health .
- Curd can aid digestion and satiety when used in moderation .

Health Info

Suggested as a diabetes-friendly swap for refined flour parottas due to multi-grain fiber and drumstick nutrients .

Cautions

- Use tender pods and chop finely to reduce fibrous texture .
- Moderate chili level for children or sensitive individuals .
- Contains gluten and dairy; unsuitable for those with related intolerances .

Contraindications

- Celiac disease or gluten intolerance .
- Lactose intolerance or dairy allergy .
- Chickpea or legume allergy .

Nutrition (per serving)

- **protein:** 6–8 g per parotta .
- **carbs:** 30–35 g per parotta .
- **fat:** 4–6 g per parotta .
- **fiber:** 5–7 g per parotta .

Notes

- Frequency: daily
- Max Usage: 1–2 parottas per meal depending on energy needs and glycemic goals .

Source

<https://www.youtube.com/watch?v=-TsRZ3voak8>

3-in-1 Natural Cold Soup for Summer (Barley, Buttermilk, Sabja) .

3-in-1 Cold Soup (Barley + Buttermilk + Sabja) .

Category: soups / mixed soup

Therapeutic: digestive_disorders / digestive problems / disorders

Details

Servings: 2 to 3 .

Prep Time: 15 min .

Cook Time: 10 to 15 min .

Total Time: 30 min .

Calories: 120 to 180 kcal per serving .

Food Type: vegetarian

Food Timing: Mid-morning or afternoon in summer .

Food Texture: Smooth and lightly thick with gelled seeds .

Spice Level: mild

Difficulty: easy

Storage: Keep in a clay pot or refrigerator; do not add ice; consume the same day for best effect .

Shelf Life: Up to 24 hours when kept cool .

Diet & Allergens

- Dietary Attributes: probiotic, hydrating, cooling, no added sugar
- Allergens: dairy, gluten

Ingredients

English	Amount
Barley seeds	1/2 cup .
Water	4 cups .
Buttermilk	1.5 cups .
Sabja seeds (sweet basil or tukmaria)	2 tbsp soaked .

Procedure

1. Dry-roast barley seeds on a low flame until aromatic and lightly colored; cool completely.
2. Grind roasted barley to a fine powder.
3. Whisk barley powder with some water to make a lump-free slurry.
4. Bring remaining water to a boil, then stir in the slurry and cook on low until slightly thick and glossy.
5. Cool the mixture to warm or room temperature.
6. Transfer to a clay pot and whisk in buttermilk.
7. Add fully soaked and swollen sabja seeds, mix well, and serve naturally cool without ice.

Key Benefits

- Natural cooling for summer
- Hydration support
- Probiotic support from buttermilk
- Gentle on digestion
- May aid mild detox .

Health Info

Cooling, hydrating, gut-friendly blend; avoid sugar and ice to prevent acidity and perceived heat build-up .

Cautions

- Ensure sabja seeds are fully soaked to reduce choking risk
- Use pasteurized buttermilk if needed
- Avoid if gluten intolerant or celiac

Contraindications

- Celiac disease
- Dairy allergy
- Severe lactose intolerance

Nutrition (per serving)

- **protein:** 3 to 5 g per serving .
- **carbs:** 18 to 25 g per serving .
- **fat:** 2 to 4 g per serving .

- **fiber:** 3 to 5 g per serving .

Notes

- Frequency: daily
- Max Usage: 1 to 2 servings per day in summer .

Source

<https://www.youtube.com/watch?v=-vLlNrGmJBI>

Coconut Fried Rice with Coconut Milk (Unpolished Basmati) .

Coconut Fried Rice (Unpolished Basmati with Coconut Milk) .

Category: main_course / flavoured rice

Therapeutic: detox_focus_areas / heart

Details

Servings: 2 to 3 servings .

Prep Time: 15 minutes .

Cook Time: 25 minutes .

Total Time: 40 minutes .

Calories: 420 kcal per serving .

Food Type: vegetarian main course .

Food Timing: lunch or dinner .

Food Texture: soft rice with crunchy nuts and dal tempering .

Spice Level: medium

Difficulty: easy

Storage: Cool quickly and refrigerate in an airtight container; reheat thoroughly before serving .

Shelf Life: Up to 24 hours refrigerated for best quality .

Diet & Allergens

- Dietary Attributes: vegan ., vegetarian ., gluten-free ., no onion no garlic .
- Allergens: peanuts ., tree nuts (cashew) ., coconut ., mustard seeds .

Ingredients

English	Amount
Unpolished basmati rice	1 cup .
Coconut milk	1 cup .
Water	1 cup .
Grated coconut	1/4 cup .
Boiled peanuts	1/4 cup .
Cashew nuts	2 tbsp .
Green chilies	3 split .
Grated ginger	1 tbsp .
Black pepper powder	1 tsp .
Bengal gram (chana dal)	1 tbsp .
Black gram (urad dal)	1 tbsp .
Asafoetida (hing) powder	a pinch .
Cumin seeds	1 tsp .
Mustard seeds	1 tsp .

Dry red chilies	2 nos .
Bay leaf	1 leaf .
Cloves	3 nos .
Cinnamon stick	1 small piece .
Curry leaves	1 sprig .
Coriander leaves (cilantro)	2 tbsp chopped .
Lemon	1 small, for juice .
Salt	to taste .

Procedure

1. Rinse unpolished basmati rice until water runs clear and soak for 15 minutes; drain well .
2. In an earthen or heavy pot, add bay leaf, cinnamon, and cloves; add the drained rice and lightly toast for 30 to 60 seconds on low heat .
3. Pour in coconut milk and water (1:1) with salt; bring to a gentle simmer, cover, and cook until rice is just done and fluffy; spread on a plate to cool so grains stay separate .
4. For tempering, heat a kadai; add mustard and cumin until they splutter, then add chana dal and urad dal; sauté until lightly golden .
5. Add asafoetida, dry red chilies, green chilies, and grated ginger; sauté briefly until aromatic .
6. Add cashews and boiled peanuts; fry until cashews turn light golden; add grated coconut and curry leaves; sauté 1 to 2 minutes to lightly toast the coconut .
7. Add the cooked rice to the tempering; sprinkle black pepper powder; gently fold to combine without breaking grains; adjust salt as needed .
8. Finish with lemon juice and chopped coriander leaves; serve hot .

Key Benefits

- Coconut milk and grated coconut provide medium-chain fats that may support HDL cholesterol .
- Unpolished basmati retains more fiber, B vitamins, and minerals compared to polished rice .
- Peanuts, cashews, and dals add plant protein, magnesium, and crunch for better satiety .
- Earthen pot cooking offers gentle, even heat that can enhance aroma and reduce scorching .

Health Info

Best enjoyed fresh and hot; pair with vegetables or salad to balance fats and increase fiber intake .

Cautions

- Portion control advised for those managing weight or cholesterol intake due to calorie density .
- Adjust chilies and pepper for children or sensitive digestion .
- Check all nuts are fresh to avoid rancidity .

Contraindications

- Nut allergies (peanut, cashew, coconut) .
- Acute gastritis or reflux may require reducing chilies and pepper or avoiding temporarily .

Nutrition (per serving)

- **protein:** 8 g per serving .
- **carbs:** 60 g per serving .
- **fat:** 20 g per serving .
- **fiber:** 4 g per serving .

Notes

- Frequency: weekly
- Max Usage: 1 serving (about 1 to 1.5 cups cooked rice) per meal for most adults .

Source

<https://www.youtube.com/watch?v=0SjhRqnMI0M>

Paneer Lettuce Wraps for Obesity and Diabetes Support .

Paneer Lettuce Wraps (No-Flour, Low-Carb) .

Category: snacks / chaat items

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: 2–3 wraps (1–2 persons) .

Prep Time: 10 minutes .

Cook Time: 5 minutes .

Total Time: 15 minutes .

Calories: 120–160 kcal per wrap .

Food Type: vegetarian .

Food Timing: Best as brunch (10–11 AM) and evening meal (4–5 PM) within a 16:8 window .

Food Texture: Soft paneer with crunchy lettuce and capsicum .

Spice Level: medium

Difficulty: easy

Storage: Keep components separate; refrigerate paneer filling and cashew cream in airtight boxes; assemble just before eating .

Shelf Life: Paneer filling and cream 24 hours refrigerated; assembled wraps best within 30 minutes .

Diet & Allergens

- Dietary Attributes: low carb, high protein, gluten-free, no added sugar, vegetarian
- Allergens: dairy (paneer), tree nuts (cashew), nightshades (capsicum)

Ingredients

English	Amount
Cashew nuts	2 tbsp, soaked 15 minutes .
Mint leaves	1 tbsp, packed .
Green chilli	1 small, deseeded if needed .
Chaat masala	1 tsp .
Cumin powder	1 tsp .
Lemon juice	1–2 tsp .
Ghee	1 tsp for greasing .
Paneer (Indian cottage cheese)	150–200 g, grated .
Oregano (dry)	a pinch .
Black pepper powder	a pinch to taste .
Lettuce leaves	2–4 large leaves, washed and dried .
Red capsicum slices	a few strips .
Yellow capsicum slices	a few strips .

Green capsicum slices

a few strips .

Procedure

1. Soak cashews for 10–15 minutes and drain well .
2. Blend soaked cashews, mint, green chilli, chaat masala, cumin powder, and lemon juice to a smooth cream; adjust water by teaspoons if needed .
3. Grease a warm pan lightly with ghee; add grated paneer and toss on low heat just until soft and warm (do not brown) .
4. Season paneer with a pinch of oregano and black pepper; mix gently and switch off heat .
5. Lay out lettuce leaves; place mixed capsicum strips on top .
6. Spread a spoonful of cashew-mint cream over the vegetables .
7. Add a generous line of warm paneer; keep the filling centered for easy rolling .
8. Roll tightly into wraps; secure with a toothpick if needed and serve immediately .

Key Benefits

- High protein from paneer helps satiety and supports fat loss .
- Low in refined carbohydrates, potentially assisting post-meal glucose control .
- Fiber and antioxidants from lettuce and capsicum support gut and metabolic health .
- Spices and herbs add flavor without extra calories or sugar .

Health Info

Designed as a low-carb, high-protein wrap suitable for inclusion in a 16:8 time-restricted eating plan for obesity and diabetes support; individual responses vary, monitor glucose .

Cautions

- Use lactose-free paneer or tofu if lactose intolerant .
- Skip cashews if nut allergy; use yogurt or seed-based sauce instead .
- Adjust chilli and pepper for GERD or gastritis sensitivity .

Contraindications

- Severe kidney disease requiring protein restriction should consult a clinician before high-protein meals .

Nutrition (per serving)

- **protein:** 10–14 g per wrap .
- **carbs:** 5–8 g per wrap .
- **fat:** 8–12 g per wrap .
- **fiber:** 2–3 g per wrap .

Notes

- Frequency: daily
- Max Usage: Up to 2–5 wraps per day based on calorie needs and glucose targets .

Source

<https://www.youtube.com/watch?v=0W81o5ElztY>

6-Flavour Multigrain Cupcakes (Eggless, No Maida, No Refined Sugar)

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6-Flavour Multigrain Cupcakes with Cashew Cream (Eggless) .

Category: sweets / baked sweets

Therapeutic: respiratory_disorders / cold

Details

Servings: Makes about 12 standard cupcakes .

Prep Time: 15 minutes .

Cook Time: 20–22 minutes on low flame or 18–20 minutes at 170°C .

Total Time: 35–40 minutes .

Calories: Around 170–210 kcal per cupcake depending on frosting .

Food Type: Vegetarian, eggless .

Food Timing: Snack or dessert .

Food Texture: Soft and moist crumb with creamy topping .

Spice Level: mild

Difficulty: easy

Storage: Store in an airtight container; keep at room temperature for up to 24 hours or refrigerate for up to 3 days; bring to room temperature before serving .

Shelf Life: Room temperature 1 day; refrigerated 3 days .

Diet & Allergens

- Dietary Attributes: eggless ., no refined sugar ., no maida ., contains nuts ., contains dairy .
- Allergens: tree nuts (cashew, almond, pistachio) ., dairy (milk, curd) ., gluten if multigrain mix contains wheat ., honey .

Ingredients

English	Amount
Multigrain flour	1 cup .
Honey	1 cup .
Milk	1 cup for batter, plus 2–3 tbsp as needed .
Curd (yogurt)	2 tbsp .
Baking powder	1 tsp .
Baking soda	1/4 tsp .
Groundnut oil (or neutral oil)	1 tbsp .
Banana (ripe)	1 small, mashed .
Carrot, grated	1 small (about 1/3 cup) .
Beetroot, grated	1 small (about 1/3 cup) .
Lemon zest	1 tsp (zest of 1 lemon) .
Blackberries, chopped or mashed	1/4 cup .
Mixed dry nuts (almonds, pistachios, cashews), chopped	2–3 tbsp .
Cashews, soaked (for cream)	1 cup .
Milk (for cream)	2–4 tbsp, as needed to blend .

Procedure

1. Preheat or set up baking: for stovetop, place a thick-bottom pan with a stand and preheat on low for 10 minutes; for oven, preheat to 170°C .
2. In a bowl, whisk multigrain flour, baking powder, and baking soda until evenly combined .
3. In another bowl, mix honey, curd, milk, and oil until smooth; do not over-whisk .

4. Combine wet and dry mixtures; fold gently to a smooth batter; add 2–3 tbsp milk if needed for dropping consistency .
5. Rest the batter for 5 minutes to hydrate the flour .
6. Divide the batter into 6 small bowls for six flavors .
7. Flavor 1 Banana: fold in mashed banana .
8. Flavor 2 Carrot: fold in grated carrot .
9. Flavor 3 Beetroot: fold in grated beetroot for color and earthiness .
10. Flavor 4 Lemon: fold in lemon zest for citrus aroma .
11. Flavor 5 Blackberry: add chopped or lightly mashed blackberries .
12. Flavor 6 Mixed nuts: fold in chopped almonds, pistachios, and cashews .
13. Line a cupcake tray with liners; spoon each flavored batter into separate liners, filling about 2/3 full .
14. Bake on low flame with lid covered for 20–22 minutes (stovetop) or in oven at 170°C for 18–20 minutes, until a skewer comes out clean .
15. For cashew cream: blend soaked cashews with a few tablespoons of milk to a smooth, pipeable cream .
16. Cool cupcakes completely; pipe cashew cream on top and garnish with a few chopped nuts or fruit pieces as desired .

Key Benefits

- Whole grains provide fiber and micronutrients compared to maida .
- No refined sugar; uses honey for sweetness, still calorie-dense so portion control advised .
- Fruits and vegetables add antioxidants (berries, beetroot) and vitamins (carrot, lemon zest) .
- Nuts and cashew cream provide healthy fats and some protein for satiety .
- Eggless and kid-friendly dessert option .

Health Info

Suggested as a healthier alternative to bakery cupcakes; may be soothing for throat due to honey and warm, soft texture, but still a sweet treat that should be consumed mindfully .

Cautions

- Monitor portions for children and individuals with diabetes due to honey content .
- Check for nut and dairy allergies; omit or substitute as needed .
- Ensure cupcakes cool before frosting to prevent cream from melting .

Contraindications

- Tree nut allergy or nut-induced anaphylaxis .
- Lactose intolerance or milk protein allergy if not using alternatives .

Nutrition (per serving)

- **protein:** about 3–5 g per cupcake .
- **carbs:** about 25–30 g per cupcake .
- **fat:** about 7–10 g per cupcake .
- **fiber:** about 2–3 g per cupcake .

Notes

- Frequency: weekly
- Max Usage: 1–2 cupcakes per serving for adults depending on energy needs .

Source

<https://www.youtube.com/watch?v=1lWcXbE9k7o>

Sprouted Jonna (Sorghum) Flakes Upma — oil-free, no-salt .

Sprouted Jonna (Sorghum) Flakes Upma

Category: breakfast / upma

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: 3–4 .

Prep Time: 10–15 min .

Cook Time: 10–15 min .

Total Time: 20–30 min .

Calories: . 250–300 kcal per serving

Food Type: vegan

Food Timing: breakfast or light dinner .

Food Texture: soft, moist

Spice Level: mild

Difficulty: easy

Storage: Best served fresh; refrigerate leftovers in an airtight container and reheat gently with a splash of water .

Shelf Life: Up to 24 hours refrigerated .

Diet & Allergens

- Dietary Attributes: vegan, gluten-free (.), high-fiber, no-added-salt option
- Allergens: mustard, legumes (moong dal), nightshades (brinjal/eggplant)

Ingredients

English	Amount
sprouted sorghum (jonna) flakes	2 cups .
oil (optional)	0–1 tsp .
mustard seeds	1/2 tsp .
cinnamon	1 small piece .
cumin seeds	1/2 tsp .
small brinjals (eggplants), chopped	4–6 small .
curry leaves	1 sprig .
split moong dal	1–2 tbsp .
grated ginger	1 tsp .
onion, finely chopped	1 medium .
cabbage, finely chopped (optional)	1/2 cup .
tomatoes, chopped	1–2 medium .
green chillies, slit or chopped	1–2 .
grated carrot	1/2 cup .
chaat masala powder (optional)	a pinch to taste .
turmeric powder	1/4 tsp .
coriander leaves, chopped	2 tbsp .

lemon juice

1–2 tsp .

Procedure

1. Heat a thick-bottomed pot; add 0–1 tsp oil (skip for oil-free).
2. Add mustard seeds, cinnamon, and cumin; allow to splutter and release aroma.
3. Add curry leaves, chopped small brinjals, and split moong dal; sauté on medium heat.
4. Stir in grated ginger to infuse flavor.
5. Add chopped onion (and cabbage if using); cook 2–3 minutes until softened; for oil-free, add a splash of water as needed.
6. Add tomatoes and green chillies; cook until tomatoes soften.
7. Add grated carrot; cook vegetables together for about 5 minutes.
8. Add sprouted jonna (sorghum) flakes; mix so flakes absorb vegetable moisture; cover and steam on low for 2–3 minutes.
9. Uncover; sprinkle turmeric, a pinch of chaat masala (optional), and chopped coriander; mix gently.
10. Finish with lemon juice; turn off heat and rest 1 minute before serving.

Key Benefits

- Whole-grain sorghum flakes provide fiber and micronutrients .
- Sprouting may improve digestibility and nutrient bioavailability .
- Low-oil and no-added-salt option supports lighter meals .
- Vegetable-rich preparation increases vitamins, minerals, and volume for satiety .

Health Info

Suitable as a high-fiber, whole-grain breakfast alternative to refined rava or vermicelli; naturally gluten-free grain when uncontaminated .

Cautions

- Skip chaat masala to keep sodium minimal
- Adjust chillies for children or those sensitive to spice
- Nightshade sensitivity: omit brinjal if needed

Contraindications

- Mustard allergy .
- Legume sensitivity (moong dal) .
- History of nightshade-triggered symptoms .

Nutrition (per serving)

- **protein:** . 6–8 g per serving
- **carbs:** . 40–50 g per serving
- **fat:** . 2–6 g per serving depending on oil use
- **fiber:** . 5–7 g per serving

Notes

- Frequency: daily
- Max Usage: 1–2 servings per day .

Source

<https://www.youtube.com/watch?v=2a05f0extFk>

Diabetic-friendly Oil-free Bitter Gourd Bhajji

Oil-free Bitter Gourd Bhajji (Diabetic-friendly)

Category: snacks / bhaji

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: 2-3 servings .

Prep Time: 15-20 minutes .

Cook Time: 12-18 minutes .

Total Time: 30-40 minutes .

Calories: 120-180 kcal per serving .

Food Type: vegetarian

Food Timing: snack

Food Texture: lightly crisp outside, soft inside .

Spice Level: mild

Difficulty: medium

Storage: Best served fresh; refrigerate leftovers in an airtight box .

Shelf Life: Up to 12 hours refrigerated; reheat on pan before serving .

Diet & Allergens

- Dietary Attributes: oil-free, low glycemic intent, diabetic-friendly, vegetarian, gluten-free ingredients .
- Allergens: sesame, chickpea (legume)

Ingredients

English	Amount
bitter gourd (karela), large	2 nos .
lemon juice	2-3 tbsp total .
honey	1-2 tsp for soak + 1 tsp optional in batter .
water	as needed (for soak/boil and batter) .
gram flour (besan)	3/4 to 1 cup .
turmeric powder	1/4 tsp .
cumin powder	1/2 tsp .
cooking soda (baking soda)	a small pinch .
fennel seeds	1/2 tsp .
Kashmiri red chilli powder	1/2 tsp or to taste .
sesame seeds	1-2 tsp for sprinkling .
salt	to taste .

Procedure

1. Slice the top of each bitter gourd near the stem, scoop out seeds, and cut into thin rings or slices.
2. In a bowl/pan, mix water, lemon juice, and a little honey; simmer the slices 5-10 minutes to reduce bitterness, then reserve some warm soaking water.
3. Make batter: combine gram flour, turmeric, cumin powder, fennel seeds, Kashmiri chilli, salt, a pinch of cooking soda, a squeeze of lemon, and optional 1 tsp honey.

4. Use the reserved warm soaking water to whisk into a thick, coatable batter (no extra plain water if possible).
5. Dip each bitter gourd slice in batter to coat evenly.
6. Heat a non-stick pan on low-medium, place coated slices without oil, sprinkle sesame seeds on top, cover, and cook gently until set and lightly browned.
7. Flip carefully, cover again, and cook the other side on low heat until done.
8. Serve hot; enjoy as an oil-free snack.

Key Benefits

- Bitter gourd may support healthy blood sugar levels.
- Oil-free cooking lowers calories vs deep-frying.
- Fennel seeds may improve digestion and reduce gas.
- Lemon-honey pre-boil reduces bitterness, improving palatability.

Health Info

Designed to be diabetes-friendly by avoiding deep-frying and using bitter gourd, which may aid insulin response .

Cautions

- For strict diabetes control, reduce or omit honey.
- Cook on low heat to prevent burning without oil.
- Monitor blood sugar if using antidiabetic medication.

Contraindications

- Allergy to sesame or chickpea.
- Pregnancy: avoid large amounts of bitter gourd.
- Hypoglycemia risk in sensitive individuals.

Nutrition (per serving)

- **protein:** moderate .
- **carbs:** moderate .
- **fat:** low .
- **fiber:** moderate-high .

Notes

- Frequency: alternate days
- Max Usage: 1-2 servings per day, monitor glucose if diabetic .

Source

<https://www.youtube.com/watch?v=2CkOsyDvYDM>

. Avocado Toast recipe and benefits

. Avocado Toast with Curd-Veggie Mix

Category: breakfast / pancake

Therapeutic: lifestyle_and_metabolic_disorders / weight gain

Details

Servings: . 2 servings

Prep Time: . 10 minutes

Cook Time: . 5 minutes

Total Time: . 15 minutes

Calories: . 380 kcal per serving

Food Type: . lacto-vegetarian

Food Timing: . breakfast or evening snack

Food Texture: . crisp toast with soft creamy topping

Spice Level: mild

Difficulty: easy

Storage: . Best served immediately; keep yogurt-veg mix refrigerated in a covered container.

Shelf Life: . Yogurt-veg mix 8–12 hours refrigerated; assembled toast 15–30 minutes before softening.

Diet & Allergens

- Dietary Attributes: . high-fiber, . probiotic (with curd), . no added sugar, . contains healthy fats
- Allergens: milk, gluten

Ingredients

English	Amount
. thick curd (yogurt), water drained	. 1 cup
. grated carrot	. 2 tablespoons
. grated cucumber	. 2 tablespoons
. chopped green chillies	. 1 teaspoon
. chopped coriander leaves	. 1 tablespoon
. chaat masala	. 1/2 teaspoon
. multigrain bread slices	. 2 slices
. ghee	. 1 teaspoon
. ripe avocado	. 1 medium (about 150–200 g flesh)
. black pepper powder	. 1/4 teaspoon
. red chilli powder	. a pinch to 1/8 teaspoon
. cumin powder	. 1/4 teaspoon
. salt (optional)	. to taste

Procedure

1. . In a bowl, whisk thick curd until smooth; mix in grated carrot, grated cucumber, chopped green chillies, coriander, and 1/2 tsp chaat masala.
2. . Toast multigrain bread on a hot skillet; apply a thin layer of ghee and toast both sides until crisp; set aside.
3. . Halve the avocado, remove pit, peel, and slice the flesh.
4. . Place avocado slices over the toasted bread; season with pepper, a pinch of red chilli powder, cumin powder, and a tiny pinch of salt if needed.
5. . Serve immediately with the curd-veg mix on the side or spread a thin layer on toast as preferred.

Key Benefits

- . Provides monounsaturated fats for steady energy.
- . Adds probiotics from curd supporting gut health.
- . Supplies fiber and micronutrients from multigrain bread and vegetables.
- . Convenient calorie-dense snack for those needing weight gain or quick strength.

- . Customizable spice level and salt to suit dietary needs.

Health Info

. Suitable for individuals needing higher caloric intake, including active adults and some pregnant women, when aligned with medical advice.

Cautions

- . Use lactose-free yogurt or omit curd if lactose intolerant.
- . Choose gluten-free bread if gluten sensitive or celiac.
- . Limit ghee and seasoning for hypertension or low-salt diets.

Contraindications

- . Dairy allergy (if curd used).
- . Pancreatitis or medically prescribed low-fat diet.
- . Avocado intolerance or latex–fruit syndrome sensitivity.

Nutrition (per serving)

- **protein:** . 9 g per serving
- **carbs:** . 34 g per serving
- **fat:** . 22 g per serving
- **fiber:** . 7 g per serving

Notes

- Frequency: daily
- Max Usage: . Most adults can include about 1 medium avocado per day depending on total fat needs.

Source

<https://www.youtube.com/watch?v=3c8iLGZR6ys>

Green Salt Green Gram (Moong) Tiffin .

Green Gram with Green Salt (Spinach-Coriander Moong Tiffin) .

Category: breakfast / chilla

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: 2-3 .

Prep Time: 8-10 hours soak + 10 minutes prep .

Cook Time: 15-20 minutes .

Total Time: 8.5-9 hours .

Calories: 220-280 kcal per serving .

Food Type: vegetarian .

Food Timing: breakfast .

Food Texture: soft .

Spice Level: mild

Difficulty: easy

Storage: Best consumed fresh; refrigerate leftovers in an airtight container for up to 1 day .

Shelf Life: Refrigerated 1 day .

Diet & Allergens

- Dietary Attributes: gluten-free, no added table salt, high protein, high fiber, low glycemic, rich in greens
- Allergens: dairy, legumes

Ingredients

English	Amount
whole green gram (moong), soaked	1 cup .
spinach leaves	1 cup (packed) .
coriander leaves	1 cup .
tomato sauce (homemade preferred)	2 tbsp .
paneer, for grating	100 g .
cumin seeds	1 tbsp .
asafoetida (hing)	1/4-1/2 tsp .
green chillies	2 .
ginger	small piece .
lemon (juice)	1 .
baking soda	a pinch .
ghee (for greasing)	as needed .

Procedure

1. Soak whole green gram overnight; drain .
2. Grind coarsely with spinach, coriander, ginger, green chillies, cumin, and a pinch of asafoetida; avoid a runny batter .
3. Mix in a pinch of baking soda and lemon juice to lighten the batter .
4. Grease a tray/plate with ghee; pour and spread batter to desired thickness .
5. Cover and cook/steam on low-medium heat until set and cooked through .
6. Top with homemade tomato sauce; grate paneer over the top .
7. Slice and serve warm .

Key Benefits

- High in protein and fiber from whole moong .
- Naturally seasoned with greens; no added table salt .
- Supports steadier blood sugar and satiety .
- Suitable as a healthier breakfast/tiffin option .

Health Info

Suggested as a better alternative to refined-rice breakfasts to help manage weight, triglycerides, and LDL .

Cautions

- Use homemade low-salt tomato sauce to control sodium .
- Legumes may cause bloating; chew well and start with small portions .
- Reduce paneer if limiting saturated fat .

Contraindications

- Legume allergy .
- Dairy allergy .
- During severe IBS flare .

Nutrition (per serving)

- **protein:** 12-15 g per serving .
- **carbs:** 25-30 g per serving .
- **fat:** 6-10 g per serving (depends on paneer/ghee) .
- **fiber:** 6-8 g per serving .

Notes

- Frequency: daily
- Max Usage: 1-2 servings per day as part of a balanced diet .

Source

<https://www.youtube.com/watch?v=4nqnv1dzUIE>

Red Wheat Rava Upma with Tomato Juice (.)

Red Wheat Rava Upma (Tomato-cooked, Oil-free) .

Category: breakfast / upma

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: . 3 servings

Prep Time: . 10 minutes

Cook Time: . 15-20 minutes

Total Time: . 25-30 minutes

Calories: . 220 kcal per serving

Food Type: . vegetarian

Food Timing: . breakfast or light dinner

Food Texture: . soft and granular

Spice Level: medium

Difficulty: easy

Storage: . Best consumed fresh; refrigerate leftovers in an airtight container within 2 hours.

Shelf Life: . 12–18 hours refrigerated; reheat with a splash of hot water.

Diet & Allergens

- Dietary Attributes: . high fiber, . low sodium (no added salt), . oil-free, . diabetic-friendly, . vegetarian
- Allergens: . peanuts, . mustard, . asafoetida (may contain gluten)

Ingredients

English	Amount
red wheat rava (coarse cracked wheat)	. 1 cup
tomato juice/puree	. 1 cup
water	. 1 cup
carrot (finely chopped)	. 1 medium
capsicum/bell pepper (chopped)	. 1 medium
green chilies (slit)	. 3
ginger (grated)	. 1 inch
fresh grated coconut	. 1.25 cups

roasted peanuts	. 2 tbsp
black gram (urad dal)	. 1 tbsp
bengal gram (chana dal)	. 1 tbsp
asafoetida (hing)	. 1 pinch
cumin seeds	. 1 tsp
mustard seeds	. 1 tsp
turmeric powder	. 1/4 tsp
curry leaves	. 1 sprig
fresh coriander leaves (chopped)	. 2 tbsp
lemon juice	. 1-2 tsp

Procedure

1. . Dry roast the red wheat rava on medium-low heat for 3-4 minutes until aromatic; keep aside.
2. . In the same pan (oil-free), add mustard seeds, cumin, urad dal, and chana dal; dry-toast gently until they begin to crackle and turn light golden.
3. . Add a pinch of asafoetida, curry leaves, grated ginger, and slit green chilies; sauté dry for 30-45 seconds on low heat to release aroma.
4. . Add chopped capsicum and carrot; stir and cook for 2-3 minutes to lightly soften while retaining crunch.
5. . Pour in tomato juice and water (about 2 cups total liquid); add turmeric and bring to a gentle boil.
6. . Once the liquid boils, lower the flame and sprinkle in the roasted rava gradually, stirring continuously to prevent lumps.
7. . Cover and cook on low heat for 6-8 minutes until the rava is cooked and the mixture turns fluffy; avoid high flame to prevent sticking.
8. . Stir in grated coconut and roasted peanuts; mix well and switch off the heat.
9. . Finish with chopped coriander and lemon juice; rest covered for 2 minutes and serve hot.

Key Benefits

- . Higher fiber content from red wheat rava and vegetables supports satiety and weight management.
- . Tomato juice adds flavor and potassium, reducing reliance on added salt.
- . Oil-free cooking lowers total calories and saturated fat intake.
- . Peanuts and coconut provide healthy fats for sustained energy when used in moderation.

Health Info

. Suitable for metabolic health when portion-controlled; pair with salad or vegetable side for better glycemic response.

Cautions

- . Adjust chilies for those sensitive to spice or with gastritis.
- . Use gluten-free asafoetida if avoiding gluten.
- . Omit peanuts in case of nut/legume allergy.

Contraindications

- . Individuals on strict low-potassium diets should moderate tomato and coconut; consult a clinician.
- . Acute GI upset may warrant a simpler, bland preparation.

Nutrition (per serving)

- **protein:** . 7 g per serving
- **carbs:** . 38 g per serving
- **fat:** . 9 g per serving
- **fiber:** . 7 g per serving

Notes

- Frequency: daily
- Max Usage: . 1–2 cups per meal depending on individual energy needs

Source

<https://www.youtube.com/watch?v=69fhSB3aw2Q>

Steamed Vegetable Upma (Red Wheat Rava) .

Steamed Vegetable Upma (Red Wheat Rava)

Category: breakfast / upma

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: 3–4 servings .

Prep Time: 15 minutes .

Cook Time: 20 minutes .

Total Time: 35 minutes .

Calories: 180–220 kcal per serving .

Food Type: vegetarian .

Food Timing: breakfast or snack .

Food Texture: soft, steamed .

Spice Level: mild

Difficulty: easy

Storage: Refrigerate in an airtight container and re-steam or microwave before serving .

Shelf Life: Up to 1 day refrigerated .

Diet & Allergens

- Dietary Attributes: high fiber, low oil, vegetable-rich, lower carb emphasis .
- Allergens: gluten (wheat), dairy (curd)

Ingredients

English	Amount
Red wheat rava	1 cup
Curd (yogurt)	1 cup
Carrot	1 (grated)
Cabbage	1 small (grated) .
Beans	4 (finely chopped)
Capsicum	1 (finely chopped)
Ginger	1 small piece
Green chili	1
Coriander leaves	a little

Cumin seeds	1 tbsp
Curry leaves	1 tbsp
Lemon (juice)	1

Procedure

1. Grind the red wheat rava in a mixer to a fine powder and keep aside .
2. In the mixer, grind ginger, green chili, and coriander leaves with a little curd to a smooth paste; add remaining curd to adjust consistency .
3. Combine the curd paste with the powdered red wheat rava in a bowl to form a thick batter .
4. Grate carrot and cabbage; finely chop capsicum and beans .
5. Add grated/chopped vegetables, cumin seeds, curry leaves, and lemon juice to the batter; mix well to a scoopable consistency .
6. Grease or line a steamer plate; shape or roll portions of the mixture and place on the plate .
7. Steam on medium heat until set and cooked through; vegetables soften and rava cooks (about 15–20 minutes) .
8. Serve warm as a steamed upma; adjust lemon or herbs to taste .

Key Benefits

- Higher fiber from vegetables and red wheat rava .
- Steamed preparation reduces oil and calories .
- Good satiety; supports weight management .
- Mild spice suitable for most ages .

Health Info

Steamed, vegetable-forward upma made with red wheat rava for a lower refined-carb load and higher fiber compared to traditional sautéed upma .

Cautions

- Contains gluten and dairy .
- Adjust chili for children or sensitive individuals .

Contraindications

- celiac disease .
- dairy allergy or lactose intolerance (if curd not tolerated) .

Nutrition (per serving)

- **protein:** moderate .
- **carbs:** moderate .
- **fat:** low .
- **fiber:** high .

Notes

- Frequency: daily
- Max Usage: 1–2 cups per meal .

Source

<https://www.youtube.com/watch?v=6LDfYFmHEqs>

Dry Fruit Khoya Laddu (Rakhi Special) .

Dry Fruit Khoya Laddu (Fireless) .

Category: sweets / festival sweets

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: Makes about 10–12 laddus .

Prep Time: 15–20 minutes .

Cook Time: 0 minutes (no-cook) .

Total Time: 15–20 minutes .

Calories: ~180–220 kcal per laddu .

Food Type: vegetarian

Food Timing: after meals (dessert) .

Food Texture: soft, chewy with nutty crunch .

Spice Level: mild

Difficulty: easy

Storage: Store in an airtight container; refrigerate for best freshness .

Shelf Life: Refrigerated 5–7 days; room temperature 1–2 days .

Diet & Allergens

- Dietary Attributes: no refined sugar, gluten-free (.), fireless, festive sweet
- Allergens: milk/dairy, tree nuts (almond, cashew, pistachio), coconut

Ingredients

English	Amount
khoya (mawa)	1 cup
dry dates powder	1 cup
desiccated coconut	1 cup
honey	2 tablespoons
pistachio powder	2 tablespoons
almond slices	1 tablespoon
cashew slices	1 tablespoon
pistachio slices	1 tablespoon
dates paste	1 tablespoon
cardamom powder	a pinch

Procedure

1. In a bowl, combine dates paste with almond, cashew, and pistachio slices; add a little dry dates powder if needed and mix to a sticky mass .
2. Roll this mixture into small inner balls (mini laddus) to use as stuffing .
3. In another bowl, add khoya, desiccated coconut, dry dates powder, and a pinch of cardamom; mix well .
4. Drizzle in honey and mix until the khoya mixture binds smoothly (not too sticky) .
5. Portion the khoya mix, flatten each portion into a cup/patty, place one dry-fruit ball inside, and seal to form a laddu .
6. Roll finished laddus in desiccated coconut and pistachio powder so they coat and adhere .
7. Repeat for all portions; serve as a festival sweet .

Key Benefits

- No refined sugar; sweetness from dates and honey .
- Nuts provide healthy fats and some protein .
- Energy-dense; suitable as a festive treat .
- Fireless and quick to prepare .

Health Info

. Video claims: zero cholesterol ingredients and may help reduce bad cholesterol; also positioned as immunity-boosting when had after meals. Treat these as festival claims and consume in moderation.

Cautions

- Portion control due to high calories and sugars from dates/honey .
- Allergen caution: dairy and tree nuts .
- People with diabetes should limit quantity and pair with fiber/protein .

Contraindications

- nut allergy
- milk allergy
- lactose intolerance

Nutrition (per serving)

- **protein:** moderate .
- **carbs:** high .
- **fat:** high .
- **fiber:** moderate .

Notes

- Frequency: weekly
- Max Usage: 1–2 laddus per serving for adults .

Source

<https://www.youtube.com/watch?v=74ZfQ37Ak2Y>

Velagapandu (Wood Apple) Pachadi — Vinayaka Chavithi Special

Velagapandu (Wood Apple) Pachadi

Category: side_dishes / chutneys

Therapeutic: digestive_disorders / digestive problems / disorders

Details

Servings: . 4

Prep Time: . 10 mins

Cook Time: . 5 mins

Total Time: . 15 mins

Calories: . 120-160 kcal/serving

Food Type: vegetarian

Food Timing: lunch or dinner side dish. .

Food Texture: thick chutney. .

Spice Level: medium

Difficulty: easy

Storage: Refrigerate in an airtight container. Stir before serving. .

Shelf Life: . 1–2 days refrigerated

Diet & Allergens

- Dietary Attributes: vegetarian, contains dairy, sesame-based
- Allergens: sesame, dairy, asafoetida (possible gluten)

Ingredients

English	Amount
wood apple (bael)	1
curd (yogurt)	1.25 cups
sesame powder	2 tbsp
cumin seeds	1 tsp (plus a little for grinding)
mustard seeds	1 tsp
black gram (urad dal)	1 tsp
honey	1 tbsp
green chilies	3
dry red chilies	1–2
ginger	1 small piece
asafoetida (hing)	a pinch
curry leaves	few

Procedure

1. Break the wood apple, scoop out the pulp/seeds, and add to a mixer jar. .
2. Add a little cumin, chopped green chilies, and chopped ginger. .
3. Add a little curd and grind to a thick paste; transfer to a bowl. .
4. Mix in sesame powder and honey to the ground paste. .
5. Heat a small pan; add a little oil (if using), asafoetida, cumin, mustard, urad dal, dry red chilies, and curry leaves; let them splutter. .
6. Pour the tempering over the pachadi, mix, and serve. .

Key Benefits

- Wood apple is seasonal and traditionally used during Vinayaka Chavithi. .
- Sesame adds nuttiness and healthy fats. .
- Curd adds a creamy, cooling element. .

Health Info

A festive chutney combining fruit, sesame, and yogurt with a tempering for aroma and taste. .

Cautions

- Adjust chilies to tolerance to avoid excess heat.
- Contains honey; avoid for infants under 1 year.
- Use gluten-free hing if required.

Contraindications

- Milk/dairy allergy
- Sesame allergy
- Infants under 1 year (honey)

Nutrition (per serving)

- **protein:** . low-moderate
- **carbs:** . moderate
- **fat:** . moderate-high
- **fiber:** . moderate

Notes

- Frequency: weekly
- Max Usage: . 1–2 small servings per day

Source

<https://www.youtube.com/watch?v=7v0cynJNUfE>

Naturopathy Bombay Halwa (Carrot-Coconut Milk Halwa) .

Naturopathy Bombay Halwa (Carrot-Coconut Milk Halwa) .

Category: sweets / traditional sweets

Therapeutic: digestive_disorders / digestive problems / disorders

Details

Servings: 10-12 small pieces .

Prep Time: 15-20 minutes .

Cook Time: 20-30 minutes .

Total Time: 35-50 minutes .

Calories: not available .

Food Type: sweet dessert .

Food Timing: snack or dessert .

Food Texture: soft, jelly-like halwa .

Spice Level: mild

Difficulty: easy

Storage: Cool completely and store in an airtight container; refrigerate for best texture .

Shelf Life: 3-4 days refrigerated .

Diet & Allergens

- Dietary Attributes: refined sugar-free, cornflour-free, dairy-free, vegetarian, gluten-free
- Allergens: tree nuts (cashew), coconut

Ingredients

English	Amount
grated carrot	1 cup
grated coconut	1 cup
rice	1.25 cups
honey	1.5 cups
cashew nuts	a little, for garnish .
cardamom powder	a little .
water	as needed for grinding/adjusting .

Procedure

1. Blend grated carrot and grated coconut with a little water to a smooth paste; strain through a sieve to extract mixed carrot-coconut milk.
2. Grind rice with a little water to a very smooth paste (in batches if needed).
3. Whisk the rice paste into the carrot-coconut milk until completely lump-free; strain again if needed.
4. Pour the mixture into a heavy-bottomed pan and cook on medium heat, stirring continuously to avoid lumps.
5. When it begins to thicken and bubble, add honey and continue stirring.
6. Add cardamom powder; cook until the mixture thickens, becomes glossy, and leaves the sides of the pan (soft halwa consistency).
7. Scatter cashew nuts in a greased or lined tray; pour the hot halwa mixture and level it.
8. Let it set, then cut into desired shapes and serve.

Key Benefits

- Refined sugar-free, uses honey for sweetness
- No cornflour, relies on rice paste for setting
- Carrot adds beta-carotene and natural color
- Coconut milk provides healthy fats and flavor
- Lower ghee/dairy load compared to traditional versions

Health Info

Antioxidant-rich from carrots; dairy-free and cornflour-free sweet option made with natural ingredients .

Cautions

- Honey should not be given to infants under 1 year
- Portion control for diabetics and weight management
- Check for nut/coconut allergies

Contraindications

- Infants under 1 year
- Allergy to cashew or coconut

Nutrition (per serving)

- **protein:** not available .
- **carbs:** not available .
- **fat:** not available .
- **fiber:** not available .

Notes

- Frequency: weekly
- Max Usage: 1-2 small pieces per serving due to honey content .

Source

<https://www.youtube.com/watch?v=7XtLZ59CRDw>

High-Protein Dry Nut Shake (Groundnut & Coconut Milk) .

High-Protein Dry Nut Shake (Groundnut & Coconut Milk) .

Category: smoothies_and_juices

Therapeutic: lifestyle_and_metabolic_disorders / weight gain

Details

Servings: 2 servings .

Prep Time: 20 min (plus 4-8 hours soaking) .

Cook Time: 0 min .

Total Time: 20 min active .

Calories: 500-700 kcal/serving .

Food Type: vegetarian

Food Timing: breakfast or snack .

Food Texture: smooth liquid .

Spice Level: mild

Difficulty: easy

Storage: Refrigerate in a sealed container; shake before serving; best consumed fresh .

Shelf Life: 12-24 hours refrigerated .

Diet & Allergens

- Dietary Attributes: dairy-free, gluten-free, high-protein, refined-sugar-free, plant-based (contains honey), fiber-rich
- Allergens: peanuts, tree nuts (almonds, cashews, pistachios), honey (bee product)

Ingredients

English	Amount
soaked peanuts	1 cup .
grated coconut	1 cup .
soaked almonds, peeled	1/4 cup .
cashews	1/4 cup .
soaked pistachios, peeled	1/4 cup .
black dates, deseeded	5-6 .
honey	2 tbsp (adjust to taste) .
water	as needed .

Procedure

1. Soak peanuts, almonds, cashews, and pistachios 4-8 hours; peel skins from almonds and pistachios .
2. Deseed black dates; roughly chop cashews if desired .
3. Blend soaked peanuts with grated coconut, adding water gradually; grind 2-3 minutes until smooth .
4. Strain through a fine strainer or nut milk bag to obtain groundnut-coconut milk; set aside .
5. In the blender, add peeled almonds, pistachios, cashews, and deseeded dates; add honey and grind to a smooth paste .
6. Pour the prepared groundnut-coconut milk into the paste; blend again until fully smooth and creamy .
7. Adjust thickness with water as needed; serve fresh, optionally chilled .

Key Benefits

- High protein from peanuts, almonds, pistachios, and cashews .
- Dairy-free; uses coconut and groundnut milk .
- No refined sugar; natural sweetness from dates and honey .
- Energy-dense; supports healthy weight gain and strength .
- Coconut may support brain energy and satiety .

Health Info

Suitable for children, pregnant women, elders, and those with increased protein needs; provides balanced fats, protein, and natural sugars .

Cautions

- Not suitable for individuals with peanut or tree-nut allergies .
- Diabetics should reduce or omit honey/dates and monitor glucose .
- Very calorie-dense; adjust portion if managing weight or lipid levels .
- Do not give honey to infants under 1 year .

Contraindications

- Peanut or tree-nut allergy
- Infants under 1 year (honey)
- Uncontrolled diabetes
- Severe renal dysfunction requiring protein/potassium restriction

Nutrition (per serving)

- **protein:** 15-20 g/serving .
- **carbs:** 40-60 g/serving .
- **fat:** 25-35 g/serving .
- **fiber:** 6-10 g/serving .

Notes

- Frequency: daily
- Max Usage: Adults 1-2 glasses/day; children 1 small glass/day .

Source

https://www.youtube.com/watch?v=8X68lrnM6_w

Weight-Loss Mango Chia Pudding

Mango Chia Pudding (Weight-Loss Style)

Category: sweets / milk-based sweets

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: 2 servings .

Prep Time: 10 minutes active + 30 minutes soaking .

Cook Time: 0 minutes .

Total Time: 40 minutes .

Calories: ≈300 kcal per serving .

Food Type: dessert .

Food Timing: breakfast/snack/dessert .

Food Texture: pudding-soft .

Spice Level: mild

Difficulty: easy

Storage: Refrigerate in a covered container; keep toppings separate for best texture .

Shelf Life: Up to 24 hours refrigerated .

Diet & Allergens

- Dietary Attributes: vegetarian, dairy-free, gluten-free, high-fiber, omega-3 source
- Allergens: tree nuts, coconut, chia seed

Ingredients

English	Amount
Chia seeds	2 tablespoons
Coconut milk	1/2 cup
Mango (ripe)	2 medium
Honey	2 tablespoons or to taste
Pistachios (chopped)	1 tablespoon
Almonds (chopped)	1 tablespoon
Cherries (chopped/halved)	2-3 pieces

Procedure

1. Soak chia seeds in coconut milk for about 30 minutes until gelled .
2. Peel and finely chop part of the mango for texture; set aside .
3. Squeeze or blend the remaining mango to make a pulp; blend pulp with honey .
4. In a serving bowl, add a layer of chopped mango .
5. Spoon over a layer of the soaked chia mixture .
6. Top with the mango-honey pulp .
7. Garnish with chopped pistachios, almonds, and cherries; chill and serve .

Key Benefits

- High fiber and omega-3 from chia support satiety and weight management .
- Slower digestion may moderate post-meal glucose spikes .
- Pairing with chia may help reduce fat absorption and support cholesterol/triglycerides .
- Coconut milk provides creaminess without dairy .

Health Info

Combining mango with soaked chia and a small amount of sweetener creates a higher-fiber, slower-digesting dessert supportive of fat-loss goals .

Cautions

- Soak chia fully and consume with fluids to prevent choking .
- Reduce or omit honey for blood sugar control .
- Nut and coconut allergies must avoid toppings or substitute .

Contraindications

- Seed/nut allergies .
- Coconut allergy .
- Individuals with swallowing difficulties should avoid un-soaked chia .

Nutrition (per serving)

- **protein:** ≈6 g per serving .

- **carbs:** ≈40 g per serving .
- **fat:** ≈12 g per serving .
- **fiber:** ≈10 g per serving .

Notes

- Frequency: alternate days
- Max Usage: Limit chia to ≤2 tbsp per serving; ≤30 g/day .

Source

<https://www.youtube.com/watch?v=9aRkWuLbE5Q>

Sri Rama Navami Prasadam: Panakam, Salimidi, Vada Pappu (.)

Panakam (Honey, Pepper, Cardamom Cooling Drink) (.)

Category: festive_foods / sri ramanavami

Therapeutic: detox_focus_areas / lungs

Details

Servings: 4 glasses (.)

Prep Time: 5 minutes (.)

Cook Time: 0 minutes (.)

Total Time: 5 minutes (.)

Calories: 80–90 kcal per glass (.)

Food Type: vegetarian (.)

Food Timing: Festival prasadam; mid-morning or noon (.)

Food Texture: liquid (.)

Spice Level: mild

Difficulty: easy

Storage: Keep covered; if chilled, consume within the same day (.)

Shelf Life: Up to 8–12 hours refrigerated (.)

Diet & Allergens

- Dietary Attributes: gluten-free (.), no refined sugar (.), no oil (.)
- Allergens: honey (not vegan) (.)

Ingredients

English	Amount
Water	4 cups, chilled or room temperature (.)
Honey	3–4 tbsp, to taste (.)
Black pepper powder	1/4 tsp (.)
Cardamom powder	1/4 tsp (.)
Ice cubes (optional)	a few (.)

Procedure

1. Add water to a clean mixing bowl or jug (.)
2. Whisk in honey until fully dissolved (.)
3. Stir in black pepper powder and cardamom powder; adjust sweetness and spice to taste (.)
4. Serve immediately in glasses; add ice if desired (.)

Key Benefits

- Helps rehydrate and may reduce heat fatigue (.).
- Provides quick energy from honey (.).
- Cardamom and pepper offer a light aromatic-spice lift (.).

Health Info

Cooling festive drink traditionally offered on Sri Rama Navami; avoids jaggery and lemon in this version (.).

Cautions

- Do not give honey to infants under 12 months (.).
- Use mild pepper if you have gastritis or reflux (.).

Contraindications

- Infants under 12 months (.)
- Known honey intolerance (.)

Nutrition (per serving)

- **protein:** 0–1 g per glass (.)
- **carbs:** 20–22 g per glass (.)
- **fat:** 0 g per glass (.)
- **fiber:** 0 g per glass (.)

Notes

- Frequency: daily
- Max Usage: Up to 1–2 glasses/day for adults, adjust for individual needs (.).

Salimidi (Honey-Bound Fresh Rice Flour Sweet) (.)

Category: festive_foods / sri ramanavami

Therapeutic: detox_focus_areas / liver

Details

Servings: 6–8 pieces (.)

Prep Time: 20 minutes (.)

Cook Time: 5 minutes for light roasting of nuts/coconut (.)

Total Time: 25 minutes (.)

Calories: 110–130 kcal per piece (.)

Food Type: vegetarian (.)

Food Timing: Festival prasadam; snack or dessert (.)

Food Texture: soft, slightly chewy with nutty bite (.)

Spice Level: mild

Difficulty: easy

Storage: Store covered at room temperature if ambient is cool; refrigerate in hot weather (.).

Shelf Life: 12–24 hours at cool room temp; up to 2–3 days refrigerated (texture firms) (.).

Diet & Allergens

- Dietary Attributes: gluten-free (.), no refined sugar (.)
- Allergens: tree nuts (cashew) (.), coconut (.)

Ingredients

English	Amount
Freshly ground rice flour	1 cup (.)
Honey	3–4 tbsp, as needed to bind (.)
Cardamom powder	1/4–1/2 tsp (.)
Cashew nuts	2–3 tbsp, lightly fried (.)
Coconut pieces	2–3 tbsp, lightly fried (.)

Procedure

1. Lightly roast cashews and coconut pieces until aromatic; cool (.).
2. In a bowl, combine fresh rice flour and cardamom powder (.).
3. Add honey gradually and mix to form a soft, slightly sticky mass (.).
4. Fold in roasted cashews and coconut (.).
5. Pinch portions and press or shape into small patties/balls for offering (.).

Key Benefits

- Festival sweet without refined sugar; honey binds and sweetens (.).
- Rice flour provides gentle carbs; nuts and coconut add healthy fats (.).
- Aromatic cardamom supports pleasant digestibility (.).

Health Info

Traditional Sri Rama Navami sweet prepared with honey instead of jaggery; minimally processed (.).

Cautions

- Portion control for individuals with diabetes due to overall sugars (.).
- Check for nut/coconut allergies (.).

Contraindications

- Nut allergy (.)
- Coconut allergy (.)

Nutrition (per serving)

- **protein:** 2–3 g per piece (.)
- **carbs:** 16–20 g per piece (.)
- **fat:** 4–6 g per piece (.)
- **fiber:** 1–2 g per piece (.)

Notes

- Frequency: weekly
- Max Usage: 1–2 pieces per serving for adults (.).

Vada Pappu (Soaked Moong Dal Prasadam) (.)

Category: festive_foods / sri ramanavami

Therapeutic: detox_focus_areas / liver

Details

Servings: 3–4 servings (.)

Prep Time: 5 minutes active (.)

Cook Time: 0 minutes (.)

Total Time: 1.5–2 hours including soak (.)

Calories: 170–200 kcal per serving (.)

Food Type: vegetarian (.)

Food Timing: Festival prasadam; light lunch side (.)

Food Texture: soft-tender with mild bite (.)

Spice Level: mild

Difficulty: easy

Storage: Best consumed fresh; if needed, refrigerate immediately after mixing (.)

Shelf Life: Up to 12 hours refrigerated; quality declines thereafter (.)

Diet & Allergens

- Dietary Attributes: gluten-free (.), no oil (.), high-protein (.)
- Allergens: coconut (.)

Ingredients

English	Amount
Split moong dal (yellow)	1 cup, rinsed (.)
Water (for soaking and rinsing)	as needed (.)
Fresh coconut pieces	2–3 tbsp (.)

Procedure

1. Rinse split moong dal well until water runs clearer (.)
2. Soak in plenty of clean water for 1.5–2 hours until tender to bite (.)
3. Drain completely; mix in fresh coconut pieces (.)
4. Offer as prasadam and serve immediately (.)

Key Benefits

- Provides light plant protein and complex carbohydrates (.)
- No cooking or oil; easy on digestion (.)
- Fresh coconut adds pleasant texture and fats (.)

Health Info

Soaked pulse preparation traditionally served for Sri Rama Navami as a light, cooling accompaniment (.)

Cautions

- Rinse and soak hygienically; consume fresh to minimize risk of fermentation (.)
- Individuals with legume intolerance should start with small portions (.)

Contraindications

- Legume allergy/intolerance (.)

Nutrition (per serving)

- **protein:** 11–13 g per serving (.)
- **carbs:** 26–30 g per serving (.)
- **fat:** 2–4 g per serving (.)
- **fiber:** 5–7 g per serving (.)

Notes

- Frequency: alternate days
- Max Usage: About 1 cup cooked-equivalent per adult serving (.)

Source

<https://www.youtube.com/watch?v=9LggtR3mvWI>

. Kids-friendly Vegetable Moong Dal Kichidi for Dasara (Navaratri special) .

. Kids-friendly Vegetable Moong Dal Kichidi (Dasara special) .

Category: main_course / dasara

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: . Serves 4

Prep Time: . 20 minutes (excluding soaking)

Cook Time: . 20–25 minutes (4–5 whistles)

Total Time: . 45–60 minutes including soaking setup

Calories: . 250–320 kcal per serving

Food Type: . Vegetarian

Food Timing: . Lunch or dinner

Food Texture: . Soft and mushy

Spice Level: mild

Difficulty: easy

Storage: . Refrigerate leftovers in an airtight container within 1 hour of cooking; reheat thoroughly before serving

Shelf Life: . 24 hours refrigerated for best quality

Diet & Allergens

- Dietary Attributes: . High fiber, . Protein-rich, . Kid-friendly, . Can be gluten-free if hing is gluten-free
- Allergens: . Legumes (moong dal, chana dal), . Possible gluten from asafoetida if not certified gluten-free

Ingredients

English	Amount
Rice (short-grain)	. 1 to 1.25 cups, rinsed and soaked 30–60 min
Green gram (moong dal)	. 1/2 cup, rinsed and soaked 3–4 hours
Tomatoes, chopped	. 3 medium
Tamarind paste	. 1–2 teaspoons or to taste
Raw banana (green plantain), diced	. 1 small

Carrot, diced	. 1 medium
Brinjals (eggplants), diced	. 2 small
Radish, diced	. 1 small
Chana dal (optional, small quantity)	. 2 teaspoons, rinsed
Ginger, finely chopped	. 1 tablespoon
Cumin seeds	. 1 teaspoon + 1/2 teaspoon for tempering
Green chilies, slit	. 2–3
Dry red chilies	. 2
Sambar powder	. 2–3 teaspoons
Turmeric powder	. 1/4 teaspoon
Asafoetida (hing)	. 1/8 teaspoon
Mustard seeds	. 1/2 teaspoon for tempering
Cloves	. 2–3
Curry leaves	. 1 sprig
Coriander leaves, chopped	. 2 tablespoons for garnish
Oil or ghee	. 1.5–2 tablespoons
Salt	. to taste (optional for offering)
Water	. 3.5–4 cups, adjust as needed for soft texture
Maida (refined flour, optional as per transcript)	. 1 teaspoon (optional, can omit)

Procedure

1. . Rinse and soak moong dal for 3–4 hours; rinse and soak rice for 30–60 minutes for softer texture.
2. . Prep vegetables: dice carrot, raw banana, brinjals, and radish; chop tomatoes and ginger; slit green chilies.
3. . In a pressure cooker, heat 1 tablespoon oil or ghee; add cumin seeds (about 1 teaspoon) and chopped ginger; sauté briefly on low flame.
4. . Add curry leaves and green chilies; add a pinch of asafoetida; sauté until aromatic.
5. . Add all chopped vegetables and sauté 2–3 minutes on low flame to lightly sweat them.
6. . Add soaked and drained moong dal and rice; mix gently.
7. . Add turmeric, sambar powder, tomatoes, tamarind paste (or omit for a very mild kid-friendly version), and salt as preferred; mix well.
8. . Pour in 3.5–4 cups water for a soft, kichidi-like consistency; close the cooker and cook for 4–5 whistles on medium heat.
9. . For tempering, heat 1/2–1 tablespoon oil or ghee in a small pan; add mustard seeds, 1/2 teaspoon cumin, dry red chilies, a pinch of asafoetida, cloves, and curry leaves; let them splutter and turn aromatic.
10. . Open the cooker after pressure settles; lightly mash to desired softness; pour tempering over the kichidi and mix; garnish with chopped coriander leaves and serve warm.

Key Benefits

- . Balanced meal with vegetables, protein, and fiber
- . Soft texture suitable for kids and easy digestion
- . Lower carbohydrate density by increasing vegetables
- . Moong dal provides gentle, light-on-stomach protein
- . Festive-friendly as a Dasara/Navaratri offering

Health Info

. This kichidi emphasizes vegetables and moong dal to support satiety, digestion, and weight management while keeping spices mild for kids .

Cautions

- . Keep spices mild for children and sensitive individuals
- . Use gluten-free hing to avoid gluten contamination
- . Introduce legumes gradually to avoid gas/bloating

Contraindications

- . Allergy to legumes or specific vegetables used
- . Acute gastritis may require omitting chilies and souring agents

Nutrition (per serving)

- **protein:** . 9–12 g per serving
- **carbs:** . 40–50 g per serving
- **fat:** . 6–10 g per serving
- **fiber:** . 6–8 g per serving

Notes

- Frequency: daily
- Max Usage: . 1–2 bowls per meal depending on appetite and goals

Source

https://www.youtube.com/watch?v=9n4jhZG_aCQ

Omega-3 Flaxseed Spicy Powder (Avisa Ginja Podi) .

Flaxseed Spicy Powder (Avisa Ginja Podi) .

Category: side_dishes / podi (spice powders)

Therapeutic: lifestyle_and_metabolic_disorders / hypertension / high blood pressure

Details

Servings: 10–12 servings .

Prep Time: 10 mins .

Cook Time: 12–15 mins .

Total Time: 25 mins .

Calories: ≈120 kcal per 20 g serving .

Food Type: spice powder (podi) .

Food Timing: with meals .

Food Texture: dry powder .

Spice Level: medium

Difficulty: easy

Storage: Store in an airtight jar; keep refrigerated if climate is warm due to coconut; use dry spoon only .

Shelf Life: 1–2 weeks refrigerated; shorter at room temperature if hot/humid .

Diet & Allergens

- Dietary Attributes: vegan, gluten-free, no onion no garlic, high omega-3 (ALA) .
- Allergens: peanuts, coconut

Ingredients

English	Amount
Flax seeds	1 cup
Grated coconut	1 cup
Roasted peanuts	2 tbsp
Bengal gram (chana dal)	1 tbsp
Black gram (urad dal)	1 tbsp
Coriander seeds	1 tbsp
Cumin seeds	1 tbsp
Dry red chilies	4
Mango powder (amchur)	1 tbsp
Curry leaves	a few .
Salt	to taste .

Procedure

1. Rinse flax seeds, soak briefly with a little water, then cook them on low heat in a non-stick pan until they puff and are aromatic; set aside to cool .
2. In the same pan, dry roast Bengal gram, black gram, cumin seeds, coriander seeds, and dry red chilies on low heat until fragrant; avoid burning .
3. Add curry leaves to the pan and roast briefly until crisp; remove and cool .
4. Dry roast grated coconut separately on low heat, stirring continuously until lightly golden; cool completely .
5. In a mixer jar, add the cooked flax seeds, roasted spice mix, roasted coconut, salt, and mango powder (amchur) for sourness; pulse to a coarse-fine powder as preferred .
6. Taste and adjust salt or chilies; cool fully and store in an airtight jar; serve with rice, idly, dosa, or sprinkle on salads/curd .

Key Benefits

- Provides plant-based omega-3 (ALA) .
- Adds fiber and lignans from flaxseeds .
- Convenient side powder to support heart-friendly eating patterns .

Health Info

Suggested for heart health and cholesterol support; benefits are best as part of an overall balanced diet and lifestyle .

Cautions

- Allergens: peanuts and coconut.
- Increase intake gradually due to fiber; drink water.
- Spice level may be high for some; adjust chilies .

Contraindications

- Peanut allergy
- Coconut allergy
- History of bowel obstruction; consult clinician and ensure hydration .

Nutrition (per serving)

- **protein:** ≈3 g per 20 g serving .
- **carbs:** ≈5 g per 20 g serving .

- **fat:** ≈8 g per 20 g serving .
- **fiber:** ≈4 g per 20 g serving .

Notes

- Frequency: daily
- Max Usage: Up to 20–25 g per day for adults as per video guidance .

Source

<https://www.youtube.com/watch?v=BlbDkxScyI>

High Folic Acid Chickpea Wrap .

High Folic Acid Chickpea Wrap .

Category: main_course

Therapeutic: digestive_disorders / digestive problems / disorders

Details

Servings: 2 wraps .

Prep Time: 10 minutes (excluding soaking) .

Cook Time: 8–10 minutes .

Total Time: 20 minutes (active) .

Calories: 250–300 kcal per wrap .

Food Type: vegetarian .

Food Timing: lunch or early dinner .

Food Texture: soft wrap with creamy spread and crunchy salad .

Spice Level: mild

Difficulty: easy

Storage: Best consumed immediately; keep components (spread, salad, roti) separate in the fridge up to 24 hours to assemble fresh .

Shelf Life: Chickpea spread 24 hours refrigerated; assembled wrap best within 2–3 hours .

Diet & Allergens

- Dietary Attributes: high fiber ., high folate ., low oil ., vegetarian ., no added salt emphasis .
- Allergens: sesame ., dairy (curd) ., citrus (lemon) .

Ingredients

English	Amount
Kabuli chickpeas (soaked)	1 cup, soaked 6–8 hours .
Green chilli	1 medium .
Cumin powder	1 tsp .
Chaat masala	1 tsp .
Lemon juice	1–2 tsp .
Multigrain roti/chapathi	2 pieces .
Sesame seeds	2 tsp .
Curd (yogurt)	2 tbsp .
Coriander leaves (chopped)	2 tbsp .
Green chilli (for sesame-curd mix)	1 small, finely chopped .
Celery leaves	2 tbsp, chopped .
Red capsicum (slices)	1/4 cup .

Yellow capsicum (slices)	1/4 cup .
Green capsicum (slices)	1/4 cup .
Water (for blending)	1–2 tbsp, as needed .

Procedure

1. Add soaked chickpeas, 1 green chilli, cumin powder, chaat masala, and lemon juice to a blender; add 1–2 tbsp water and blend to a smooth, spreadable paste .
2. Heat a tawa on medium-low heat and place a multigrain roti on it; warm for 15–20 seconds per side .
3. Spread a thin layer of the chickpea paste over the roti; cover with a lid/plate to allow gentle heat to set the paste for 1–2 minutes .
4. Flip briefly if needed to ensure the spread is warmed through without drying the roti .
5. In a small bowl, mix sesame seeds, curd, chopped coriander, a pinch of chaat masala, and finely chopped green chilli to make a quick creamy topping .
6. Spread or drizzle a spoon of the sesame-curd mix over the chickpea layer to add creaminess .
7. Top with celery leaves and sliced red, yellow, and green capsicum; add extra coriander if desired .
8. Roll the roti tightly into a wrap; press lightly with a spatula to seal for 20–30 seconds on low heat if preferred .
9. Slice and serve warm with extra salad on the side; consume fresh for best texture and nutrition .

Key Benefits

- High in folate from chickpeas to support cellular health .
- Good fiber and protein for satiety and glycemic balance .
- Antioxidant-rich capsicum and herbs support immunity and micronutrient status .
- Lower sodium approach by relying on lemon and spices for flavor .

Health Info

Suitable as a balanced plant-forward meal with fiber, protein, and healthy fats from sesame; can fit diabetes-friendly patterns when portion-controlled .

Cautions

- Adjust chilli and chaat masala if sensitive to spice or acidity .
- Use lactose-free yogurt or omit dairy if intolerant .
- Ensure chickpeas are soaked well and blended smoothly for easier digestion .

Contraindications

- Allergy to sesame, dairy, or chickpeas .
- Active gastritis or severe reflux may require omitting chilli and reducing lemon .

Nutrition (per serving)

- **protein:** 10–12 g per wrap .
- **carbs:** 30–35 g per wrap .
- **fat:** 6–8 g per wrap .
- **fiber:** 6–8 g per wrap .

Notes

- Frequency: daily
- Max Usage: 1–2 wraps per day depending on energy needs .

Source

<https://www.youtube.com/watch?v=slo98BnYls>

. Sweet and Hot Phool Makhana (Roasted Lotus Seeds) Travel Snack — two ways

. Spicy Phool Makhana with Cashews

Category: snacks / roasted nuts

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: . 4 small snack servings

Prep Time: . 10 minutes

Cook Time: . 12 minutes

Total Time: . 22 minutes

Calories: . 130–160 kcal per serving

Food Type: . vegetarian snack

Food Timing: . mid-morning or evening snack

Food Texture: . crunchy

Spice Level: medium

Difficulty: easy

Storage: . store in an airtight container; keep cool and dry

Shelf Life: . 10–14 days at room temperature if kept dry

Diet & Allergens

- Dietary Attributes: . gluten-free, . vegetarian, . no onion no garlic
- Allergens: . cashew (tree nuts)

Ingredients

English	Amount
Phool makhana (lotus seeds)	. 2 cups, divided (1 cup for spicy batch)
Dried red chilies	. 2 whole
Cumin seeds	. 1 teaspoon
Curry leaves	. 8–10 leaves
Ghee	. 1 tablespoon, plus 1 teaspoon if needed
Cashew nuts	. 2 tablespoons, split
Turmeric powder	. 1/8 teaspoon
Cinnamon powder	. 1/8 teaspoon

Procedure

1. . Dry-roast 2 cups of makhana on medium heat 5–7 minutes until crisp; when pressed, they crumble; remove and divide into two equal portions .
2. . For the spice mix, lightly toast dried red chilies, cumin, and curry leaves in a small pan without oil 1–2 minutes; cool and grind coarsely .
3. . In a pan, heat 1 tbsp ghee; fry cashews until light golden; remove and reserve .
4. . In the same pan, add 1 tsp ghee if needed; add turmeric and the ground spice mix; sauté a few seconds; add a pinch of cinnamon powder .

5. . Add 1 cup of the roasted makhana; toss on low-medium heat until coated and crisp 2–3 minutes .

6. . Mix in roasted cashews; cool completely before storing in an airtight container .

Key Benefits

- . Higher satiety from fiber-rich makhana may support portion control .
- . Mild spices like cumin may aid digestion .
- . Travel-friendly dry snack with minimal oil .

Health Info

. Savory option is lower in sugars; suitable for mindful snacking for weight management if portions are controlled .

Cautions

- . Contains cashews; avoid if nut-allergic .
- . Spices may aggravate gastritis or reflux; use fewer chilies for sensitive individuals .

Contraindications

- . Known tree-nut allergy
- . Active gastritis sensitive to chilies

Nutrition (per serving)

- **protein:** . 3–4 g per serving
- **carbs:** . 12–15 g per serving
- **fat:** . 8–10 g per serving
- **fiber:** . 2–3 g per serving

Notes

- Frequency: alternate days
- Max Usage: . up to 1–1.5 cups per day depending on calorie needs

. Honey Sesame Phool Makhana

Category: snacks / roasted nuts

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: . 4 small snack servings

Prep Time: . 5 minutes

Cook Time: . 8 minutes

Total Time: . 13 minutes

Calories: . 170–220 kcal per serving

Food Type: . vegetarian snack

Food Timing: . mid-morning or evening snack

Food Texture: . crunchy, lightly sticky

Spice Level: mild

Difficulty: easy

Storage: . store in airtight jar; keep cool and dry; avoid humidity to prevent stickiness

Shelf Life: . 7–10 days at room temperature if sealed well

Diet & Allergens

- Dietary Attributes: . gluten-free, . vegetarian, . no onion no garlic
- Allergens: . sesame

Ingredients

English	Amount
Phool makhana (lotus seeds)	. 1 cup, roasted
Honey	. 1/2 to 1 cup (use the lower end for lighter coating)
Roasted sesame seeds	. 1 tablespoon
Cinnamon powder	. 1/8 teaspoon

Procedure

1. . Dry-roast makhana until crisp if not already done; set aside .
2. . In a non-stick pan on low heat, warm honey gently until it thins and shows light bubbling; do not boil hard .
3. . Stir in a pinch of cinnamon; add roasted makhana and sesame; mix quickly to coat evenly .
4. . Spread on a plate to cool so the coating sets; separate clusters if needed once warm .

Key Benefits

- . Provides quick energy with some fiber and protein from makhana .
- . Sesame adds minerals like calcium and healthy fats .
- . Simple, kid-friendly sweet snack for travel when used in moderation .

Health Info

. Heating honey briefly may reduce heat-sensitive compounds but is not inherently toxic; keep heat low and time short .

Cautions

- . Not for infants under 1 year due to botulism risk .
- . People with diabetes should limit portion and pair with protein-rich foods .

Contraindications

- . Sesame allergy
- . Infants under 1 year (honey)

Nutrition (per serving)

- **protein:** . 2–3 g per serving
- **carbs:** . 20–28 g per serving
- **fat:** . 4–6 g per serving
- **fiber:** . 2–3 g per serving

Notes

- Frequency: alternate days
- Max Usage: . 3/4 to 1 cup per day due to added sugars

Source

<https://www.youtube.com/watch?v=aneLso0rhWk>

Sun Melon Smoothie (no ice, no artificial colors) .

Sun Melon Smoothie

Category: smoothies_and_juices

Therapeutic: digestive_disorders / gastritis

Details

Servings: 2 servings .

Prep Time: 10 minutes .

Cook Time: 0 minutes .

Total Time: 10 minutes .

Calories: ~120–180 kcal per serving depending on milk/honey .

Food Type: beverage (smoothie) .

Food Timing: summer mid-morning or evening .

Food Texture: smooth, thick .

Spice Level: mild

Difficulty: easy

Storage: Best fresh; refrigerate covered up to 12 hours if needed .

Shelf Life: Up to 12 hours refrigerated .

Diet & Allergens

- Dietary Attributes: vegetarian, gluten-free
- Allergens: milk (dairy)

Ingredients

English	Amount
Sun melon (muskmelon)	400–500 g flesh .
Milk	1 cup (optional) .
Honey	1–2 tbsp or to taste .
Cardamom powder	1/4 tsp .

Procedure

1. Peel sun melon, cut into halves, and scoop out seeds and pith .

2. Chop flesh into small pieces and add to a mixer jar.
3. Add milk (optional), honey, and cardamom powder.
4. Blend until smooth; do not filter .
5. Serve immediately. For a lighter version, blend melon with honey and cardamom without milk.
6. Avoid adding ice or artificial flavors/colors .

Key Benefits

- Hydrating due to high water content .
- Vitamin C and antioxidants may support immunity .
- Cucurbitacins B & E noted for heat-related inflammation per source .
- Cooling summer beverage .

Health Info

Emphasizes hydration, vitamin C, antioxidants, and cooling effect without ice or artificial additives .

Cautions

- Adjust honey for blood sugar control .
- Use dairy-free version if lactose intolerant .
- Not for infants under 1 year due to honey .

Contraindications

- Milk allergy (if using milk) .
- Cucurbitaceae allergy .

Nutrition (per serving)

- **protein:** low .
- **carbs:** moderate .
- **fat:** low .
- **fiber:** low–moderate .

Notes

- Frequency: daily
- Max Usage: 1–2 glasses per day in summer .

Source

<https://www.youtube.com/watch?v=AOVyoHOT6p0>

Homemade Tomato Sauce (Naturopathy Style, no salt, no vinegar) .

Natural Tomato Sauce with Dates (No Salt, No Vinegar) .

Category: sauces_and_jams / vegetable sauces

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: Makes ~1.5 cups .

Prep Time: 15 mins .

Cook Time: 20 mins .

Total Time: 35 mins .

Calories: 25–35 kcal per tablespoon .

Food Type: condiment .

Food Timing: snacks .

Food Texture: smooth .

Spice Level: mild

Difficulty: easy

Storage: Store in a sterilized, airtight glass bottle; keep refrigerated; always use a clean dry spoon .

Shelf Life: 7–10 days refrigerated .

Diet & Allergens

- Dietary Attributes: vegetarian, gluten-free, refined sugar-free, no added salt, no vinegar, no artificial preservatives
- Allergens: none common noted; check for honey sensitivity .

Ingredients

English	Amount
country tomatoes	6, well-ripened .
dates, pitted	1.25 cups .
water	as needed for soaking and blending .
lemon (juice)	from 1 lemon .
honey	1 tablespoon .
oregano (dried)	1 teaspoon to 1 tablespoon, to taste .
black pepper powder	1 teaspoon .

Procedure

1. Soak pitted dates in water until softened; then blend to a smooth paste .
2. Quarter country tomatoes keeping the base slightly attached; steam until soft .
3. Peel steamed tomatoes (remove skin, especially the top) and add to a blender; blend to smooth juice/pulp .
4. Strain the tomato puree into a saucepan and simmer until it comes to a boil and begins to thicken slightly .
5. Stir in the dates paste and cook a few minutes to combine and thicken .
6. Add oregano and black pepper powder for aroma and flavor; mix well .
7. Switch off heat; stir in honey and lemon juice to balance taste .
8. Cool completely, then transfer to a clean dry bottle; refrigerate and use as needed .

Key Benefits

- No added salt or vinegar; gentler than commercial sauces .
- Refined sugar-free; natural sweetness from dates and honey .
- Rich in lycopene from tomatoes and vitamin C from lemon .
- No artificial colors, flavors, or preservatives .

Health Info

Naturopathy-style sauce using whole-food sweeteners and spices; suitable as a clean-label alternative to commercial sauces .

Cautions

- Not for infants under 1 year (contains honey) .
- Moderate portions for diabetes due to natural sugars .
- May aggravate acidity for sensitive individuals .

Contraindications

- Infants under 12 months .
- Tomato or pepper allergy .
- Severe GERD/acid reflux sensitivity .

Nutrition (per serving)

- **protein:** trace .
- **carbs:** high (natural sugars) .
- **fat:** trace .
- **fiber:** low–moderate .

Notes

- Frequency: weekly
- Max Usage: 1–2 tablespoons per serving .

Source

<https://www.youtube.com/watch?v=aUZxjPPuoFU>

7-Seed Dates Burfi (No Sugar/Jaggery) .

7-Seed Dates Burfi (No Sugar/Jaggery) .

Category: sweets / traditional sweets

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: 12–16 small pieces .

Prep Time: 10 minutes .

Cook Time: 10 minutes .

Total Time: 20 minutes .

Calories: 120 kcal per piece .

Food Type: Vegetarian sweet .

Food Timing: Snack or dessert .

Food Texture: Fudgy and nutty .

Spice Level: mild

Difficulty: easy

Storage: Store in an airtight container; keep in a cool, dry place or refrigerate for longer freshness .

Shelf Life: 7–10 days at room temperature; 2–3 weeks refrigerated .

Diet & Allergens

- Dietary Attributes: vegetarian, gluten-free, refined-sugar-free .
- Allergens: peanuts, sesame, tree nuts (pistachio) .

Ingredients

English	Amount
roasted peanuts	1/2 cup for peanut butter .
honey	1 tbsp .
sesame seeds	2 tbsp .
dried pomegranate seeds (anardana)	2 tbsp .

sunflower seeds	2 tbsp .
flax seeds	1 tbsp .
chia seeds	1 tbsp .
black dates, seedless	1/4 cup, chopped .
cardamom powder	1/4 tsp .
pistachios, chopped (garnish)	1 tbsp .
roasted peanuts (additional for texture)	1/4 cup .

Procedure

1. Dry-roast sesame, sunflower, flax, chia, and dried pomegranate seeds on low heat for 3–5 minutes until aromatic; stir continuously to avoid burning .
2. Transfer roasted seeds to a plate and let cool completely .
3. Grind 1/2 cup roasted peanuts to a fine powder, then continue grinding until it turns into smooth peanut butter; add 1 tbsp honey and pulse to combine .
4. In the grinder, pulse the cooled mixed seeds with 1/4 cup seedless black dates and cardamom to a coarse-fine powder that holds when pressed .
5. Combine the seed-date mix with the prepared peanut butter in a bowl; add the extra 1/4 cup roasted peanuts for texture and mix until a dough forms .
6. Line a tray with butter paper; press the mixture evenly to about 1–1.5 cm thickness using a spoon or spatula .
7. Sprinkle chopped pistachios on top and press lightly so they adhere .
8. Refrigerate for 30–45 minutes to set; cut into squares or diamonds and serve .

Key Benefits

- Higher fiber and micronutrients compared to sugar-based burfi .
- Omega-3 fatty acids from flax and chia support heart health .
- Sesame contributes calcium for bone health .
- Sunflower seeds add vitamin E for antioxidant support .
- Dates provide natural sweetness with minerals and fiber .

Health Info

A nutrient-dense sweet made from nuts, seeds, and dates; suitable as an occasional treat with mindful portions, especially for blood sugar management .

Cautions

- Allergen risk: contains peanuts, sesame, and tree nuts; avoid if allergic .
- Calorie-dense; adjust portions if targeting fat loss or if sedentary .
- For diabetes, pair with protein or after a balanced meal to blunt glucose spikes .

Contraindications

- Peanut or sesame allergy .
- Medical advice to restrict high-fat foods (e.g., acute pancreatitis) .

Nutrition (per serving)

- **protein:** 3–4 g per piece .
- **carbs:** 10–14 g per piece .
- **fat:** 7–9 g per piece .
- **fiber:** 2–3 g per piece .

Notes

- Frequency: alternate days
- Max Usage: Up to 1–2 small pieces (30–40 g) per day for most adults, with portion control for diabetes .

Source

https://www.youtube.com/watch?v=bBgK_am-9CE

Naturopathy Curry Powder (Homemade) .

Naturopathy Curry Powder (Podi) .

Category: ingredients / masala powders

Therapeutic: digestive_disorders / digestive problems / disorders

Details

Servings: Makes 1 medium jar .

Prep Time: 5-10 minutes .

Cook Time: 15-20 minutes on low flame .

Total Time: 25-30 minutes .

Calories: 35-50 kcal per teaspoon .

Food Type: vegan

Food Timing: Use in cooking for any meal .

Food Texture: coarse powder .

Spice Level: mild

Difficulty: easy

Storage: Airtight glass or steel jar in a cool, dry place; keep away from moisture and direct sunlight .

Shelf Life: 4-8 weeks at room temperature if stored properly .

Diet & Allergens

- Dietary Attributes: vegan, gluten-free, protein-rich ., calcium-rich ., high-fiber .
- Allergens: peanuts, sesame

Ingredients

English	Amount
Black gram (urad dal)	500 grams .
Bengal gram (chana dal)	250 grams .
Peanuts	150 grams .
Sesame seeds	100 grams .
Coriander seeds	10 grams .
Cumin seeds	10 grams .
Dry red chilies	5 nos .
Curry leaves	Few sprigs .

Procedure

1. Heat a clay pot or heavy pan on low flame .
2. Dry-roast urad dal until light golden and aromatic; remove and set aside .
3. Dry-roast chana dal until golden; remove and set aside .
4. Dry-roast peanuts until crisp; remove and set aside .

5. Dry-roast sesame seeds briefly; they brown quickly; do not burn; set aside .
6. Add coriander seeds, cumin seeds, dry red chilies, and curry leaves; roast briefly until fragrant; avoid over-roasting .
7. Cool all roasted ingredients completely .
8. Grind in a mixer jar to a slightly coarse powder (do not make it very fine) .
9. Store in an airtight, dry jar; use 1-2 teaspoons while making curries, fries, pulusu, dal, or chutneys for flavor and nutrition .

Key Benefits

- Adds protein from legumes and peanuts .
- Provides calcium and healthy fats from sesame seeds .
- Enhances aroma and taste of a wide range of dishes .
- Homemade and free from additives and preservatives .

Health Info

Rich in plant protein, fiber, minerals like calcium, and healthy fats; roasting improves digestibility and flavor .

Cautions

- Avoid moisture contact; always use a dry spoon .
- Do not over-roast; it can taste bitter and reduce nutrition .
- Allergen caution for peanuts and sesame .

Contraindications

- Individuals with peanut or sesame allergy should avoid .

Nutrition (per serving)

- **protein:** Protein-dense due to legumes and peanuts .
- **carbs:** Moderate carbs from roasted dals .
- **fat:** Healthy fats from peanuts and sesame .
- **fiber:** Good source of dietary fiber .

Notes

- Frequency: daily
- Max Usage: Up to 2 tablespoons per adult per day, adjusted to taste and tolerance .

Source

<https://www.youtube.com/watch?v=bhwhmadgWo8>

Aratikaya Alasandha Fry (Oil-Free)

Aratikaya Alasandha Fry (Oil-Free)

Category: curries / vegetable fries

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: 3-4 .

Prep Time: 15 mins .

Cook Time: 20 mins .

Total Time: 35 mins .

Calories: Low-moderate per serving (oil-free) .

Food Type: vegan

Food Timing: lunch or dinner .

Food Texture: dry fry (stir-fry) .

Spice Level: mild

Difficulty: easy

Storage: Refrigerate in airtight container; reheat gently to retain texture. .

Shelf Life: Up to 24 hours refrigerated .

Diet & Allergens

- Dietary Attributes: oil-free, high-fiber, gluten-free, vegan
- Allergens: legumes (cowpea), asafoetida (may contain wheat)

Ingredients

English	Amount
raw banana (plantain)	2 medium, peeled and cubed .
cowpea pods and seeds	2 cups pods + 2-3 tbsp seeds .
coriander seeds	1.5 tbsp .
cumin seeds	1 tsp .
Kashmiri red chillies	3-4 nos .
curry leaves	1 sprig .
asafoetida	1/4 tsp .
lemon juice	1-2 tsp or to taste .
coriander leaves	1-2 tbsp, chopped, for garnish .

Procedure

1. Peel and cube raw banana; parboil in water until half-cooked; drain and set aside. .
2. Dry-roast coriander seeds, cumin, Kashmiri chillies, and curry leaves on low flame until aromatic. .
3. Add 2 tbsp cowpea seeds to the same pan; roast until crisp; cool. .
4. Grind roasted spices and seeds into a coarse powder; mix in asafoetida; keep aside. .
5. Heat a clay pot; add banana cubes and sliced cowpea pods with a splash of water; cover and steam-cook 5-10 mins until tender. .
6. Uncover; sprinkle 2-3 tbsp prepared masala powder; toss to coat evenly. .
7. Finish with lemon juice; garnish with chopped coriander leaves; serve hot. .

Key Benefits

- Oil-free technique reduces calories while retaining flavor. .
- High fiber from banana and pods supports satiety and gut health. .
- Cowpea adds plant protein; balance pods > seeds for metabolic goals. .
- Mild spices and lemon enhance taste without oil. .

Health Info

Suitable for weight management, high triglycerides, cholesterol and diabetes when seeds are limited and oil is avoided. .

Cautions

- Legumes may cause bloating; increase gradually and cook thoroughly. .
- Use gluten-free hing if sensitive. .

Contraindications

- Avoid if allergic to legumes or asafoetida .

Nutrition (per serving)

- **protein:** moderate (from cowpea) .
- **carbs:** moderate (from banana) .
- **fat:** low (oil-free; seeds contribute small amount) .
- **fiber:** high .

Notes

- Frequency: daily
- Max Usage: About 1 to 1.5 cups per meal; keep seeds moderate for metabolic issues. .

Source

<https://www.youtube.com/watch?v=bTWammvodL0>

Red Cabbage Paratha (Multigrain, No Onion-Garlic)

Red Cabbage Paratha

Category: breakfast / parata

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: 2-3 parathas .

Prep Time: 15-20 minutes .

Cook Time: 10-15 minutes .

Total Time: 25-35 minutes .

Calories: 160-220 kcal per paratha .

Food Type: vegetarian

Food Timing: breakfast or lunch .

Food Texture: soft flatbread .

Spice Level: mild

Difficulty: easy

Storage: Best fresh; cooled parathas can be kept in an airtight container for short periods; dough can be refrigerated .

Shelf Life: Parathas: up to 6-8 hours at room temp; dough: up to 24 hours refrigerated .

Diet & Allergens

- Dietary Attributes: no onion no garlic, multigrain, fiber-rich, low-oil option
- Allergens: gluten, dairy

Ingredients

English	Amount
multigrain flour	1 cup
red cabbage	1 medium (blend to paste)
curd (yogurt)	2 tablespoons
green chilies (finely chopped)	1 teaspoon
lemon juice	1 tablespoon
asafoetida	1 tablespoon

grated ginger	1 teaspoon
fennel seeds	1 teaspoon
cumin powder	1 teaspoon
chaat masala	1 teaspoon
coriander leaves (chopped)	1 teaspoon

Procedure

1. Chop red cabbage, blend to a smooth paste; set aside.
2. In a bowl, add multigrain flour, asafoetida, green chilies, grated ginger, cumin powder, chaat masala, fennel seeds, chopped coriander, lemon juice.
3. Add red cabbage paste and curd; mix to form a soft dough.
4. Rest dough for 30 minutes.
5. Divide dough, dust lightly, and roll parathas to desired shape with a rolling pin.
6. Cook on a preheated tawa over low flame; flip and cook both sides until done. Use no oil or minimal oil as preferred.

Key Benefits

- Higher fiber from multigrain flour may support better satiety
- Red cabbage adds phytonutrients and color
- No onion/garlic option suitable for spiritual practice
- Low-oil cooking approach

Health Info

For better glucose response, eat a cup of vegetable salad first, then pair parathas with generous vegetable curry.

Cautions

- Avoid excess oil/ghee and butter
- Monitor portion size if managing blood sugar

Contraindications

- Gluten intolerance/celiac
- Dairy allergy/lactose intolerance

Nutrition (per serving)

- **protein:** 5-7 g per paratha .
- **carbs:** 25-30 g per paratha .
- **fat:** 4-6 g per paratha (low-oil cook) .
- **fiber:** 4-6 g per paratha .

Notes

- Frequency: alternate days
- Max Usage: 1-2 parathas per meal .

Source

<https://www.youtube.com/watch?v=BVhQNU2J07Q>

Healthy Carrot Honey Coconut Rolls (Immunity-Boosting Sweet) .

Carrot Honey Coconut Rolls

Category: sweets / traditional sweets

Therapeutic: respiratory_disorders / cold

Details

Servings: 10-12 rolls .

Prep Time: 10 mins .

Cook Time: 15-20 mins .

Total Time: 25-30 mins .

Calories: High energy sweet; portion control advised .

Food Type: vegetarian

Food Timing: After meals or as a snack .

Food Texture: soft, chewy .

Spice Level: mild

Difficulty: easy

Storage: Store in an airtight container; refrigerate for best texture. Keeps 5-7 days refrigerated and 1-2 days at room temperature .

Shelf Life: 5-7 days refrigerated .

Diet & Allergens

- Dietary Attributes: gluten-free, refined-sugar-free, egg-free, vegetarian
- Allergens: peanuts, tree nuts (cashew)

Ingredients

English	Amount
carrot (grated)	1 medium, grated .
grated coconut	1½ cups .
honey	1½ cups .
cashews	2 tbsp .
peanuts	1½ cups .
cardamom powder	a pinch .

Procedure

1. Dry roast cashews and peanuts on low flame until aromatic; cool and grind to a slightly coarse-fine powder (not ultra-fine) .
2. In a pan, add grated carrot and cook on low flame until it softens and moisture reduces .
3. Add grated coconut; cook on low for 4-5 minutes, stirring .
4. Pour in honey; cook 3-4 minutes until the mixture thickens and starts coming together .
5. Mix in the ground peanut-cashew powder and combine well; cook briefly if needed to reach a rollable consistency .
6. Transfer to a bowl, add a pinch of cardamom powder, and cool slightly .
7. Grease hands lightly and shape the warm mixture into small rolls or cylinders; set to firm up .

Key Benefits

- Beta-carotene from carrots supports eye health and immunity .
- Coconut provides lauric acid and healthy fats supportive of brain function .
- Peanuts and cashews add protein and energy .
- Honey offers a natural sweetness and is soothing for the throat .

Health Info

Suggested as a healthier sweet alternative without refined sugar; suitable for kids and adults when portioned .

Cautions

- Not for infants under 1 year due to honey.
- Contains peanuts and cashews; avoid if allergic.
- High in calories; use portion control, especially for diabetes.

Contraindications

- Peanut allergy
- Tree nut allergy
- Infants under 1 year

Nutrition (per serving)

- **protein:** .
- **carbs:** .
- **fat:** .
- **fiber:** .

Notes

- Frequency: daily
- Max Usage: 1-2 small rolls per serving .

Source

https://www.youtube.com/watch?v=cbUrBj_hfAI

Zero-Oil Homemade Pani Puri (No Tamarind) .

Zero-Oil Pani Puri with Mint-Raw Mango Pani .

Category: snacks / chaat items

Therapeutic: digestive_disorders / digestive problems / disorders

Details

Servings: Makes about 20 puris (serves 3-4) .

Prep Time: 20 minutes .

Cook Time: 2-3 minutes per batch (oven/microwave) .

Total Time: 30 minutes .

Calories: 35-50 kcal per puri with stuffing .

Food Type: vegetarian

Food Timing: evening snack .

Food Texture: crisp puris with liquid filling .

Spice Level: medium

Difficulty: easy

Storage: Assemble just before eating; keep pani refrigerated up to 24 hours and stuffing refrigerated up to 1 day. Store unpuffed puris airtight and dry. .

Shelf Life: Puffed puris are best immediately; unpuffed shells keep 1-2 weeks airtight if dry; pani and stuffing up to 1 day refrigerated. .

Diet & Allergens

- Dietary Attributes: zero-oil, no-tamarind, oven-baked, vegetarian, low-fat
- Allergens: gluten (wheat/semolina) .

Ingredients

English	Amount
pani puri shells (ready-made)	20
boiled potatoes	2
boiled green peas	1 cup
onion (finely chopped)	1
tomato (finely chopped)	1
coriander leaves (chopped)	2-3 tablespoons .
lemon	1
chaat masala	1 teaspoon + to taste
cumin powder	1 teaspoon + to taste
red chilli powder	1 teaspoon
raw mango (peeled)	1 small-medium
mint leaves	1 cup, packed
green chillies	2
honey	1 teaspoon
water	1.5-2 cups for pani .

Procedure

1. Stuffing: Mash boiled potatoes in a bowl, add boiled green peas, and mash together.
2. Add finely chopped onion, tomato, and coriander; squeeze in lemon juice. Mix in chaat masala, cumin powder, and red chilli powder; combine and set aside.
3. Pani: In a blender, grind peeled raw mango with mint leaves, green chillies, and cumin powder to a smooth paste. Add a little water and blend again, then dilute to desired strength.
4. Strain the pani; stir in a little chaat masala and honey to balance flavors. Chill if desired.
5. Zero-oil puris: Arrange ready-made puri shells in an oven or microwave and heat for 2-2.5 minutes until puffed and crisp without browning.
6. Assemble: Crack a small hole in each puri, spoon in stuffing, and fill or dip with the mint-raw mango pani. Serve immediately.

Key Benefits

- Zero-oil preparation reduces calorie and fat load.
- No tamarind; mint and raw mango may be gentler for some stomachs. .
- Home preparation reduces risk of contamination compared to street food.
- Mint may support digestive comfort; raw mango adds vitamin C. .

Health Info

Street-style pani puri water may cause infections or gastric irritation; this version uses clean water, no tamarind, and zero oil. .

Cautions

- Adjust chilli and raw onion levels for gastritis or sensitive stomachs. .
- Contains gluten; avoid if gluten-sensitive. .
- Honey is not suitable for infants under 1 year.

Contraindications

- Celiac disease or wheat allergy.
- Infants under 1 year (due to honey).
- Active gastritis or severe IBS with trigger sensitivity. .

Nutrition (per serving)

- **protein:** 4-6 g per 5 puris .
- **carbs:** 35-45 g per 5 puris .
- **fat:** 1-3 g per 5 puris .
- **fiber:** 4-6 g per 5 puris .

Notes

- Frequency: weekly
- Max Usage: Up to 10-20 puris per sitting as suggested in video; adjust to appetite and needs .

Source

<https://www.youtube.com/watch?v=ce00jnhS6L0>

Naturopathy Multi-Grain Naan (No-Salt, Home Tandoor Style) .

Multi-Grain Naturopathy Naan (No Salt) .

Category: main_course

Therapeutic: lifestyle_and_metabolic_disorders / hypertension / high blood pressure

Details

Servings: Makes 4–5 naans .

Prep Time: 15 minutes active + 60 minutes rest .

Cook Time: 10–15 minutes .

Total Time: 80–90 minutes .

Calories: 180–220 kcal per naan .

Food Type: vegetarian

Food Timing: Lunch or dinner .

Food Texture: Soft, slightly chewy .

Spice Level: mild

Difficulty: easy

Storage: Keep covered in a cloth-lined box to prevent drying; refrigerate airtight and reheat on tawa .

Shelf Life: 6–8 hours at room temperature; up to 1 day refrigerated .

Diet & Allergens

- Dietary Attributes: multi-grain, no added salt, egg-free, no maida, home tandoor-style
- Allergens: gluten, dairy, sesame

Ingredients

English	Amount
multi-grain flour	1 cup .
milk	1 cup .
curd (yogurt)	2 tbsp .
roasted sesame seeds	1 tbsp .

honey	1 tsp .
lemon juice	from 1 lemon .
baking soda (cooking soda)	a pinch .
black cumin (kalonji)	1 tsp .
clove powder	1 tsp .
coriander leaves	2 tbsp, chopped .
water (for brushing/kneading)	as needed .

Procedure

1. In a bowl, mix multi-grain flour with a pinch of baking soda; add honey, curd, and lemon juice .
2. Add milk little by little and knead to a soft dough; press with fingers to aerate and smoothen .
3. Cover with a wet cloth and rest for about 1 hour to soften the dough .
4. Knead again and divide into 4–5 balls .
5. Dust the board and roll each ball slightly thinner than phulka into a boat/oval shape .
6. Sprinkle black cumin, roasted sesame, and chopped coriander on top; press gently to adhere .
7. Brush water on the underside; stick it to a preheated inverted tawa or cook over direct flame using a roti net until puffed with charred spots .
8. Remove with tongs and serve hot; optional light brushing with water or yogurt for sheen .

Key Benefits

- No added salt supports lower sodium intake .
- Multi-grain flour adds fiber and micronutrients compared to maida .
- Minimal fat; avoids butter/cheese toppings .
- Sesame and black cumin add aroma and minerals .

Health Info

Lower-sodium, multi-grain bread alternative prepared without a tandoor using home flame/tawa technique .

Cautions

- Handle open flame carefully to prevent burns .
- Adjust milk gradually; overly wet dough may tear .
- Ensure proper fermentation rest for softness .

Contraindications

- Celiac disease .
- Sesame allergy .
- Lactose intolerance .

Nutrition (per serving)

- **protein:** 6–8 g per naan .
- **carbs:** 30–35 g per naan .
- **fat:** 4–6 g per naan .
- **fiber:** 3–5 g per naan .

Notes

- Frequency: weekly
- Max Usage: 1–2 naans per meal .

Source

<https://www.youtube.com/watch?v=CFdlQb5LtNE>

Vitamin C Smoothie with Jam Fruit (Guava) and Coconut Milk (.)

Guava Coconut Milk Smoothie (Vitamin C Smoothie) (.)

Category: smoothies_and_juices

Therapeutic: respiratory_disorders / cold

Details

Servings: 2–3 glasses (.)

Prep Time: 10 min (.)

Cook Time: 0 min (.)

Total Time: 10 min (.)

Calories: 180–250 kcal per serving (.)

Food Type: beverage

Food Timing: summer snack or breakfast (.)

Food Texture: smooth with fine seed grit (.)

Spice Level: mild

Difficulty: easy

Storage: Best consumed immediately; refrigerate tightly covered if needed (.)

Shelf Life: Up to 12 hours refrigerated; quality declines over time (.)

Diet & Allergens

- Dietary Attributes: vegetarian, dairy-free, refined sugar-free, gluten-free
- Allergens: coconut, legumes (chickpea/gram flour)

Ingredients

English	Amount
Guava (ripe)	3 medium (.)
Coconut milk	500 ml (.)
Honey	2 tbsp (.)
Cinnamon powder	a pinch (.)
Gram flour (besan)	1 tbsp (.)

Procedure

1. Wash guavas; trim ends. Make a small cut and scoop out the central seeded pulp with a spoon (.)
2. Place the scooped seeds/pulp into a blender jar; add the remaining guava flesh (chopped) (.)
3. Add coconut milk, honey, cinnamon powder, and gram flour (.)
4. Blend on high until very smooth so the seeds are finely ground (. 45–60 sec).
5. Taste and adjust sweetness; add a splash of water/ice if too thick (optional, .)
6. Pour into glasses; garnish with small guava pieces or a pinch of cinnamon; serve immediately (.)

Key Benefits

- High vitamin C to support immunity (. 300–400 mg/serving).
- Antioxidants from guava; dairy-free base suits lactose intolerance (.)
- Contains dietary fiber and healthy fats from coconut milk (.)

- Natural sweetness from honey instead of refined sugar (.).

Health Info

Promoted for summer heat relief and immunity support due to high vitamin C content (.).

Cautions

- Monitor portion size if managing calories or saturated fat (.).
- Use minimal cinnamon if sensitive (.).
- Blend thoroughly to avoid hard seed bits for sensitive teeth (.).
- If raw gram flour causes discomfort, omit or lightly roast before use (.).

Contraindications

- Coconut allergy
- Honey for infants under 1 year
- Individuals on strict low-FODMAP/low-fructose diets (.)
- History of adverse reactions to raw legumes/gram flour (.)

Nutrition (per serving)

- **protein:** . 3–5 g/serving
- **carbs:** . 25–35 g/serving
- **fat:** . 10–15 g/serving
- **fiber:** . 4–6 g/serving

Notes

- Frequency: daily
- Max Usage: 1–2 glasses per day (.)

Source

<https://www.youtube.com/watch?v=cMbqZ-LCATs>

Antioxidant Kudumulu (Coconut Honey Modak) for Vinayaka Chavithi

Antioxidant Kudumulu (Steamed Coconut Honey Modak)

Category: sweets / festival sweets

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: 8-10 pieces .

Prep Time: 15 minutes .

Cook Time: 20 minutes .

Total Time: 35 minutes .

Calories: 150-200 kcal per piece .

Food Type: vegetarian

Food Timing: dessert/prasadam .

Food Texture: soft, steamed

Spice Level: mild

Difficulty: easy

Storage: Cool completely and store in an airtight container in the refrigerator; re-steam to refresh before serving.

Shelf Life: 24-36 hours refrigerated .

Diet & Allergens

- Dietary Attributes: vegetarian, gluten-free, no refined sugar, steamed
- Allergens: coconut

Ingredients

English	Amount
water	1.25 cups for dough + as needed .
fennel seeds	1 tbsp
rice flour (preferably unpolished)	1 cup
grated coconut	1 cup
honey	1 cup
cardamom powder	2 tbsp

Procedure

1. Boil water in a pan, add fennel seeds, simmer briefly, then strain to obtain fennel-infused water.
2. Bring the infused water back to a boil; add rice flour and stir until it comes together; cover and rest to form a soft dough.
3. For the stuffing, heat grated coconut in a pan, add honey and cardamom powder, and cook until thick and the honey is absorbed.
4. Knead the warm rice dough; pinch lemon-sized balls, flatten into small cups.
5. Fill each cup with coconut-honey mixture and seal to form modak/kudumulu shapes.
6. Steam the shaped kudumulu in a steamer for 8-12 minutes until set and slightly glossy.
7. Cool slightly and serve or offer as prasadam.

Key Benefits

- Refined sugar-free sweet using honey
- Steamed preparation with minimal fat
- Antioxidant-rich when using unpolished rice flour and fresh coconut
- Fennel infusion may support digestion

Health Info

Suitable as a healthier festival sweet; still energy-dense and should be eaten in moderation, especially for those with diabetes.

Cautions

- Monitor sweetness; honey can caramelize quickly—avoid overcooking.
- Do not give honey to infants under 12 months.

Contraindications

- Coconut allergy
- Infants under 12 months
- Strict vegans avoiding honey

Nutrition (per serving)

- **protein:** 2-3 g/piece .
- **carbs:** 25-30 g/piece .
- **fat:** 5-8 g/piece .
- **fiber:** 2-3 g/piece .

Notes

- Frequency: weekly
- Max Usage: 1-2 pieces per adult per day; avoid for infants under 1 year due to honey .

Source

https://www.youtube.com/watch?v=CpRvb_3DY-0

Coconut Appal (no-oil, honey-sweetened) using multigrain flour

Coconut Appal (No-Oil, Honey-Sweetened)

Category: sweets / traditional sweets

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: Makes 8–10 pieces .

Prep Time: 15 minutes + 30 minutes resting .

Cook Time: 15 minutes .

Total Time: 60 minutes .

Calories: 150–220 kcal per piece .

Food Type: Sweet/dessert

Food Timing: Evening snack or dessert .

Food Texture: Soft inside with light crust from sesame seeds .

Spice Level: mild

Difficulty: easy

Storage: Cool completely and store in an airtight container; refrigerate if not consuming the same day .

Shelf Life: 1 day at room temperature; 2–3 days refrigerated .

Diet & Allergens

- Dietary Attributes: vegetarian, no refined sugar, no deep-frying, whole-grain (multigrain)
- Allergens: coconut, sesame, milk, gluten (if multigrain includes wheat)

Ingredients

English	Amount
grated coconut	2 cups
multigrain flour	1 cup
honey	1 cup
milk	1 cup
meghada (unspecified) .	1 tablespoon .
sesame seeds	1 tablespoon (for coating) .
cardamom powder	a pinch to 1/2 teaspoon .

Procedure

1. In a bowl, add multigrain flour; mix in a little honey and use milk (instead of water) to knead a soft dough. Rest 30 minutes.
2. In a clay pot or thick pan, lightly roast grated coconut until the raw smell goes away.
3. Add honey to the roasted coconut; cook together, stirring until the mixture thickens and turns glossy.

4. Stir in cardamom powder; let the coconut-honey mixture cool and shape it into small balls (filling).
5. Divide rested dough into small balls and flatten into small discs with fingers.
6. Place a portion of coconut filling on a disc, cover with dough, and flatten gently into an appal shape.
7. Press both sides on sesame seeds to coat lightly.
8. Cook on a preheated non-stick pan on low-medium heat, flipping to cook both sides until set and lightly browned—no oil used.

Key Benefits

- No deep-frying; reduced added fat.
- Honey used instead of refined sugar or jaggery.
- Coconut provides healthy fats supportive of brain health .
- Sesame adds minerals and nutty flavor.

Health Info

. A lighter take on a traditional sweet by avoiding oil and refined sugar; still energy-dense due to coconut and honey.

Cautions

- Monitor portions; coconut and honey are calorie-dense.
- For diabetics, consider smaller pieces or limit frequency.
- Avoid feeding honey to infants under 1 year.
- Check multigrain flour contents if gluten-sensitive.

Contraindications

- Coconut, sesame, milk, or gluten allergy.
- Infants under 1 year (honey).

Nutrition (per serving)

- **protein:** low-moderate .
- **carbs:** moderate-high .
- **fat:** medium-high .
- **fiber:** medium .

Notes

- Frequency: weekly
- Max Usage: 1–2 pieces per serving for adults .

Source

<https://www.youtube.com/watch?v=CqGFkpYLF2Y>

Oil-free Vegetable Bondas (Healthy No-Fry Snack) .

Oil-free Vegetable Bondas (No-Fry) .

Category: snacks / vada

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: 3-4 servings .

Prep Time: 20-25 min .

Cook Time: 15-20 min .

Total Time: 35-45 min .

Calories: . 60-80 kcal per small bonda

Food Type: vegetarian

Food Timing: evening snack .

Food Texture: crisp outside, soft inside .

Spice Level: medium

Difficulty: easy

Storage: Best served fresh; refrigerate shaped uncooked balls up to 12 hours and cook before serving .

Shelf Life: Cooked bondas: same day for best texture .

Diet & Allergens

- Dietary Attributes: oil-free cooking, high-fiber, gluten-free (uses gram flour), protein-rich (legumes, seeds)
- Allergens: peanuts, sesame, dairy (curd)

Ingredients

English	Amount
gram flour (besan)	1 cup .
curd (yogurt)	1 cup .
carrot, finely chopped	1 medium (about 1/2 cup) .
capsicum/bell pepper, finely chopped	1 small (about 1/2 cup) .
cabbage, shredded	1 cup .
green beans, chopped	6 pods (about 1/2 cup) .
boiled potato (mashed)	1 medium .
sesame seeds powder	1 cup .
roasted peanut powder	1 cup .
ginger-green chili paste	1 tbsp .
carom seeds (ajwain)	1 tsp .
cumin powder	1 tsp .
chaat masala	1/2 tsp .
turmeric powder	1/4 tsp .
lemon (for juice)	1 medium, juiced .
curry leaves, finely chopped	1 tbsp .
salt	to taste (about 3/4 tsp) .
water (for batter consistency)	2-4 tbsp or as needed .

Procedure

1. Steam the chopped carrot, capsicum, cabbage, and beans until half-cooked; do not over-steam. Cool slightly .
2. In a mixing bowl, whisk gram flour with curd to form a thick lump-free batter; add a few tbsp water only if needed for binding .
3. Add turmeric, cumin powder, chaat masala, and carom seeds; mix well .
4. Stir in sesame powder and roasted peanut powder for body and flavor .
5. Add mashed boiled potato, steamed vegetables, curry leaves, salt, ginger-green chili paste, and lemon juice; fold to a firm, moldable mixture .

6. Grease-free cooking: Preheat a nonstick pan or pot on low flame .
7. Shape small lemon-sized balls and place them on the pan; cook on low, rotating to brown all sides evenly without oil .
8. Cook until golden on most sides and set inside (8-12 minutes total depending on size) .
9. Serve hot with tomato sauce or a mint or peanut chutney (low-oil) .

Key Benefits

- Reduced oil intake by no-fry method .
- Lower carbohydrates due to higher vegetable ratio .
- Higher fiber for satiety and gut health .
- Healthy fats and protein from sesame and peanuts .
- Kid-friendly, tasty evening snack option .

Health Info

. Non-deep-fried preparation helps manage calorie load while maintaining taste; half-steaming preserves texture and nutrients.

Cautions

- Adjust chilies for children or sensitive stomachs .
- Allergen alert: contains peanuts and sesame .
- Use dairy-free curd for lactose intolerance if needed .

Contraindications

- peanut allergy
- sesame allergy
- severe lactose intolerance

Nutrition (per serving)

- **protein:** moderate (from gram flour, peanuts, sesame) .
- **carbs:** reduced vs. regular bonda due to 70% vegetables .
- **fat:** low to moderate; no added oil, natural seed/nut fats .
- **fiber:** high from mixed vegetables and gram flour .

Notes

- Frequency: alternate days
- Max Usage: . 10-15 small bondas per serving depending on size and dietary needs

Source

<https://www.youtube.com/watch?v=CTJop66evEs>

Salt-Free Mango Curry (No Oil) — Manthanhouse Kitchen .

Salt-Free Mango Curry (No Oil) .

Category: curries / vegetable gravies

Therapeutic: lifestyle_and_metabolic_disorders / hypertension / high blood pressure

Details

Servings: 3-4 .

Prep Time: 10 min .

Cook Time: 20 min .

Total Time: 30 min .

Calories: 90-130 kcal per serving .

Food Type: vegetarian

Food Timing: lunch/dinner .

Food Texture: semi-gravy .

Spice Level: hot

Difficulty: easy

Storage: Refrigerate in a covered container; reheat gently before serving .

Shelf Life: 24-36 hours refrigerated .

Diet & Allergens

- Dietary Attributes: salt-free, oil-free, low-sodium, no added oil, no added salt, refined-sugar-free
- Allergens: asafoetida (may contain wheat), allium (onion), honey

Ingredients

English	Amount
mango (firm) pieces	2 to 3 cups, chopped .
mango peels (chopped)	1 to 1.5 cups .
mustard seeds	1 tsp .
cumin seeds	1 tsp .
coriander seeds	1 tsp .
curry leaves	1 sprig .
asafoetida (hing)	1/2-1 tsp .
onion (chopped)	1/4 cup .
green chilies (chopped)	1 tbsp .
tomatoes (chopped)	1/2 cup .
turmeric powder	a pinch .
water	as needed .
honey	1 tbsp .
coriander leaves	1-2 tbsp, chopped .

Procedure

1. Peel firm seasonal mangoes, chop the flesh into pieces, and reserve the peels separately .
2. Place a clay pot on low flame; dry-temper mustard seeds, cumin seeds, coriander seeds, and curry leaves for 4-5 minutes on low heat without oil .
3. Add asafoetida and stir briefly; add chopped onions and cook gently in the clay pot until softened .
4. Add chopped green chilies and tomatoes; cover and cook until tomatoes and onions soften .
5. Sprinkle a pinch of turmeric powder now (avoid adding turmeric during initial tempering to preserve properties) .
6. Add chopped mango peels and mango pieces; add a little water, cover, and cook until mango softens .
7. Mash the cooked mango gently with a ladle to achieve a semi-gravy consistency .
8. Stir in honey to balance sourness; add chopped coriander leaves and turn off heat; serve hot with chapati, parota, or as a side with meals .

Key Benefits

- Salt-free and oil-free preparation supports low-sodium eating .
- Sour mango helps reduce salt dependence on the palate .
- Asafoetida, cumin, and coriander aid digestion and flavor .
- Clay pot slow cooking enhances aroma and reduces need for added fats .

Health Info

Suitable for low-sodium diets; spicy-sour profile may need adjustment for sensitive stomachs .

Cautions

- Adjust chilies if sensitive to spice or acid reflux .
- Monitor honey quantity for blood sugar control .
- Check hing source if gluten-sensitive (some contain wheat) .

Contraindications

- Infants under 1 year (due to honey) .
- Active gastritis or severe GERD unless moderated in spice and sourness .

Nutrition (per serving)

- **protein:** 1-2 g per serving .
- **carbs:** 20-25 g per serving .
- **fat:** 0-2 g per serving .
- **fiber:** 2-4 g per serving .

Notes

- Frequency: daily
- Max Usage: Adults: 1-2 servings per day as part of meals; avoid honey for infants under 1 year .

Source

<https://www.youtube.com/watch?v=Dhhg1mRWFGs>

Brain Booster Laddu (Seed & Dates Laddu)

Brain Booster Laddu

Category: sweets / traditional sweets

Therapeutic: neurological_and_general_issues / headaches

Details

Servings: Makes 10–12 laddus .

Prep Time: 15 mins .

Cook Time: 15 mins .

Total Time: 30 mins .

Calories: 120–150 kcal per laddu .

Food Type: vegetarian

Food Timing: after meals .

Food Texture: soft

Spice Level: mild

Difficulty: easy

Storage: Store in an airtight container in a cool, dry place; refrigerate in warm climates.

Shelf Life: 7–10 days at room temperature; up to 3 weeks refrigerated .

Diet & Allergens

- Dietary Attributes: gluten-free, dairy-free, refined-sugar-free, no-bake
- Allergens: sesame seeds

Ingredients

English	Amount
Poppy seeds	1/2 cup
Sesame seeds	1/2 cup
Pumpkin seeds	1/2 cup
Sunflower seeds	1/2 cup
Dates (pitted)	1/2 cup
Honey	1/2 cup

Procedure

1. Dry roast poppy seeds on low flame until aromatic; remove and cool.
2. Dry roast pumpkin seeds on low flame until they start to pop; cool and chop coarsely to reduce size.
3. Dry roast sunflower seeds gently until crisp; cool.
4. Dry roast sesame seeds on low flame, stirring to prevent burning; cool.
5. Finely chop the dates.
6. Combine all roasted seeds, chopped dates, and honey in a mixing bowl; mix until a sticky mass forms.
7. Grease hands lightly and shape the mixture into small laddus.
8. Let set for 15–20 minutes to firm up before storing.

Key Benefits

- Omega-3 and healthy fats support brain and nerve health
- Vitamin E-rich seeds act as antioxidants
- Sesame adds calcium; overall mix aids digestion
- Natural sweetness from dates and honey; no refined sugar

Health Info

. A seed-based sweet focused on omega-3 fats and vitamin E for memory and nervous system support; suggested as a post-meal treat.

Cautions

- Do not over-roast seeds as they can turn bitter
- Not suitable for infants under 1 year due to honey
- Use moderation for diabetics

Contraindications

- Sesame allergy
- Infants under 1 year (honey)

Nutrition (per serving)

- **protein:** 3–4 g per laddu .
- **carbs:** 12–16 g per laddu .
- **fat:** 7–9 g per laddu .
- **fiber:** 2–3 g per laddu .

Notes

- Frequency: daily
- Max Usage: 1–2 laddus per day for adults; children 1 laddu/day .

Source

<https://www.youtube.com/watch?v=DjXI-pCr-pA>

Sweet Curd with Almond and Pomegranate (Probiotic Dessert) .

Sweet Curd (Almond & Pomegranate Set Yogurt) .

Category: sweets / milk-based sweets

Therapeutic: digestive_disorders / digestive problems / disorders

Details

Servings: 3–4 .

Prep Time: 15 minutes .

Cook Time: 10 minutes (to boil milk) .

Total Time: 6–8 hours including setting .

Calories: 250–300 kcal per serving .

Food Type: dessert .

Food Timing: post-meal dessert or snack .

Food Texture: creamy, set yogurt .

Spice Level: mild

Difficulty: easy

Storage: Refrigerate after setting; keep covered to prevent contamination and odor absorption .

Shelf Life: 24–48 hours refrigerated .

Diet & Allergens

- Dietary Attributes: probiotic ., vegetarian ., gluten-free .
- Allergens: milk/dairy (lactose) ., tree nuts (almond, pistachio) .

Ingredients

English	Amount
pomegranate seeds	1 cup .
milk	500 ml .
honey	1/2 cup or to taste .
almonds	15 pieces .
curd (starter culture)	1 tbsp .
asafoetida (hing)	1 tsp .
pistachios	few pieces .
saffron	few strands .

Procedure

1. Boil milk in a clay pot; turn off heat and let it cool to lukewarm .
2. Grind almonds in a mixer; add pomegranate seeds and grind to a coarse-fine powder .
3. Stir saffron into the cooled milk for color .
4. Mix in honey until dissolved; adjust sweetness to taste .
5. Whisk in the almond–pomegranate powder thoroughly so no lumps remain .
6. Add curd starter and a small amount of asafoetida; mix well .

7. Garnish with a few saffron strands and pistachio pieces .
8. Cover and set undisturbed for 6–7 hours, then serve chilled or at room temperature as preferred .

Key Benefits

- Provides beneficial bacteria from set curd (probiotic) .
- Almonds add healthy fats, protein, and micronutrients .
- Pomegranate seeds contribute antioxidants and fiber .

Health Info

Designed as a lightly fermented sweet curd to enhance gut-friendly bacteria and support overall wellness .

Cautions

- Reduce honey for diabetes or use a smaller portion .
- Not suitable for those with milk or nut allergies .
- Avoid for infants due to honey .

Contraindications

- Milk allergy, severe lactose intolerance .
- Children under 1 year (honey) .

Nutrition (per serving)

- **protein:** 5–7 g per serving .
- **carbs:** 45–55 g per serving .
- **fat:** 8–12 g per serving .
- **fiber:** 2–3 g per serving .

Notes

- Frequency: daily
- Max Usage: About 1 cup per serving; limit to 1 serving per day if monitoring sugars .

Source

https://www.youtube.com/watch?v=DLd42KR_YzY

Eggless Multigrain Dry Fruits Cake (Home-baked)

Eggless Multigrain Dry Fruits Cake

Category: sweets / baked sweets

Details

Servings: 8 slices .

Prep Time: 10-15 minutes .

Cook Time: 20-22 minutes .

Total Time: 35-40 minutes .

Calories: varies by slice .

Food Type: vegetarian

Food Timing: evening snack or dessert .

Food Texture: soft, moist .

Spice Level: mild

Difficulty: easy

Storage: Cool completely; store in an airtight container. Keep at room temperature for 1-2 days or refrigerate for 4-5 days .

Shelf Life: 1-2 days at room temperature; 4-5 days refrigerated .

Diet & Allergens

- Dietary Attributes: eggless, no refined sugar (uses honey), contains nuts, contains dairy, multigrain
- Allergens: milk, nuts, gluten

Ingredients

English	Amount
Flour mix (multigrain flour + maida)	1 cup + 1 tbsp .
Honey	1 cup
Milk	1 cup
Curd (yogurt)	1 cup
Mixed dry fruits (almonds, pistachios, cashews, dates, raisins)	2 tbsp each (total ~10 tbsp) .
Cinnamon powder	1/2 tsp .
Ghee	1 tbsp
Leavening agents (baking soda/cooking soda)	1 tsp total .

Procedure

1. In a bowl, combine flour mix with leavening agents and cinnamon powder; mix well.
2. In another bowl, whisk curd and honey; add milk and combine to a smooth mixture (no lumps).
3. Add the wet mixture to dry ingredients; mix gently to form a smooth batter (avoid overmixing).
4. Fold in chopped mixed dry fruits; reserve a little for topping.
5. Stir in 1 tbsp ghee to make the cake softer.
6. Line a cake tray with butter paper; pour batter and tap the tray 2 times to release air bubbles.
7. Garnish top with reserved dry nuts.
8. Bake for 20-22 minutes until a toothpick comes out clean (temperature setting as available, .).

Key Benefits

- Eggless preparation suitable for lacto-vegetarian diets
- Multigrain flour adds fiber and nutrients .
- Uses honey instead of refined sugar .
- Nuts and dried fruits add healthy fats, minerals, and natural sweetness .

Health Info

Homemade alternative to bakery cakes; provides variety and some nutrition for children when eaten in moderation .

Cautions

- High in natural sugars; moderate portions advised for weight and glucose control .
- Contains nuts and dairy; check for allergies and intolerance .
- Leavening agents may cause discomfort in sensitive stomachs if overused .

Contraindications

- Nut allergy
- Infants under 1 year (due to honey)
- Uncontrolled diabetes

Nutrition (per serving)

- **protein:** moderate from dairy and nuts .
- **carbs:** high due to flour, honey, and dried fruits .
- **fat:** moderate from nuts and ghee .
- **fiber:** moderate from multigrain flour and dried fruits .

Notes

- Frequency: weekly
- Max Usage: 1-2 slices per serving .

Source

<https://www.youtube.com/watch?v=DxkigNRFdtg>

Bread-Free Sprouts Paneer Spinach Sandwich (High-Protein) .

Sprouts Paneer Spinach Sandwich (No Bread) .

Category: breakfast / chilla

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: 2-3 servings .

Prep Time: 10 minutes (excluding soaking) .

Cook Time: 12-15 minutes .

Total Time: 25 minutes .

Calories: 220-280 kcal per serving .

Food Type: vegetarian

Food Timing: breakfast or evening snack .

Food Texture: crispy outside, soft inside .

Spice Level: medium

Difficulty: easy

Storage: Best served fresh; refrigerate leftovers in an airtight container for up to 1 day; reheat on a pan to crisp .

Shelf Life: 1 day refrigerated .

Diet & Allergens

- Dietary Attributes: gluten-free, grain-free, high-protein, no bread, diabetic-friendly ., vegetarian
- Allergens: dairy (paneer), asafoetida may contain wheat in compound hing .

Ingredients

English	Amount
soaked green gram (moong)	1 cup
paneer	150 g
gram flour (besan)	2 tbsp
spinach leaves	15 sprigs .
green chillies	2
lemon	1; use 1 tbsp juice .
asafoetida (hing)	1/4 tsp .
ginger (grated)	1 tsp

fennel seeds	1 tsp
pepper powder	1 tsp
cumin powder	1 tsp
oregano	a little .
baking soda	a pinch .
coriander leaves	a little .
chaat masala	to taste .
ghee or butter or oil for greasing	as needed .

Procedure

1. In a blender, add soaked green gram, spinach leaves, ginger, green chillies, and a little coriander; grind to a smooth, thick sprout batter.
2. Transfer batter to a bowl; mix in gram flour, fennel seeds, cumin powder, a pinch of baking soda, asafoetida, and lemon juice; combine well to form the sandwich batter.
3. Slice paneer into broad slices resembling bread slices .
4. Preheat a grill pan or sandwich maker on low heat and lightly grease with ghee, butter, or oil.
5. Spread a thin, even layer of sprouts batter on the hot grill to form the base.
6. Place one paneer slice over the base; sprinkle pepper powder, oregano, and a little chaat masala.
7. Place a second paneer slice over it and season again lightly with pepper powder and chaat masala.
8. Spread another thin layer of sprouts batter on top to seal the sandwich.
9. Cover and cook on low flame until the bottom is set and golden; gently flip and cook the other side until crisp and paneer is heated through.
10. Remove and serve hot; optionally pair with tomato sauce or a light chutney .

Key Benefits

- High protein from paneer and sprouts .
- Leafy greens add antioxidants and fiber .
- Bread-free and gluten-free base may reduce glycemic load compared to white bread .

Health Info

Positioned as a higher-protein, lower-refined-carb alternative to bread sandwiches; suitability for diabetes varies by portion size and individual response .

Cautions

- Dairy allergy or lactose intolerance should avoid or substitute paneer.
- Compound asafoetida may contain wheat; use pure hing if gluten-sensitive.
- Spinach oxalates may not suit those on low-oxalate diets.

Contraindications

- Severe dairy allergy
- Medically advised low-oxalate diet

Nutrition (per serving)

- **protein:** 18-22 g per serving .
- **carbs:** 20-25 g per serving .
- **fat:** 12-16 g per serving .
- **fiber:** 5-7 g per serving .

Notes

- Frequency: daily
- Max Usage: Up to 1-2 servings per day depending on individual needs .

Source

<https://www.youtube.com/watch?v=dYGI3FkdMcE>

Oil-free Curd Vada with Soya Meal Maker (Dahi Vada style) .

Oil-free Curd Vada with Soya Meal Maker (Steamed) .

Category: snacks / vada

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: . 4 servings

Prep Time: . 15 minutes

Cook Time: . 15–20 minutes

Total Time: . 30–35 minutes

Calories: . 200–250 kcal per serving

Food Type: vegetarian .

Food Timing: snack or light meal, day-time/evening .

Food Texture: soft, steamed vada soaked in creamy buttermilk-curd .

Spice Level: mild

Difficulty: easy

Storage: Refrigerate soaked vadas in an airtight container; keep the yogurt mix separate if storing longer than 6 hours .

Shelf Life: . 24 hours refrigerated for best texture and safety

Diet & Allergens

- Dietary Attributes: high-protein ., low-oil ., egg-free ., fermented-dairy probiotics .
- Allergens: soy ., dairy ., gluten (if multigrain flour contains wheat) .

Ingredients

English	Amount
soya chunks (meal maker) .	. 1 cup (dry), soaked
water for soaking .	. as needed
green chilies, chopped .	. 1–2 nos
ginger, grated .	. 1 tsp
carrot, grated .	. 2–3 tbsp
coriander leaves, chopped .	. 2 tbsp
multigrain flour .	. 1/2 cup
buttermilk for batter .	. 2–3 tbsp (as needed)
chaat masala .	. 1/2 tsp
cooking/baking soda .	. a small pinch
curd (yogurt) .	. 1 cup
buttermilk for soaking .	. 1/2–1 cup
honey .	. 1–2 tsp, to taste
grated coconut .	. 1–2 tbsp

cumin powder .

. 1/2 tsp

salt, optional .

. a pinch, if needed

Procedure

1. Soak medium-sized soya meal maker chunks in warm water for about 10 minutes until softened, then squeeze out excess water .
2. Add soaked chunks to a chopper; add chopped green chilies, grated ginger, grated carrot, and chopped coriander leaves; pulse to a coarse mince (avoid fine paste) .
3. Transfer to a bowl; add multigrain flour, a splash of buttermilk to bind, chaat masala, and a tiny pinch of baking soda; mix into a soft, shapeable dough (add flour or buttermilk as needed) .
4. Shape small vada patties/balls; arrange on a greased steamer plate and steam 10–12 minutes until set and springy .
5. In another bowl, whisk curd with buttermilk to a pourable consistency; add honey, grated coconut, finely chopped green chili (optional), and cumin powder; adjust salt only if required .
6. Place steamed vadas in a shallow dish; pour the curd–buttermilk mixture over them to soak for 5–10 minutes .
7. Garnish with grated carrot, cumin powder, and coriander leaves; optionally toast vadas briefly on a non-stick pan or bake for a firmer exterior before soaking .
8. Serve chilled or at room temperature as an oil-free dahi vada-style snack .

Key Benefits

- High-protein from soy chunks .
- Low-oil steaming vs deep frying .
- Probiotics from curd/buttermilk aid gut health .
- Fiber from multigrain flour and vegetables supports satiety .

Health Info

Balanced macro profile with emphasis on plant protein and minimal oil; suitable for weight-conscious and heart-friendly diets when portion-controlled .

Cautions

- Contains soy and dairy; check for allergies .
- Use minimal honey or a sugar-free option for diabetics .
- If sensitive to chilies, reduce or omit green chilies .

Contraindications

- Soy allergy .
- Lactose intolerance without suitable substitutions .
- Advanced kidney disease requiring protein restriction .

Nutrition (per serving)

- **protein:** . 16–20 g per serving
- **carbs:** . 18–25 g per serving
- **fat:** . 3–6 g per serving
- **fiber:** . 4–6 g per serving

Notes

- Frequency: alternate days
- Max Usage: . 1–2 servings per day depending on protein needs and tolerance

Source

<https://www.youtube.com/watch?v=EgCLpF21dIY>

Probiotic Cucumber Buttermilk Gravy (Dosakaya Majjiga Pulusu) .

Probiotic Cucumber Buttermilk Gravy (Dosakaya Majjiga Pulusu) .

Therapeutic: gastritis

Details

Servings: Serves 3–4 .

Prep Time: 10 minutes .

Cook Time: 5 minutes .

Total Time: 15 minutes .

Calories: About 90–120 kcal per serving .

Food Type: Vegetarian .

Food Timing: Best with lunch or dinner as a side .

Food Texture: Smooth, pourable gravy with soft vegetable bits .

Spice Level: mild

Difficulty: easy

Storage: Refrigerate in a covered container; stir before serving as separation may occur .

Shelf Life: Best within 24 hours for taste and probiotic quality .

Diet & Allergens

- Dietary Attributes: vegetarian, gluten-free if pure hing used, probiotic, low-calorie
- Allergens: dairy, possible gluten traces from asafoetida

Ingredients

English	Amount
Cucumber (peeled, chopped)	1 large piece (about 1 cup) .
Fresh grated coconut	1/2 cup .
Cumin seeds (for grinding)	1 teaspoon .
Green chilies	2 small, adjust to taste .
Coriander leaves	1 small handful .
Curd/Yogurt (whisked)	1 cup .
Grated carrot	2–3 tablespoons .
Mustard seeds	1/2 teaspoon .
Cumin seeds (for tempering)	1/2 teaspoon .
Black gram (urad dal)	1 teaspoon .
Curry leaves	6–8 leaves .
Asafoetida powder (hing)	1/8–1/4 teaspoon .
Salt	To taste .
Oil	1–2 teaspoons .
Water	As needed to adjust consistency .

Procedure

1. In a mixer jar, add grated coconut, cumin seeds (for grinding), green chilies, chopped cucumber, and coriander leaves; grind to a smooth paste without adding much water since cucumber has high water content .

2. Whisk curd in a mixing bowl until smooth; add the ground paste and mix well .
3. Stir in grated carrot and salt; adjust water to reach a pourable gravy consistency .
4. For tempering, heat oil in a small pan; add mustard seeds, cumin seeds (for tempering), and urad dal; let them splutter and turn aromatic .
5. Add curry leaves and a pinch of asafoetida; sauté briefly until fragrant and colors change slightly .
6. Pour the tempering over the buttermilk mixture; mix gently and serve immediately or chill briefly before serving .
7. Serve as a side with chapathi/roti or sip alongside meals; also helps balance undersalted curries .

Key Benefits

- Probiotic curd supports gut microbiome balance .
- Cucumber adds hydration with minimal calories .
- Coconut provides healthy fats for satiety and taste .
- Tempering spices like mustard, cumin, and hing aid digestion .
- Quick, no-heavy-cooking recipe suitable for warm weather .

Health Info

Light, probiotic-rich gravy that can be used as a side or sipped to support digestion and reduce meal calories .

Cautions

- Use gluten-free hing if sensitive to wheat traces in asafoetida .
- Reduce green chilies for children or sensitive stomachs .
- Avoid if dairy allergic; consider lactose-free curd if lactose intolerant .

Contraindications

- Dairy allergy .
- Severe lactose intolerance without lactase aids .

Nutrition (per serving)

- **protein:** . 3–4 g per serving
- **carbs:** . 8–12 g per serving
- **fat:** . 4–7 g per serving
- **fiber:** . 1–2 g per serving

Notes

- Frequency: daily
- Max Usage: Up to 1–2 cups per day depending on tolerance .

Source

<https://www.youtube.com/watch?v=ENiv151ymSo>

Atukula Bullets — Steamed Red Poha Breakfast (.)

Atukula Bullets (Steamed Red Poha Bullets) (.)

Category: breakfast / idly

Therapeutic: digestive_disorders / digestive problems / disorders

Details

Servings: 3-4 servings .

Prep Time: 15 minutes .

Cook Time: 12-15 minutes steaming .

Total Time: 30 minutes .

Calories: 220-260 kcal per serving .

Food Type: vegetarian (.)

Food Timing: breakfast or evening snack (.)

Food Texture: soft and lightly coarse from grated vegetables (.)

Spice Level: mild

Difficulty: easy

Storage: Refrigerate in an airtight container; re-steam or sprinkle water and warm before serving (.)

Shelf Life: Up to 24 hours refrigerated (best same day) (.)

Diet & Allergens

- Dietary Attributes: vegetarian, gluten-free, low-oil, steamed
- Allergens: dairy, sesame, mustard

Ingredients

English	Amount
red poha (flattened rice, thick variety) (.)	2 cups .
thin buttermilk (.)	1 to 1.25 cups .
grated carrot (.)	2 tablespoons .
grated fresh coconut (.)	2 tablespoons .
sesame seeds (.)	1 tablespoon .
green chilies, finely chopped (.)	1-2 or 1 tablespoon .
chaat masala (.)	1/2 teaspoon .
coriander leaves, chopped (.)	1/2 cup .
lemon juice (.)	1 teaspoon .
mustard seeds (.)	1/2 teaspoon .
urad dal (black gram split) for tempering (.)	1 teaspoon .
cumin seeds (.)	1/2 teaspoon .
curry leaves (.)	8-10 leaves .
grated ginger (.)	1 teaspoon .
salt (.)	to taste, ~1/2-3/4 teaspoon .
oil for tempering (.)	1-2 teaspoons .
water (for washing/steaming) (.)	as needed .

Procedure

1. Rinse red poha thoroughly in water to remove impurities; drain well (.)
2. Soak the drained poha in thin buttermilk for about 10 minutes until softly rehydrated (.)
3. In a small pan, heat oil and prepare tempering: add mustard seeds, urad dal, cumin, curry leaves, and grated ginger; sauté until fragrant (.)

4. To the soaked poha, add grated carrot, grated coconut, sesame seeds, chopped green chilies, chaat masala, chopped coriander, lemon juice, salt, and the prepared tempering; mix gently to combine (.).
5. If the mixture feels too wet, rest for 2-3 minutes; if too dry, sprinkle a teaspoon of buttermilk (.).
6. Grease your palms lightly; shape small oblong "bullets" or round dumplings (kudumulu-style) as preferred (.).
7. Place shaped bullets on a greased steamer plate; keep slight gaps between pieces (.).
8. Steam on medium heat for 12-15 minutes until firm and set; allow 2 minutes resting time after steaming (.).
9. Serve hot with tomato chutney or coconut chutney; enjoy as a wholesome breakfast or snack (.).
10. For festival serving (Vinayaka Chavithi), shape as round kudumulu and steam similarly (.).

Key Benefits

- Higher iron potential from red poha vs. white poha (.)
- Steamed and low-oil, friendly for digestion (.)
- Buttermilk soak may add mild probiotics and tang (.)
- Sesame contributes minerals like calcium and iron (.)
- Carrot, coconut, and coriander add fiber and antioxidants (.)

Health Info

Light, steamed red poha bullets provide balanced carbs, modest protein, healthy fats from sesame and coconut, and micronutrients; suitable for most ages (.).

Cautions

- Adjust chilies and chaat masala for sensitive stomachs (.)
- Skip sesame and mustard if allergic (.)
- Use lactose-free or plant-based buttermilk for lactose intolerance (.)

Contraindications

- Active gastritis or ulcers—avoid chilies and acidic sides (.)
- Severe dairy allergy—omit dairy and use alternatives (.)

Nutrition (per serving)

- **protein:** 5-7 g per serving .
- **carbs:** 45-55 g per serving .
- **fat:** 6-10 g per serving .
- **fiber:** 4-6 g per serving .

Notes

- Frequency: daily
- Max Usage: 1-2 servings per day, portion mindful for calorie needs (.).

Source

https://www.youtube.com/watch?v=EWa_IJK8OxM

. **Palak Paneer Bhurji — high-protein veggie scramble**

. Palak Paneer Bhurji (Spinach Paneer Veggie Scramble)

Category: curries / leafy vegetable fries

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: . 3 servings

Prep Time: . 15 minutes

Cook Time: . 20 minutes

Total Time: . 35 minutes

Calories: . 220 kcal per serving

Food Type: . vegetarian

Food Timing: . lunch or dinner

Food Texture: . soft crumble

Spice Level: medium

Difficulty: easy

Storage: . Refrigerate in an airtight container within 2 hours of cooking.

Shelf Life: . 36–48 hours refrigerated; reheat thoroughly before serving.

Diet & Allergens

- Dietary Attributes: . high protein, . high fiber, . gluten-free if hing is GF and served without wheat breads
- Allergens: . dairy, . asafoetida (may contain wheat)

Ingredients

English	Amount
Spinach leaves	. 3 cups packed
Palak (spinach) paste	. 1/2 cup
Milk (full-fat or toned)	. 1 liter
Lemon juice	. 2–3 tbsp
Oil (cold-pressed)	. 1–2 tsp
Cumin seeds	. 1/2 tsp
Green chillies, slit	. 2
Asafoetida (hing)	. 1/8 tsp
Grated cabbage	. 1 cup
Tomato, chopped	. 1 medium
Yellow capsicum, chopped	. 1/2 cup
Chaat masala powder	. 1/2 tsp
Cumin powder	. 1/2 tsp
Black pepper powder	. 1/4 tsp
Salt	. to taste
Coriander leaves, chopped	. 2 tbsp
Lemon juice (finishing)	. 1 tsp

Procedure

1. . Blend washed spinach with a splash of water to make a smooth palak paste.
2. . Bring milk to a gentle boil; stir in the palak paste and keep on medium heat.
3. . Add lemon juice gradually while stirring until the milk curdles; simmer 1–2 minutes.

4. . Strain through a sieve/cloth, reserving the green whey; lightly press to obtain palak paneer (do not over-dry).
5. . Grate or crumble the palak paneer to a bhurji texture and set aside.
6. . Heat oil in a skillet; add cumin seeds, green chillies, and a pinch of hing.
7. . Add grated cabbage, chopped tomato, and yellow capsicum; cover and cook until about 50% tender.
8. . Season with chaat masala, cumin powder, pepper, and salt; mix well.
9. . Add the grated palak paneer; toss gently and cook 2–3 minutes until combined and steamy.
10. . Finish with chopped coriander and a squeeze of lemon; serve hot with chapathi or plain rice.

Key Benefits

- . High protein from paneer supports satiety and weight management.
- . Fiber from spinach and vegetables helps slow glucose absorption and supports gut bacteria.
- . Lower-oil, dry preparation aids in calorie control and lipid management.
- . Micronutrients (iron, folate, vitamin C) from greens and vegetables support overall health.

Health Info

. Suitable for balanced diets aimed at obesity (fat loss), diabetes, and cholesterol management when paired with controlled portions of breads or rice.

Cautions

- . Monitor salt if you have hypertension.
- . Use gluten-free hing if sensitive to wheat derivatives.

Contraindications

- . Dairy allergy or severe lactose intolerance
- . Individuals advised to restrict high-oxalate foods should moderate spinach-based dishes

Nutrition (per serving)

- **protein:** . 18 g per serving
- **carbs:** . 12 g per serving
- **fat:** . 16 g per serving
- **fiber:** . 5 g per serving

Notes

- Frequency: alternate days
- Max Usage: . Up to 1.5 cups per meal, 4 days per week as discussed.

Source

<https://www.youtube.com/watch?v=eZzfYyHIGjg>

Sattu Drink with Curd (Folic Acid & Probiotic) .

Sattu Drink with Curd (Country Bengal Gram) .

Category: smoothies_and_juices

Therapeutic: digestive_disorders / digestive problems / disorders

Details

Servings: 1–2 glasses .

Prep Time: 10 min prep + 6 hr soaking .

Cook Time: 15 min roasting .

Total Time: 6 hr 30 min .

Calories: 250–300 kcal per serving .

Food Type: vegetarian

Food Timing: mid-morning or evening snack .

Food Texture: smooth drink .

Spice Level: mild

Difficulty: easy

Storage: Sattu powder: store airtight in a cool, dry place; Prepared drink: consume immediately or refrigerate up to 6–8 hours .

Shelf Life: Sattu powder ~1 month; prepared drink same day .

Diet & Allergens

- Dietary Attributes: probiotic, high protein, high fiber, folate rich, gluten-free
- Allergens: dairy

Ingredients

English	Amount
country Bengal gram (desi chickpeas) .	1 cup (for sattu) .
curd (yogurt) .	1 cup .
cumin powder .	1 tsp .
chaat masala .	a pinch to taste .
green chili .	1 (optional, to taste) .
lemon (juice) .	from 1 lemon or to taste .
coriander leaves .	a little .
mint leaves .	a little .

Procedure

1. Soak country Bengal gram for at least 6 hours .
2. Drain and spread on a cloth to absorb moisture; let cool/dry briefly .
3. Dry-roast the soaked gram on low flame until the skins crack and the grams become crisp .
4. Grind the roasted gram into a fine powder to make sattu; set aside .
5. In a mixer jar, add 2 tbsp sattu, coriander, mint, green chili, cumin powder, and a pinch of chaat masala .
6. Add 1 cup curd and lemon juice; blend well until drinkable. Adjust thickness with a little water if needed (optional) .
7. Taste and adjust seasoning if desired (optional) .
8. Pour into a glass and serve immediately .

Key Benefits

- Folate-rich for metabolic and cellular health .
- Supports good gut bacteria via curd (probiotics) .
- High in protein and fiber from Bengal gram for satiety .
- Provides steady energy .
- May help mild loose motions and IBS when spices are moderated .

Health Info

Kabuli chickpeas have comparatively higher folate than country (desi) variety; both are protein- and fiber-dense .

Cautions

- Use lactose-free curd if lactose intolerant .
- Reduce or omit green chili and chaat masala for IBS or sensitive stomach .
- Introduce gradually to avoid gas/bloating .

Contraindications

- chickpea allergy .
- severe lactose intolerance .

Nutrition (per serving)

- **protein:** 10–15 g per serving .
- **carbs:** 25–30 g per serving .
- **fat:** 6–8 g per serving .
- **fiber:** 6–8 g per serving .

Notes

- Frequency: daily
- Max Usage: 1–2 glasses per day depending on tolerance .

Source

<https://www.youtube.com/watch?v=fglbk72VEzI>

Christmas Special Coconut Ragi Cake (No Refined Sugar) .

Coconut Ragi Cake (Stovetop, No Refined Sugar) .

Category: sweets / baked sweets

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: . 8 slices

Prep Time: . 15 minutes

Cook Time: . 20-25 minutes

Total Time: . 35-40 minutes

Calories: . 200 kcal per slice

Food Type: . vegetarian

Food Timing: . dessert or evening snack

Food Texture: . soft and moist

Spice Level: mild

Difficulty: easy

Storage: . Store in an airtight container; keep cool and dry.

Shelf Life: . 1-2 days at room temperature; up to 4-5 days refrigerated

Diet & Allergens

- Dietary Attributes: . egg-free, . whole-grain, . no refined sugar, . may be gluten-free if using certified GF oats
- Allergens: . dairy, . tree nuts (almonds, pistachio), . oats (potential cross-contamination)

Ingredients

English	Amount
Grated coconut	. 1.5 cups

Ragi flour (finger millet flour)	. 1 cup
Honey	. 1 cup
Milk	. 1 cup
Oats	. 2 tablespoons
Almonds, chopped	. 2 tablespoons
Curd (yogurt)	. 1 tablespoon
Pistachio powder	. 1 tablespoon
Baking soda	. a pinch
Baking powder	. 1/4 teaspoon
Cinnamon powder	. a pinch
Ghee (optional, for softness)	. 1 teaspoon

Procedure

1. Grease a small cake tin and set aside; line base if available.
2. Place a sieve over a bowl; add ragi flour, baking powder, and baking soda; sieve and whisk to combine.
3. In a mixer jar, add grated coconut, honey, and about half the milk; blend to a coarse-smooth mixture.
4. Add oats, curd, cinnamon powder, and ghee to the jar; pulse briefly to combine.
5. Pour the wet mixture into a bowl; fold in the sieved ragi mixture gently, adding remaining milk as needed to get a thick pourable batter.
6. Tap the bowl to release trapped air; pour batter into the greased tin and tap the tin 2-3 times.
7. Preheat a heavy pan on low heat; place a ring/trivet and a plate; set the cake tin on top and cover with a tight lid.
8. Cook on low flame for 20-25 minutes or until a toothpick comes out clean; avoid opening frequently.
9. Cool 10 minutes, demould carefully.
10. Garnish with pistachio powder, chopped almonds, and a light drizzle of honey; slice and serve.

Key Benefits

- Whole-grain ragi adds calcium and fiber
- Coconut provides healthy fats supportive of brain function
- No refined flour or refined sugar
- Lower glycemic impact than standard cakes when portioned responsibly

Health Info

. Compared to conventional cakes with maida, sugar, and butter, this version focuses on ragi, coconut, and honey for a more nutrient-dense festive dessert.

Cautions

- Monitor portions for blood sugar management
- Choose certified gluten-free oats if sensitive to gluten
- Use plant milk to make dairy-free if needed

Contraindications

- Nut allergy
- Severe lactose intolerance if not using substitutes

- . Uncontrolled diabetes

Nutrition (per serving)

- **protein:** . 4 g per slice
- **carbs:** . 22 g per slice
- **fat:** . 12 g per slice
- **fiber:** . 3 g per slice

Notes

- Frequency: weekly
- Max Usage: . 1-2 slices per day depending on individual needs

Source

<https://www.youtube.com/watch?v=fh56BEgOx1U>

Holi Special Coconut Milk Dry Nuts & Fruits Drink

Coconut Milk Dry Nuts & Fruits Holi Drink

Category: smoothies_and_juices

Therapeutic: digestive_disorders / digestive problems / disorders

Details

Servings: 2 glasses .

Prep Time: 15 minutes + 1–2 hours soaking .

Cook Time: 0 minutes .

Total Time: 1 hr 20 min to 2 hr 20 min .

Calories: High per glass (nuts, coconut, honey) .

Food Type: vegetarian, dairy-free .

Food Timing: snack or festival beverage .

Food Texture: smooth and slightly thick with soft seeds/nut bits .

Spice Level: mild

Difficulty: easy

Storage: Refrigerate in a sealed container; stir or shake before serving as separation can occur .

Shelf Life: Up to 24 hours refrigerated .

Diet & Allergens

- Dietary Attributes: refined sugar-free, gluten-free, dairy-free
- Allergens: tree nuts, seeds

Ingredients

English	Amount
grated coconut	1 cup .
water (for blending and soaking)	1–1.5 cups as needed .
almonds	7 pieces .
cashews	4–7 pieces .
pistachios	1 tbsp chopped .
roasted peanuts	1–2 tbsp .
pumpkin seeds	1 tbsp .
sesame seeds	1 tsp–1 tbsp (soaked) .

chia seeds	1 tbsp (soaked) .
raisins	1 tbsp .
dates (seedless)	4–6 pieces .
cardamom powder	a pinch .
honey	1–2 tbsp to taste .

Procedure

1. Soak almonds, cashews, sesame seeds in water for 1–2 hours; soak chia seeds separately for 1–2 hours .
2. Blend grated coconut with water; strain through a fine strainer or nut milk bag to extract fresh coconut milk; repeat once for richer milk .
3. In a blender, add soaked almonds, cashews, dates, and a splash of coconut milk; blend to a smooth paste .
4. Combine the nut-date paste with the remaining coconut milk and blend briefly or whisk until well mixed .
5. Stir in soaked chia seeds, pumpkin seeds, sesame seeds, chopped pistachios, and raisins .
6. Add cardamom powder and sweeten with honey to taste; mix gently .
7. Optionally fold in roasted peanuts for crunch; serve immediately or chill 15–30 minutes; stir before serving as seeds may settle .

Key Benefits

- Provides healthy fats from coconut and nuts .
- Naturally sweetened; no refined sugar .
- Contains fiber and micronutrients from nuts, dates, and seeds .
- Festive, dairy-free alternative beverage .

Health Info

Energy-dense beverage suitable as a nourishing snack or festive drink; adjust sweetness for personal needs .

Cautions

- Reduce honey/dates for blood sugar control .
- Avoid if allergic to nuts or seeds .
- Very rich; large portions may feel heavy .

Contraindications

- Tree nut allergy .
- Seed allergies (e.g., chia/pumpkin/sesame) .

Nutrition (per serving)

- **protein:** moderate .
- **carbs:** high (from dates and honey) .
- **fat:** moderate to high (from coconut and nuts) .
- **fiber:** moderate .

Notes

- Frequency: weekly
- Max Usage: About 1 glass per serving for adults; adjust for children .

Source

<https://www.youtube.com/watch?v=fla2iWiNYfM>

Vegetarian Egg Curry with Paneer and Chana Dal .

Vegetarian Egg Curry (Paneer Whites + Chana Dal Yolk) .

Category: curries / vegetable gravies

Therapeutic: detox_focus_areas / heart

Details

Servings: 4 servings .

Prep Time: 20 minutes .

Cook Time: 25 minutes .

Total Time: 45 minutes .

Calories: 320 kcal per serving .

Food Type: vegetarian .

Food Timing: lunch or dinner .

Food Texture: soft curry with tender paneer pieces .

Spice Level: medium

Difficulty: medium

Storage: Refrigerate curry in an airtight container within 2 hours of cooking; consume within 24–36 hours. Shaped uncooked paneer ‘eggs’ can be refrigerated up to 24 hours .

Shelf Life: 1–2 days under refrigeration .

Diet & Allergens

- Dietary Attributes: vegetarian, gluten-free, high-protein, no egg
- Allergens: dairy

Ingredients

English	Amount
Paneer	250 g .
Chana dal	1/2 cup .
Tomatoes	2 medium, chopped .
Onion	1 medium, chopped .
Green chilies	3, slit .
Ginger-garlic paste	1 tablespoon .
Kasuri methi (dried fenugreek leaves)	1 tablespoon .
Asafoetida (hing)	a pinch .
Lemon	1, for finishing .
Cumin seeds	1 teaspoon .
Mustard seeds	1 teaspoon .
Turmeric powder	1/2 teaspoon .
Cumin powder	1 teaspoon .
Coriander powder	1 teaspoon .
Baking soda	1/4 teaspoon .
Chaat masala	a pinch .
Curry leaves	8–10 leaves .
Coriander leaves	2 tablespoons, chopped .
Salt	to taste .

Cooking oil

1.5–2 tablespoons .

Water

1–1.5 cups, as needed for gravy .

Procedure

1. Grind chana dal to a fine powder and transfer to a bowl; mix in turmeric, a pinch of chaat masala, baking soda, and a little water to form a thick, moldable paste resembling an egg yolk mixture .
2. Grate paneer finely. Using clean hands, soften it slightly and form small discs or cups to act as the egg 'whites' .
3. Spoon a small amount of the chana dal paste into the paneer cup and seal to form smooth oval balls that mimic eggs; set aside .
4. Heat a little oil in a pan and lightly roast or shallow-fry the paneer 'eggs' until they get light golden patches; remove and keep aside .
5. In the same pan, heat remaining oil; add mustard seeds and cumin seeds to splutter. Add curry leaves and green chilies .
6. Add chopped onion; sauté until translucent. Add ginger-garlic paste and a pinch of hing; cook until raw smell fades .
7. Add turmeric, cumin powder, coriander powder, and kasuri methi; sauté briefly .
8. Add chopped tomatoes; cook covered until soft and pulpy .
9. Pour in water to reach desired gravy consistency; simmer 3–5 minutes and adjust salt .
10. Gently add the paneer 'eggs' into the gravy; simmer on low for 4–5 minutes so flavors infuse .
11. Finish with chopped coriander leaves and a squeeze of lemon; rest 2 minutes before serving .

Key Benefits

- Provides dairy and legume-based protein from paneer and chana dal .
- Spices like cumin, coriander, and turmeric may support digestion and flavor with minimal added fat .
- Suitable for vegetarians avoiding eggs while seeking a curry with satisfying texture .

Health Info

Using low-fat paneer and moderate oil helps keep saturated fat lower; chana dal adds fiber and micronutrients .

Cautions

- Contains dairy; avoid if allergic or severely lactose intolerant .
- Reduce chilies and acidic tomato if prone to gastritis or reflux .
- Limit oil and salt for heart-health goals .

Contraindications

- Dairy allergy .
- Advanced kidney disease requiring protein restriction: consult a clinician .

Nutrition (per serving)

- **protein:** 18–22 g per serving .
- **carbs:** 15–20 g per serving .
- **fat:** 18–22 g per serving .
- **fiber:** 3–5 g per serving .

Notes

- Frequency: weekly

- Max Usage: 1 serving per day depending on individual calorie and fat goals .

Source

<https://www.youtube.com/watch?v=FKxltk-GCXY>

Omega-3 Chia Curd Pudding

Omega-3 Chia Hung-Curd Pudding

Category: sweets / milk-based sweets

Therapeutic: detox_focus_areas / heart

Details

Servings: 2-3 servings .

Prep Time: 15 min active + 30 min soaking .

Cook Time: 0 min

Total Time: 45 min .

Calories: . 250-350 kcal per serving

Food Type: vegetarian

Food Timing: snack or dessert .

Food Texture: creamy with soft soaked seeds

Spice Level: mild

Difficulty: easy

Storage: Refrigerate covered; best consumed within 24 hours for optimal texture.

Shelf Life: 24 hours refrigerated .

Diet & Allergens

- Dietary Attributes: no refined sugar, high fiber, omega-3 rich, probiotic, gluten-free
- Allergens: dairy, tree nuts (pistachios)

Ingredients

English	Amount
curd (hung curd)	2 cups
chia seeds	2 tablespoons (soaked 30 min)
honey	2 tablespoons
pomegranate seeds	2 tablespoons
apricots (chopped)	4 pieces
soaked pistachios (chopped)	1 tablespoon

Procedure

1. Hang curd in a strainer or muslin cloth to drain whey until thick (hung curd) forms.
2. Soak chia seeds in water for 30 minutes until gelled.
3. Chop apricots and soaked pistachios into small pieces.
4. In a bowl, mix hung curd, soaked chia seeds, and honey until well combined.
5. Layer in a serving glass: chia-curd mixture, apricots, more chia-curd, pistachios, and finish with pomegranate seeds.
6. Serve immediately or chill before serving.

Key Benefits

- Supports heart health via omega-3 fats from chia
- Provides probiotics from curd for gut health

- High fiber; about 10 g from 2 tbsp chia (.)
- Sweetened with honey; no refined sugar

Health Info

Chia is an excellent plant source of omega-3; hung curd supplies beneficial bacteria; nuts and fruits add micronutrients and texture .

Cautions

- Adjust honey for blood sugar control
- Ensure adequate fluid intake with chia
- Allergen check for dairy and nuts

Contraindications

- Dairy intolerance unless using plant-based curd
- Pistachio or tree nut allergy

Nutrition (per serving)

- **protein:** . 8-12 g per serving
- **carbs:** . 30-45 g per serving
- **fat:** . 10-16 g per serving
- **fiber:** . 10 g per serving from chia

Notes

- Frequency: daily
- Max Usage: Up to 2 tbsp chia seeds per day .

Source

<https://www.youtube.com/watch?v=FpRjrAlp9GY>

. Radish Seed Broth Multigrain Parata (pressure-cooked, low-oil)

. Radish Seed Broth Multigrain Parata

Category: breakfast / parata

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: . 3 servings (6 small paratas)

Prep Time: . 20 minutes

Cook Time: . 25 minutes

Total Time: . 45 minutes

Calories: . 220 kcal per parata

Food Type: . vegetarian

Food Timing: . breakfast or dinner

Food Texture: . soft

Spice Level: medium

Difficulty: easy

Storage: . Refrigerate dough in an airtight container for up to 24 hours; cooked paratas keep 12 hours at room temperature or 48 hours refrigerated.

Shelf Life: . 1–2 days refrigerated (best fresh).

Diet & Allergens

- Dietary Attributes: . high-fiber, . no refined sugar, . uses multigrain flour
- Allergens: gluten, sesame, honey

Ingredients

English	Amount
Radish pieces	. 2 medium (about 400 g)
Water	. 2 to 3 cups
Honey	. 1 tablespoon
Lemon juice	. 1 tablespoon
Multigrain flour	. 1 cup (120–130 g)
Fennel seeds	. 1 teaspoon
Cumin powder	. 1 teaspoon
Chaat masala	. 1/2 teaspoon
Green chillies, finely chopped	. 1 tablespoon
Grated ginger	. 1 tablespoon (plus extra for sprinkling)
Coriander leaves, chopped	. 1 tablespoon
Sesame seeds	. 1 teaspoon
Salt	. to taste (about 1/2 teaspoon)
Oil (optional, for roasting)	. 1–2 teaspoons total

Procedure

1. . Pressure cook chopped radish with water, honey, and lemon juice for 2–3 whistles until soft.
2. . Strain through a colander, lightly mash to extract a seed- and flavor-infused broth; reserve this warm broth for kneading.
3. . In a bowl, combine multigrain flour, fennel seeds, cumin powder, chaat masala, salt, green chillies, and half the grated ginger.
4. . Gradually add the warm radish broth to the flour and knead into a soft dough; cover and rest 30–60 minutes for hydration.
5. . Fold in chopped coriander leaves, remaining grated ginger, and sesame seeds; knead briefly to distribute.
6. . Divide into 6 balls; roll each to a medium thickness using a rolling pin.
7. . Roast on a preheated tava over low to medium-low flame, cooking both sides until brown spots appear; apply a few drops of oil only if needed.
8. . Serve hot with curd, simple dal, or vegetable raita.

Key Benefits

- . High fiber from multigrain flour and sesame supports satiety and glycemic control.
- . Ginger, fennel, and cumin may ease bloating and aid digestion.
- . Lemon adds vitamin C; low-oil roasting keeps calories moderate.
- . Suitable for weight-conscious and diabetic-friendly meal plans when portioned.

Health Info

. Pair with protein (curd, dal) and vegetables to balance macros and improve satiety.

Cautions

- . Reduce green chillies and chaat masala if you have gastritis or acid reflux.
- . Contains gluten unless using a gluten-free multigrain blend.

- . Omit honey for vegan preparation or if medically advised to avoid sugars.

Contraindications

- . Celiac disease
- . Sesame allergy
- . Severe GERD if spicy foods trigger symptoms

Nutrition (per serving)

- **protein:** . 6 g per parata
- **carbs:** . 35 g per parata
- **fat:** . 6 g per parata
- **fiber:** . 5 g per parata

Notes

- Frequency: alternate days
- Max Usage: . Up to 2 paratas per meal for most adults, adjust by energy needs.

Source

<https://www.youtube.com/watch?v=FQGKYORNatU>

Spinach Omelette (Egg-free Besan Chilla) .

Spinach Besan Omelette (No Egg) .

Category: breakfast / chilla

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: 2 servings .

Prep Time: 10 minutes .

Cook Time: 10 minutes .

Total Time: 20 minutes .

Calories: . 200–230 kcal per serving

Food Type: vegetarian; egg-free (vegan if honey skipped) .

Food Timing: breakfast or light dinner .

Food Texture: soft pancake-style omelette .

Spice Level: mild

Difficulty: easy

Storage: . Batter keeps 12–24 hours refrigerated; cooked omelette keeps up to 6 hours at room temp (cool, covered) or 24 hours refrigerated.

Shelf Life: . Batter 24 hours refrigerated; cooked omelette 1 day refrigerated.

Diet & Allergens

- Dietary Attributes: egg-free, gluten-free, high-fiber, plant-protein .
- Allergens: legumes (chickpea/gram flour) ., honey (optional) .

Ingredients

English	Amount
Spinach leaves, finely chopped	2 cups .
Tomato, deseeded and finely chopped	1 medium (about 3/4 cup) .
Cabbage, finely chopped	1/2 cup .

Onion, finely chopped (optional)	1/4 cup .
Coriander leaves, finely chopped	2 tbsp .
Gram flour (besan)	3–4 tbsp .
Carom seeds (ajwain)	1/4 tsp .
Cumin seeds	1/2 tsp .
Turmeric powder	1/8 tsp .
Cooking soda (baking soda)	a small pinch .
Lemon juice	1 tsp .
Salt	1/2 tsp or to taste .
Honey (optional, for taste balance)	1/2 tsp .
Oil for cooking	1–2 tsp .
Water (to adjust batter)	2–4 tbsp .

Procedure

1. . Finely chop spinach, tomato (deseeded), cabbage, optional onion, and coriander leaves.
2. . In a mixing bowl, combine all chopped vegetables and coriander.
3. . Add carom seeds, cumin seeds, turmeric, and salt; mix well.
4. . Add gram flour, lemon juice, and a tiny pinch of cooking soda.
5. . Add water little by little to form a thick, pourable batter; rest 3–5 minutes.
6. . Heat a tawa/skillet on medium, lightly grease with a few drops of oil.
7. . Pour a ladle of batter and spread gently into a 6–7 inch round.
8. . Cook covered on medium flame until edges set and the base turns golden; drizzle a few drops of oil.
9. . Flip and cook the other side until done. Take off heat; optionally brush a few drops of honey for sweet-sour balance.
10. . Serve hot. As suggested, you may have half an omelette with a fruit for a light dinner.

Key Benefits

- . Egg-free, lower dietary cholesterol compared to egg omelette.
- . High in fiber and antioxidants from spinach and coriander.
- . Moderate plant protein from gram flour.
- . Uses minimal oil; suitable for light meals and weight management.

Health Info

. Plant-based, egg-free savory pancake; provides fiber, micronutrients, and moderate plant protein.

Cautions

- . Contains gram flour; avoid if legume allergic.
- . Use only a pinch of soda to prevent excess sodium and bloating.
- . Optional honey is not suitable for infants under 1 year.

Contraindications

- . Chickpea/gram flour allergy.
- . Individuals on strict low-sodium protocols should limit added soda and salt.

Nutrition (per serving)

- **protein:** . 8–10 g per serving
- **carbs:** . 18–22 g per serving

- **fat:** . 6–8 g per serving
- **fiber:** . 4–5 g per serving

Notes

- Frequency: daily
- Max Usage: . 1–2 omelettes per day for most adults

Source

<https://www.youtube.com/watch?v=gN9TCrTIY7w>

Sofri Gulab Jamun (Sugar & Oil Free, Naturopathy Style)

Sofri Gulab Jamun (Sugar- & Oil-Free)

Category: sweets / milk-based sweets

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: 10-12 jamuns .

Prep Time: 20 min .

Cook Time: 20 min .

Total Time: 40 min .

Calories: 70-90 kcal per piece .

Food Type: dessert

Food Timing: after meals or festive treat .

Food Texture: soft, spongy

Spice Level: mild

Difficulty: easy

Storage: Store jamuns soaked in syrup in an airtight container in the refrigerator .

Shelf Life: Up to 2 days refrigerated .

Diet & Allergens

- Dietary Attributes: vegetarian, no deep-fry, refined-sugar-free (uses honey), no maida, higher fiber (from sweet potato) .
- Allergens: milk/dairy, gluten (if multigrain flour contains wheat), honey (avoid for infants)

Ingredients

English	Amount
Sweet potato	4 medium, boiled and peeled .
Paneer (cottage cheese)	1/4 cup, grated .
Multigrain flour	1/4 cup .
Cooking soda (baking soda)	1 tbsp .
Cardamom powder	1/2 tbsp .
Clove powder	1-2 tbsp .
Honey	1/2 cup .
Water	1/2 cup for syrup .

Procedure

1. Boil sweet potatoes until tender, peel, and mash smooth.
2. Add grated paneer and multigrain flour; mix well.
3. Add cooking soda, cardamom powder, and clove powder; knead gently to form a soft dough.

4. Divide and roll into small lemon-sized balls.
5. Heat a non-stick pan on low-medium and pan-roast the balls, turning to brown evenly without oil until golden.
6. In a saucepan, combine honey and water; bring to a gentle boil and simmer 5-6 minutes to make a light syrup.
7. Add the browned jamuns to warm syrup; rest 15-30 minutes to absorb.
8. Serve warm or at room temperature; optionally garnish with a pinch of cardamom powder .

Key Benefits

- Reduced oil intake due to pan-roasting instead of deep-frying
- No refined sugar; uses diluted honey
- No maida; uses sweet potato and multigrain flour for fiber
- Spices like cardamom and clove add aroma and may aid digestion .

Health Info

Still an energy-dense dessert; suitable in moderation, especially for those monitoring sugar intake .

Cautions

- Honey contributes sugars; portion control advised
- Contains gluten if multigrain flour has wheat
- Cooking soda should not be excessive to avoid soapy taste and sodium load

Contraindications

- Milk allergy
- Lactose intolerance
- Celiac disease/gluten intolerance
- Infants under 1 year (honey)

Nutrition (per serving)

- **protein:** 2-3 g per piece .
- **carbs:** 12-15 g per piece .
- **fat:** 2-4 g per piece .
- **fiber:** 1-2 g per piece .

Notes

- Frequency: weekly
- Max Usage: 2-3 pieces per serving .

Source

<https://www.youtube.com/watch?v=gqm0QaEfsS8>

Homemade Multigrain Flour (5-Grain Atta) for Pulkas/Chapatis .

Multigrain Flour (Wheat–Ragi–Sajja–Jonna–Soy) for Pulkas .

Category: ingredients / flours

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: Yields . 2.15 kg flour .

Prep Time: 2–4 hours sun-drying + 15 minutes mixing .

Cook Time: 0 minutes for flour (pulkas require separate cooking) .

Total Time: 2–4.5 hours .

Calories: Varies by usage per pulka .

Food Type: flour

Food Timing: lunch/dinner .

Food Texture: powder

Spice Level: mild

Difficulty: easy

Storage: Store in an airtight container in a cool, dry place; keep away from moisture and sunlight .

Shelf Life: 2–4 weeks at room temperature; up to 2–3 months refrigerated; check for off-odors or insect activity before use .

Diet & Allergens

- Dietary Attributes: high fiber, higher protein, whole grain, vegan, lower glycemic impact .
- Allergens: gluten, soy

Ingredients

English	Amount
Wheat flour	1250 g
Ragi (finger millet)	250 g
Sajja (pearl millet)	250 g
Jonna (sorghum)	250 g
Soybeans	150 g

Procedure

1. Sun-dry the individual flours or whole grains for several hours to reduce moisture and prevent spoilage .
2. Optionally, lightly dry-roast or sun-dry soybeans, then mill them to flour for better nutrition and shelf stability .
3. Grind any whole grains to fine flour if needed and let them cool completely .
4. Combine wheat flour, ragi, pearl millet, sorghum, and soybean flour in a large bowl and mix very thoroughly for an even blend .
5. Sieve if desired for uniform texture, then store the multigrain flour in an airtight container in a cool, dry place .
6. To make pulkas: add water gradually to the flour, knead to a soft dough, rest 10–15 minutes, roll into discs, cook on a hot tawa on both sides, then puff directly over flame with tongs for best texture .

Key Benefits

- Higher fiber and protein than plain wheat flour .
- Slower digestion and steadier glucose release may support glycemic control .
- Improved satiety can aid weight management .
- Diverse whole grains may support lipid profile and gut health .

Health Info

Balanced multigrain flour using wheat, ragi, pearl millet, sorghum, and soy; avoid excessive soy to prevent strong taste and ensure palatability .

Cautions

- Contains gluten and soy
- Introduce gradually to reduce bloating
- Monitor post-meal glucose if diabetic

Contraindications

- celiac disease
- wheat allergy
- soy allergy

Nutrition (per serving)

- **protein:** Higher than plain wheat due to soy and millets .
- **carbs:** Lower per serving than plain wheat flour blend .
- **fat:** Low fat overall; minor increase from soy .
- **fiber:** High fiber from millets and whole grains .

Notes

- Frequency: daily
- Max Usage: Commonly 2 pulkas per day suggested; adjust to appetite, activity, and medical advice .

Source

<https://www.youtube.com/watch?v=Gyq-5xAjlQw>

. Red Cabbage Idli with Red Wheat Rava (satvik, no onion/garlic)

. Red Cabbage Idli (with Red Wheat Rava, no onion/garlic)

Category: breakfast / idly

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: . 3-4 servings (12-16 mini idlis or 8 regular idlis)

Prep Time: . 15 mins active + 4-5 hrs soaking

Cook Time: . 12-15 mins steaming

Total Time: . 5 hrs 30 mins (including soaking)

Calories: . 180-220 kcal per 2 idlis (without chutney)

Food Type: . Vegetarian, satvik (no onion/garlic)

Food Timing: . Breakfast or early dinner

Food Texture: . Soft, steamed

Spice Level: mild

Difficulty: easy

Storage: . Batter keeps refrigerated 1-2 days; cooked idlis keep 12-18 hours refrigerated in airtight box.

Shelf Life: . Best freshness same day; batter 1-2 days chilled.

Diet & Allergens

- Dietary Attributes: . High-fiber, . Low-oil, . Steamed, . No onion/garlic
- Allergens: . Gluten (wheat), . Mustard, . Asafoetida

Ingredients

English	Amount
Red wheat rava (cracked wheat)	. 1 cup, soaked 4-5 hrs
Red cabbage	. 1 small head (about 300 g) or 2 cups chopped; blend to paste
Green chilies	. 3, finely chopped
Lemon	. 1, juice to taste
Black gram (urad dal) for tempering	. 1 tablespoon
Asafoetida (hing)	. 1/4 teaspoon
Cumin seeds	. 1 teaspoon
Mustard seeds	. 1 teaspoon
Curry leaves	. 10-12 leaves
Baking soda	. a pinch (about 1/8 teaspoon)
Tamarind (thin pulp)	. 1-2 tablespoons, diluted (optional light tang)
Salt	. 1 teaspoon or to taste
Oil for tempering	. 1-2 teaspoons
Water	. 3/4 to 1 cup, as needed for batter
Carrot, grated (optional)	. 1/4 cup
Green beans, finely chopped (optional)	. 1/4 cup

Procedure

1. . Rinse red wheat rava and soak in water for 4-5 hours until hydrated.
2. . Chop red cabbage and blend to a smooth paste without adding much water.
3. . Drain excess water from soaked rava if any and transfer to a mixing bowl.
4. . Add red cabbage paste and chopped green chilies to the soaked rava; mix to a thick pourable batter, adjusting water as needed.
5. . Prepare tempering: heat oil, add mustard seeds to splutter, then add urad dal, cumin, curry leaves, and a pinch of asafoetida; sauté briefly.
6. . Fold the tempering into the batter; add salt to taste.
7. . Add a tiny pinch of baking soda and mix gently. Squeeze in lemon juice to brighten flavor. If using, add a little thin tamarind pulp for mild tang.
8. . Optionally fold in grated carrot and chopped beans for extra fiber and color.
9. . Grease idli plates lightly (or use a clay pot mold as shown) and pour batter.
10. . Steam on medium heat for 12-15 minutes until a toothpick comes out clean.
11. . Rest 2-3 minutes, then unmold and serve hot with coriander or mint chutney.

Key Benefits

- . Higher fiber from wheat rava and cabbage may slow glucose absorption.
- . Steamed, low-oil satvik dish supports gentle digestion.
- . Colorful idli increases vegetable intake and acceptance in kids.
- . Spices and lemon add antioxidants and improve palatability without excess calories.

Health Info

. Compared to plain white idlis, this version may provide steadier energy and better satiety due to added fiber and phytonutrients.

Cautions

- . Contains gluten; avoid in celiac disease or wheat allergy.
- . Use minimal baking soda for those on sodium-restricted diets.
- . Mustard and hing can trigger sensitivities; omit if needed.

Contraindications

- . Celiac disease
- . Wheat allergy
- . Mustard allergy

Nutrition (per serving)

- **protein:** . 6-8 g per 2 idlis
- **carbs:** . 35-40 g per 2 idlis
- **fat:** . 4-6 g per 2 idlis
- **fiber:** . 5-7 g per 2 idlis

Notes

- Frequency: daily
- Max Usage: . 2-3 idlis per meal for adults, adjust to appetite and goals.

Source

<https://www.youtube.com/watch?v=h-Ke85WoF5Y>

Green Gram and Sago Sweet Pongal with Sugarcane Syrup (Sankranthi Special) .

Sugarcane Syrup Sweet Pongal with Green Gram and Sago (Sankranthi Special) .

Category: sweets / festival sweets

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: 4 servings .

Prep Time: 2 hours soaking .

Cook Time: 35-45 minutes .

Total Time: 2 hours 45 minutes .

Calories: 300 kcal per serving .

Food Type: sweet dessert pongal .

Food Timing: festive breakfast or dessert .

Food Texture: soft porridge-like .

Spice Level: mild

Difficulty: easy

Storage: Store leftovers in an airtight container in the refrigerator; reheat gently before serving .

Shelf Life: Up to 1 day refrigerated; best fresh on the same day .

Diet & Allergens

- Dietary Attributes: vegetarian, gluten-free, no onion no garlic, festival food
- Allergens: tree nuts (cashew), coconut

Ingredients

English	Amount
sago pearls (sabudana)	1 big cup, soaked 2 hours .
green gram (moong), boiled	1 cup, soaked and boiled .
sugarcane syrup (reduced juice)	1 cup or to taste .
grated coconut	1/2 cup .
raisins	1 tbsp .
cashew nuts	1 tbsp .
cardamom powder	1/4 tsp .
water	as needed .

Procedure

1. Rinse and soak sago and green gram for about 2 hours; drain the water .
2. Pressure cook the soaked sago and green gram together with a little water for 2 whistles; open, stir, and set aside .
3. In a pan, lightly roast grated coconut with cashews and raisins until the coconut turns light brown and aromatic .
4. Reduce fresh sugarcane juice to half over medium heat for 20-25 minutes to make syrup, or use ready sugarcane syrup; bring to a gentle boil .
5. Add the syrup to the roasted coconut-cashew-raisins mixture; simmer briefly .
6. Stir in the cooked sago and green gram; cook for about 5 minutes until it thickens to a pongal consistency .
7. Finish with cardamom powder; let rest a few minutes and serve warm .

Key Benefits

- Sugarcane syrup may retain minerals like iron compared to overheated jaggery .
- Green gram provides light protein and is easy to digest .
- A festive sweet made without refined sugar .

Health Info

Prepared with minimally processed sugarcane syrup and pulse-based protein, offering a balanced festive sweet when eaten in moderation .

Cautions

- High carbohydrate content from sago and syrup; watch portions if monitoring blood sugar .
- Contains nuts and coconut; avoid if allergic .

Contraindications

- Not ideal for ketogenic or very low-carb diets .

Nutrition (per serving)

- **protein:** 6-8 g per serving .
- **carbs:** 50-60 g per serving .
- **fat:** 8-12 g per serving .
- **fiber:** 2-4 g per serving .

Notes

- Frequency: yearly
- Max Usage: About 1 small bowl per person per serving .

Source

<https://www.youtube.com/watch?v=h9G5vKSsw2s>

. Gut-Friendly Steamy Salad (Steamed Veg Salad) — Arogya Alayam Vijayawada

. Steamy Gut-Friendly Vegetable Salad

Category: salads / raw vegetable salads

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: . 2–3 servings

Prep Time: . 15 minutes

Cook Time: . 8–12 minutes (light steam)

Total Time: . 25–30 minutes

Calories: . 150–180 kcal per serving

Food Type: . vegetarian (vegan if honey skipped)

Food Timing: . lunch

Food Texture: . soft-crisp

Spice Level: mild

Difficulty: easy

Storage: . Refrigerate in an airtight container and consume within 1 day; reheat gently once if needed.

Shelf Life: . 24 hours refrigerated

Diet & Allergens

- Dietary Attributes: vegan-friendly, gluten-free (use GF hing), oil-free, high-fiber, low-calorie, no added sugar
- Allergens: celery (.), corn (.), asafoetida/hing may contain wheat (.)

Ingredients

English	Amount
Carrot, sliced decoratively	. 1 cup
Cauliflower florets	. 1 cup
Capsicum/Bell pepper chunks	. 3/4 cup
French beans, cut on the bias	. 3/4 cup
Sweet corn kernels	. 1/2 cup
Parsley, chopped	. 2 tbsp
Leek, finely chopped	. 1/4 cup
Celery, finely chopped	. 2 tbsp
Asafoetida (hing), pinch	. 1/8 tsp
Dried rosemary	. 1 tsp
Dried oregano	. 1 tsp
Black pepper powder	. 1/2–3/4 tsp
Dry mango powder (amchur)	. 1/2 tsp
Tamarind pulp	. 1–2 tsp, to taste
Fresh lemon juice	. 1–2 tsp

Coriander leaves, chopped	. 2 tbsp
Honey (optional)	. 1/2 tsp
Water (for steaming)	. as needed

Procedure

1. . Prepare vegetables by cutting into attractive bite-sized pieces to encourage mindful eating.
2. . Set up a steamer or place a trivet in a pot with a little water; bring to a gentle boil.
3. . Steam carrot, cauliflower, beans, capsicum, and sweet corn until 40–50% done (crisp-tender), about 6–10 minutes depending on size; do not overcook.
4. . In a wide pan on low heat, add a pinch of asafoetida, then add chopped leek and celery; sauté gently for 2–3 minutes to release aroma (use water-sauté if avoiding oil).
5. . Add dried rosemary and oregano; sauté for 1 minute until fragrant.
6. . Tip in the steamed vegetables; toss gently.
7. . Season with black pepper, amchur, a touch of tamarind pulp, and lemon juice; toss to coat. Add optional honey only if desired for balance.
8. . Turn off heat; sprinkle parsley and chopped coriander. Serve warm and steamy for lunch.

Key Benefits

- . Supports gut microbiome with gentle fiber and minimal irritants.
- . Aids weight management due to low calories and high satiety.
- . Helps stabilize post-meal glucose when portions of corn are moderated.
- . Anti-inflammatory herb blend (oregano, rosemary, parsley).
- . Lightly cooked texture is easier on gastritis/acid reflux than raw salads.

Health Info

. Designed as a lunch salad to improve motility, reduce heaviness, and support metabolic markers like LDL/triglycerides when used consistently with an overall balanced diet.

Cautions

- . Reduce or skip tamarind and lemon if you have active ulcers or severe reflux.
- . Choose gluten-free hing if you are sensitive to wheat.
- . Moderate sweet corn for tighter glucose control.

Contraindications

- . Post-operative GI patients may need fully soft, bland foods first.
- . Individuals with celery/leek allergy should omit those ingredients.

Nutrition (per serving)

- **protein:** . 5 g/serving
- **carbs:** . 25 g/serving
- **fat:** . 2 g/serving
- **fiber:** . 6 g/serving

Notes

- Frequency: daily
- Max Usage: . 1 generous bowl per meal; adjust corn and sourness if you have diabetes or reflux.

Source

<https://www.youtube.com/watch?v=hesqfBNWq20>

Drumstick Leaves Hair Fry (Moringa Leaf Protein Fry) .

Drumstick Leaves Hair Fry .

Category: curries / vegetable fries

Therapeutic: skin_hair_and_beauty / hair care

Details

Servings: 2–3 servings .

Prep Time: 10 minutes .

Cook Time: 15 minutes .

Total Time: 25 minutes .

Calories: 180–220 kcal per serving .

Food Type: vegetable fry side dish .

Food Timing: lunch or dinner .

Food Texture: dry, lightly moist fry .

Spice Level: medium

Difficulty: easy

Storage: Cool completely and store in an airtight container in the refrigerator .

Shelf Life: Up to 24 hours refrigerated for best taste and nutrient retention .

Diet & Allergens

- Dietary Attributes: vegetarian, high-protein ., high-fiber ., gluten-free if using pure asafoetida .
- Allergens: peanut, coconut, asafoetida (may contain wheat) .

Ingredients

English	Amount
Drumstick leaves (moringa), washed and roughly chopped	4 cups loosely packed .
Cumin seeds	1 teaspoon .
Split black gram (urad dal)	1 tablespoon .
Asafoetida (hing)	1/4 teaspoon, divided .
Kashmiri red chillies, broken	2 pieces .
Green chillies, slit	3–4 .
Oil (cold-pressed preferred)	1–1.5 tablespoons .
Water	2–3 tablespoons for steaming .
Groundnut cake/defatted peanut flour	3 tablespoons (15–20 g) .
Fresh grated coconut	2 teaspoons .
Salt	to taste .
Lemon juice	1–2 teaspoons .

Procedure

1. Heat oil in a pan on medium heat; add cumin seeds and split black gram and let them sizzle until aromatic .
2. Add a pinch of asafoetida, broken Kashmiri red chillies, and slit green chillies; saute briefly without burning .
3. Sprinkle the remaining asafoetida and mix well to infuse flavor .
4. Add cleaned drumstick leaves; stir to coat with the tempered spices .

5. Sprinkle 2–3 tablespoons water, cover, and cook on low-medium heat until the leaves wilt and become tender (4–6 minutes) .
6. Once the leaves are just cooked and moisture is minimal, add groundnut cake/defatted peanut flour and mix thoroughly so it absorbs residual moisture .
7. Stir in grated coconut and cook for another 1–2 minutes until the mixture is dry and crumbly-soft, without sticking or burning .
8. Season with salt, turn off heat, and finish with lemon juice; toss well and rest 1 minute before serving .
9. Serve hot as a side with plain rice, flavoured rice, or chapathi/roti .

Key Benefits

- High protein from defatted peanut flour supports hair growth and follicle strength .
- Moringa leaves provide iron, folate, and vitamins A, C, and E for scalp and hair health .
- Cumin and asafoetida aid digestion, improving nutrient absorption .
- Lemon juice boosts iron absorption from leafy greens .

Health Info

Designed to be a light, protein-forward vegetable fry to complement balanced meals for hair support .

Cautions

- Contains peanuts; avoid in peanut allergy .
- Adjust chillies for children and those with gastritis .
- Ensure pure gluten-free asafoetida if gluten-sensitive .

Contraindications

- Peanut allergy .
- Active gastritis/ulcer (limit spice and lemon) .
- Individuals advised to restrict high-oxalate greens should moderate intake .

Nutrition (per serving)

- **protein:** 10–14 g per serving .
- **carbs:** 10–15 g per serving .
- **fat:** 8–12 g per serving .
- **fiber:** 5–7 g per serving .

Notes

- Frequency: alternate days
- Max Usage: About 1 cup (150–180 g) per person per day, 3–4 times a week .

Source

<https://www.youtube.com/watch?v=hY7zzouq9Vw>

Winter Kashayam for Cold and Cough — Pepper, Ginger, Clove, Turmeric .

Winter Kashayam (Pepper-Ginger-Clove-Turmeric Decoction) .

Category: smoothies_and_juices

Therapeutic: respiratory_disorders / cold

Details

Servings: 1 cup .

Prep Time: 5 minutes .

Cook Time: 6 minutes .

Total Time: 12 minutes .

Calories: 10 kcal .

Food Type: herbal decoction .

Food Timing: morning and evening .

Food Texture: liquid .

Spice Level: medium

Difficulty: easy

Storage: Best consumed fresh; can be kept in a thermos up to 6 hours or refrigerated up to 12 hours; reheat gently once only .

Shelf Life: 12 hours refrigerated or 6 hours in thermos .

Diet & Allergens

• Dietary Attributes: vegan, gluten-free, caffeine-free

Ingredients

English	Amount
Water	250 ml (quarter litre) .
Black pepper (crushed)	1/4 teaspoon
Fresh ginger (grated)	1/2 teaspoon
Cloves	2 to 3 .
Turmeric powder (preferably Lakadong)	a pinch
Honey (optional)	1 teaspoon ., add when warm

Procedure

1. Bring 250 ml water to a boil.
2. Add crushed black pepper (1/4 tsp) and grated ginger (1/2 tsp).
3. Add 2–3 cloves (optional) and cover.
4. Simmer on low for 5–6 minutes to extract medicinal properties.
5. Turn off heat, uncover, and strain into a cup to obtain clear liquid.
6. Stir in a pinch of turmeric powder.
7. Optional: when the drink is warm (not hot), add 1 tsp honey and mix.
8. Sip warm; repeat morning and evening during seasonal infections.

Key Benefits

- May relieve cough and cold symptoms .
- Soothes sore throat and supports respiratory comfort .
- Anti-inflammatory and antimicrobial spice blend .
- Warming beverage suitable for winter months .

Health Info

Pepper (piperine) and ginger (gingerols) provide warming, decongestant effects; clove adds antimicrobial eugenol; turmeric (curcumin) supports inflammation control and general immunity .

Cautions

- Avoid honey for infants under 1 year .

- If sensitive to spices or have reflux, reduce pepper/ginger and test tolerance .
- Consult a clinician if pregnant, breastfeeding, or on blood thinners due to turmeric/ginger .

Contraindications

- Active peptic ulcers aggravated by spices .
- Gallbladder issues where turmeric may worsen biliary colic .
- Known allergy to any listed spice .

Nutrition (per serving)

- **protein:** 0 g .
- **carbs:** 2 g .
- **fat:** 0 g .
- **fiber:** 0.2 g .

Notes

- Frequency: daily
- Max Usage: Up to 2 cups/day for adults; up to 1 cup/day for children over 5 years .

Source

<https://www.youtube.com/watch?v=I-FPKI12dlc>

High-Protein, High-Calcium Ragi Roti (Ragi–Paneer–Carrot Roti) .

Protein–Calcium Ragi Roti (with Paneer and Carrot) .

Category: main_course

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: 3–4 servings .

Prep Time: 15 minutes .

Cook Time: 20 minutes .

Total Time: 35 minutes .

Calories: 200–250 kcal per roti depending on size and paneer fat % .

Food Type: vegetarian

Food Timing: breakfast, lunch, or dinner .

Food Texture: soft, puffy flatbread .

Spice Level: mild

Difficulty: easy

Storage: Best served fresh; dough can rest 30 minutes at room temperature or up to 12 hours refrigerated in a covered container .

Shelf Life: Cooked rotis keep 6–8 hours at room temperature; 1–2 days refrigerated in an airtight container; reheat on tawa .

Diet & Allergens

- Dietary Attributes: high-protein, high-calcium, high-fiber, gluten-free, vegetarian
- Allergens: dairy

Ingredients

English	Amount
Ragi flour (finger millet flour)	1 cup .

Paneer	250 g .
Carrot	250 g .
Green chilies	2 nos .
Ginger	1 small piece .
Cumin powder	1 tsp .
Coriander leaves	2–3 tbsp chopped .
Water	as needed to blend and knead .

Procedure

1. In a mixer jar add paneer, chopped carrots, coriander leaves, ginger, and green chilies; add a little water and blend to a thick paste .
2. Optionally strain to obtain a smoother paneer–carrot paste .
3. In a bowl, add ragi flour and cumin powder; mix well .
4. Add the paste to ragi flour and combine to form a soft dough; rest for 30 minutes to hydrate .
5. Divide into portions; dust lightly with ragi flour and roll each into a thin roti .
6. Cook on a hot tawa over low–medium flame; when one side sets, brush a little water on top and flip .
7. Cook until brown spots appear; place on a wire rack over direct flame to puff; flip to puff the other side .
8. Serve hot with curd or vegetable gravy .

Key Benefits

- High calcium from ragi supports bone health .
- High protein from paneer aids satiety and muscle maintenance .
- Carrot adds fiber and carotenoids for micronutrient support .
- Gluten-free alternative suitable for wheat avoidance .
- Potentially supportive for weight management and diabetes-friendly meals when portioned appropriately .

Health Info

Ragi stated as ~350 mg calcium/100 g and paneer ~23% protein in the video; together provide a nutrient-dense flatbread option .

Cautions

- Contains dairy; avoid if lactose intolerant or allergic .
- Adjust chili to tolerance; serve with cooling sides if heat-sensitive .
- Use care with open flame puffing to prevent burns .

Contraindications

- Dairy allergy or lactose intolerance .
- Kidney stone history may require moderation with high-oxalate foods .
- Protein-restricted diets require clinician guidance .

Nutrition (per serving)

- **protein:** 10–14 g per roti depending on paneer fat % and size .
- **carbs:** 20–30 g per roti depending on size .
- **fat:** 6–10 g per roti depending on paneer fat % and added moisture .
- **fiber:** 3–5 g per roti from ragi and carrot .

Notes

- Frequency: daily
- Max Usage: 2–3 rotis per meal depending on energy needs and medical advice .

Source

<https://www.youtube.com/watch?v=i4fGXA0R50>

Sweet Corn Sweet with Honey (Refined Sugar-Free) .

Sweet Corn Sweet with Honey .

Category: sweets / traditional sweets

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: . 4 pieces

Prep Time: . 10 minutes

Cook Time: . 15 minutes

Total Time: . 25 minutes

Calories: . 150 kcal per piece

Food Type: vegetarian .

Food Timing: dessert .

Food Texture: . soft inside, lightly crisped outside

Spice Level: mild

Difficulty: easy

Storage: . Store in an airtight container; refrigerate if not consuming immediately.

Shelf Life: . 1 day at room temperature; up to 2 days refrigerated.

Diet & Allergens

- Dietary Attributes: refined sugar-free, gluten-free, vegetarian, no deep-frying
- Allergens: nuts, sesame

Ingredients

English	Amount
sweet corn kernels	1 cup .
grated coconut	1/2 cup .
brown rice flour	2 tbsp .
cardamom powder	1/2 tsp .
honey	1/4 cup .
sesame seeds (garnish)	1 tsp .
pistachio pieces (garnish)	1 tsp .

Procedure

1. Steam sweet corn kernels for 5–6 minutes until tender; drain .
2. In a bowl, combine steamed corn, grated coconut, brown rice flour, and cardamom powder; mix .
3. Add honey and mix thoroughly to bind into a cohesive mixture .
4. Heat an iron tawa/griddle on low; place a ring mold and fill with the mixture, pressing firmly to remove gaps .
5. Top with sesame seeds and pistachio pieces .

6. Cover and slow-roast on low heat until set and lightly browned .
7. Carefully flip and roast the other side until done .
8. Unmold and serve warm .

Key Benefits

- Refined sugar-free sweet using honey .
- Brown rice flour adds fiber compared to white rice flour .
- Pan-roasted; no deep-frying .
- Sweet corn noted as lower-calorie than regular corn (.).

Health Info

. Claims in the video: per 100 g, sweet corn ~84 kcal vs regular corn ~125 kcal.

Cautions

- Honey raises blood sugar; portion control advised .
- Avoid for infants under 1 year .
- Omit nuts/sesame if allergic .

Contraindications

- Infants under 1 year (honey) .

Nutrition (per serving)

- **protein:** . low to moderate
- **carbs:** . high
- **fat:** . moderate (from coconut and nuts)
- **fiber:** . moderate

Notes

- Frequency: weekly
- Max Usage: . 1–2 pieces per serving

Source

<https://www.youtube.com/watch?v=iirBk4C4BcU>

Square Rota (Ragi & Sweet Potato) - Chilakada Dumpa Parotta without Oil

Square Rota (Ragi & Sweet Potato) | Chilakada Dumpa Parotta (Oil-free)

Category: main_course

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: 3-4 .

Prep Time: 15-20 min .

Cook Time: 10-15 min .

Total Time: 25-35 min .

Calories: . 200-250 kcal per piece

Food Type: vegetarian .

Food Timing: dinner .

Food Texture: soft .

Spice Level: medium

Difficulty: easy

Storage: Refrigerate dough or cooked rotas in an airtight container; reheat on tawa .

Shelf Life: Up to 1 day refrigerated .

Diet & Allergens

- Dietary Attributes: no added oil (cooking), high calcium (ragi), fiber-rich, no added salt, gluten-free ingredients
- Allergens: dairy, sesame

Ingredients

English	Amount
sweet potato (red)	3 medium, boiled and peeled .
ragi flour (finger millet flour)	. 1.5-2 cups or as needed to form dough
fennel seeds	3 tsp .
cumin powder	1-2 tsp .
chaat masala	to taste .
grated ginger	1 tsp .
green chilies (chopped)	1 tsp or to taste .
coriander leaves (chopped)	handful .
curd (yogurt)	as needed to bind .
lemon juice	1-2 tsp .
ghee	1-2 tsp .
sesame seeds	for topping .

Procedure

1. Boil red sweet potatoes until tender; peel and mash by hand .
2. In a blender or bowl, combine ragi flour with fennel seeds, chaat masala, and cumin powder .
3. Add grated ginger, chopped green chilies, and coriander .
4. Mix in curd and lemon juice, then add the mashed sweet potato and a little ghee; knead into a smooth, soft dough .
5. Divide portions; flatten by hand into discs, sprinkle sesame seeds on top, and press so they adhere .
6. Trim or shape into squares by cutting edges; keep thickness even .
7. Cook on a hot tawa/griddle without oil, flipping until both sides are cooked and lightly browned .

Key Benefits

- Ragi is rich in calcium, supporting bone health .
- Sweet potato provides fiber and steady energy .
- Oil-free and no refined flour .
- No added salt; flavor from spices and herbs .

Health Info

Ragi calcium . 366 mg/100 g; sweet potato . 160 kcal/100 g (as stated).

Cautions

- Monitor portions for diabetes; use minimal chaat masala if sodium-sensitive.
- Reduce chilies for children or sensitive stomachs.

- Use dairy-free yogurt alternative if lactose-intolerant.

Contraindications

- Dairy or sesame allergy.

Nutrition (per serving)

- **protein:** . 5-7 g per piece
- **carbs:** . 45-55 g per piece
- **fat:** . 4-6 g per piece
- **fiber:** . 6-8 g per piece

Notes

- Frequency: weekly
- Max Usage: . One meal portion (1-2 pieces), adjust portions for blood sugar needs.

Source

<https://www.youtube.com/watch?v=inMNAFRoCj0>

Sankranti Special Multigrain Babbatlu with Dates & Honey (No Jaggery) .

Multigrain Babbatlu (Bobbatlu) with Dates, Peanuts & Sesame .

Category: sweets / festival sweets

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: 8 pieces .

Prep Time: 15 minutes .

Cook Time: 15 minutes .

Total Time: 30 minutes .

Calories: 180-220 kcal per piece .

Food Type: vegetarian .

Food Timing: Dessert or festival snack .

Food Texture: Soft stuffed flatbread .

Spice Level: mild

Difficulty: medium

Storage: Store in an airtight container; room temperature for 1 day or refrigerate up to 3 days .

Shelf Life: 1–3 days .

Diet & Allergens

- Dietary Attributes: no refined sugar, multigrain, high-protein filling, contains dairy, contains nuts, egg-free
- Allergens: peanuts, sesame, milk

Ingredients

English	Amount
multigrain flour (wheat + millet mix)	1 cup .
honey	1–2 tbsp .
milk	as needed for dough .
clove powder	a pinch .

roasted peanuts	1/2 cup .
roasted sesame seeds	2 tbsp .
black dates, pitted	1/2 cup, chopped .
cardamom powder	1/4 tsp .
ghee	2–3 tbsp for roasting .

Procedure

1. In a bowl, combine multigrain flour with honey and a pinch of clove powder; add milk gradually and knead to a soft, pliable dough (like for pulka). Rest 10 minutes .
2. For the stuffing: grind roasted peanuts and roasted sesame seeds to a coarse powder .
3. Add pitted black dates and cardamom powder; pulse until it binds into a thick, fudgy mixture .
4. Divide dough into small balls; flatten each into a small cup with fingers .
5. Place a portion of the dates-nut filling inside; seal and gently flatten into a disc .
6. Heat a tawa; roast each stuffed disc with ghee on both sides until golden spots appear .
7. Serve warm; optionally garnish with a sprinkle of crushed peanuts or sesame seeds .

Key Benefits

- Sweetness from dates and honey; no refined sugar .
- Protein and healthy fats from peanuts and sesame .
- Fiber from multigrain flour .
- Festive sweet with improved nutrient profile .

Health Info

Energy-dense festive sweet; suitable as an occasional treat, especially during Sankranthi .

Cautions

- Monitor portions for weight or blood sugar management .
- Use lactose-free options if sensitive to dairy .

Contraindications

- Avoid if allergic to peanuts or sesame .
- Not suitable for strict vegan diets due to ghee/milk .

Nutrition (per serving)

- **protein:** moderate .
- **carbs:** high .
- **fat:** moderate .
- **fiber:** moderate .

Notes

- Frequency: weekly
- Max Usage: 1–2 pieces per serving .

Source

<https://www.youtube.com/watch?v=Itknkbk1WmzA>

Plant-Based Paneer Curry with Bengal Gram (Vegan, Low-Calorie) .

Plant-Based Paneer Curry (Bengal Gram Paneer in Tomato-Cashew Gravy) .

Category: curries / pulse gravies

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: . 3–4 servings, .

Prep Time: . 15–20 minutes (plus soaking time if needed), .

Cook Time: . 25–30 minutes, .

Total Time: . 40–50 minutes, .

Calories: . 280 kcal per serving, .

Food Type: Vegan, oil-free option, .

Food Timing: Lunch or dinner, .

Food Texture: Soft set paneer-like chunks in a smooth gravy, .

Spice Level: mild

Difficulty: easy

Storage: Refrigerate in an airtight container; reheat gently with a splash of water, .

Shelf Life: . 36–48 hours under refrigeration, .

Diet & Allergens

- Dietary Attributes: vegan, plant-based, oil-free, gluten-free, high-fiber, no added sugar, low-salt (optional)

- Allergens: cashew nuts (tree nuts)

Ingredients

English	Amount
Bengal gram (chickpeas), soaked	1 cup, soaked 6–8 hours, .
Chana dal (split bengal gram), soaked	1/2 cup, soaked 1–2 hours, .
Ginger, chopped	1 tbsp, .
Green chillies	2 nos, .
Cooking soda (baking soda)	A small pinch, .
Water	As needed for grinding and gravy, .
Tomatoes, chopped	1 cup (about 2 medium), .
Cashew nuts	1/2 cup, .
Coriander powder	1 tsp, .
Cumin powder	1 tsp, .
Green mango powder (amchur)	1 tsp, .
Fresh coriander leaves	2 tbsp, chopped, .
Salt (optional)	To taste or skip, .

Procedure

1. Grind soaked bengal gram and soaked chana dal with chopped ginger and green chillies to a smooth thick batter; add a tiny pinch of cooking soda and pulse once more, .
2. Grease or line a 1-inch deep tray; pour the batter to about 1-inch thickness, .
3. Steam in a pot/steamer with a trivet for 15–20 minutes until set and firm; cool slightly and unmould, .
4. Meanwhile, simmer chopped tomatoes and cashews with a little water for 5–6 minutes until soft; cool and blend to a smooth paste, .
5. In a pan, pour the tomato-cashew paste; bring to a gentle simmer, .
6. Stir in coriander powder, cumin powder, and amchur; add optional salt if using, .

7. Cut the steamed plant-based paneer into bite-sized cubes and add to the simmering gravy; cover and cook 5–7 minutes so the cubes absorb flavors, .
8. Finish with chopped coriander leaves; rest 2 minutes, then serve hot with chapathi, roti, or plain rice, .

Key Benefits

- Dairy-free and suitable for those sensitive to milk paneer, .
- Higher fiber and plant protein from pulses, supporting satiety, .
- Oil-free cooking method keeps calories lower than typical paneer curries, .
- Cashew-tomato base provides creamy mouthfeel without dairy, .

Health Info

Supports weight management and cardiometabolic goals when cooked without oil and with minimal or no added salt, .

Cautions

- Contains cashew nuts; avoid if allergic, .
- Use only a pinch of cooking soda to limit sodium load, .

Contraindications

- Tree-nut allergy (cashews), .
- Individuals with advanced kidney disease should moderate portions of pulses and nuts, .

Nutrition (per serving)

- **protein:** . 14–18 g per serving, .
- **carbs:** . 24–32 g per serving, .
- **fat:** . 10–14 g per serving, .
- **fiber:** . 7–10 g per serving, .

Notes

- Frequency: daily
- Max Usage: . 1–2 servings per day depending on calorie needs, .

Source

<https://www.youtube.com/watch?v=J-WU4-TwObk>

Mango Dessert to Slow Glucose Absorption and Support Weight Loss

Healthy Mango-Pomegranate Coconut Milk Dessert

Category: sweets / milk-based sweets

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: 1–2 .

Prep Time: 10 min .

Cook Time: 5–10 min .

Total Time: 15–20 min .

Calories: . 400–500 kcal

Food Type: dessert

Food Timing: dinner (before 6–7 pm) .

Food Texture: creamy with fruit chunks .

Spice Level: mild

Difficulty: easy

Storage: Refrigerate covered; best consumed the same day .

Shelf Life: 24 hours .

Diet & Allergens

- Dietary Attributes: vegetarian, dairy-free, gluten-free, refined-sugar-free (uses honey)
- Allergens: tree nuts (almonds, pistachios), coconut

Ingredients

English	Amount
Pomegranate seeds	1 cup .
Mango pieces (with collected juice)	1.5 cups .
Mango juice (from the cut fruit)	1 cup .
Coconut milk	1 cup .
Honey	2 tbsp .
Cucumber pieces	1/4 cup .
Pistachios (chopped)	1 tsp .
Almonds (chopped)	1 tsp .

Procedure

1. Boil pomegranate seeds in a pan until they soften and crush slightly when pressed; cool .
2. Cut ripe mango into small pieces and collect any juice released into a bowl .
3. Add coconut milk to the mango juice and mix well .
4. Stir in honey until combined, then add cucumber pieces .
5. Fold in the boiled pomegranate seeds and mango pieces for texture .
6. Top with chopped pistachios and almonds; serve chilled or immediately .

Key Benefits

- Coconut milk fat and nuts may slow carbohydrate absorption and blunt rapid glucose spikes .
- Pomegranate and cucumber add fiber and volume for satiety .
- Nutrient-dense dessert that can replace a meal for controlled calories .

Health Info

Suggested as a single dinner before 6–7 pm; avoid other foods afterward to keep total calories ~400–500 kcal .

Cautions

- Contains natural sugars; monitor portion size, especially for diabetes .
- Allergy risk: nuts and coconut .
- Honey is not suitable for infants under 1 year .

Contraindications

- Tree nut allergy
- Coconut allergy
- Uncontrolled diabetes without monitoring

Nutrition (per serving)

- **protein:** . 6–8 g
- **carbs:** . 60–70 g
- **fat:** . 20–25 g

- **fiber:** . 6–8 g

Notes

- Frequency: alternate days
- Max Usage: 1 serving per day as a dinner replacement .

Source

https://www.youtube.com/watch?v=jLHu0_aWj40

Zero-Oil Raw Mango Chutney (No Salt, No Refined Sugar) .

Raw Mango Chutney (Zero-Oil, No Added Salt) .

Category: side_dishes / chutneys

Therapeutic: digestive_disorders / digestive problems / disorders

Details

Servings: 2-3 .

Prep Time: 10 minutes .

Cook Time: 10 minutes (2 whistles) .

Total Time: 20 minutes .

Calories: 40-70 kcal per 2 tbsp serving . (varies with honey)

Food Type: vegetarian .

Food Timing: lunch or dinner side .

Food Texture: chunky .

Spice Level: medium

Difficulty: easy

Storage: Refrigerate in an airtight container; keep utensils dry and clean .

Shelf Life: 2-3 days refrigerated .

Diet & Allergens

- Dietary Attributes: no oil added, no added salt, refined sugar-free, gluten-free, vegetarian
- Allergens: none common .

Ingredients

English	Amount
raw mango	1 medium .
water	as needed for pressure cooking .
cumin seeds	1 teaspoon .
garlic cloves	6 cloves .
green chili	1, chopped .
coriander leaves	2 tablespoons, chopped .
mint leaves	2 tablespoons, chopped .
lemon juice	1-2 teaspoons or to taste .
chopped onion	2 tablespoons .
chaat masala	1/2 teaspoon . (no-salt preferred)
honey	to taste .

Procedure

1. Pressure cook the whole raw mango with a little water for about 2 whistles; let pressure release .

2. Meanwhile, in a mortar, add cumin seeds, garlic, and chopped green chili; crush to a coarse paste .
3. Add chopped coriander and mint; lightly crush/mix. Add lemon juice to brighten and balance sourness .
4. Transfer this herb-spice paste to a bowl .
5. Open the cooker, cool slightly, and peel the cooked mango; scoop out the pulp and discard skin/seed .
6. Add mango pulp to the bowl, then add chopped onion and chaat masala .
7. Add honey as needed to balance sourness; mix thoroughly to a chunky chutney .
8. Taste and adjust lemon or honey as needed; serve fresh .

Key Benefits

- No oil added, keeping fat very low
- Low-sodium approach without added salt
- Rich in vitamin C from raw mango and lemon
- Herbs and spices add antioxidants and flavor
- Onion and mango provide fiber

Health Info

Suitable as a low-oil, low-sodium side; choose no-salt chaat masala or omit for strict sodium control .

Cautions

- Adjust chili for spice sensitivity
- Honey increases sugars; use sparingly if monitoring blood glucose
- Chaat masala often contains salt; use no-salt version or skip
- Sourness may not suit reflux/ulcer conditions

Contraindications

- Avoid honey for infants under 1 year
- Use caution in diabetes when adding honey

Nutrition (per serving)

- **protein:** low .
- **carbs:** moderate (varies with honey) .
- **fat:** very low .
- **fiber:** moderate .

Notes

- Frequency: daily
- Max Usage: About 1-2 tablespoons per meal .

Source

<https://www.youtube.com/watch?v=jo2FjlTB4NE>

. Homemade High-Protein Nut & Seed Milk Powder for Kids and Adults

. High-Protein Nut & Seed Milk Mix Powder

Category: ingredients / masala powders

Therapeutic: lifestyle_and_metabolic_disorders / weight gain

Details

Servings: . 25–30 servings (2–3 tsp each)

Prep Time: . 10 minutes

Cook Time: . 12 minutes (light roasting)

Total Time: . 25 minutes

Calories: . 80–100 kcal per 2–3 tsp serving

Food Type: . vegetarian

Food Timing: . morning or evening mixed in warm milk

Food Texture: . fine powder

Spice Level: mild

Difficulty: easy

Storage: . Store airtight in a cool, dry place away from sunlight; refrigerate for better freshness; always use a dry spoon

Shelf Life: . 4–6 weeks at room temperature; up to 2–3 months refrigerated

Diet & Allergens

- Dietary Attributes: . vegetarian, . gluten-free, . no refined sugar, . high protein, . healthy fats
- Allergens: . tree nuts (almond, cashew, pistachio), . seeds (pumpkin, sunflower, watermelon)

Ingredients

English	Amount
Almonds	. 100 g
Pistachios (unsalted)	. 100 g
Cashew nuts	. 100 g
Pumpkin seeds	. 100 g
Sunflower seeds	. 100 g
Watermelon seeds	. 100 g
Dry dates powder	. 2–3 tbsp
Cardamom powder (optional)	. 1/2 tsp

Procedure

1. . Dry roast almonds on low flame for 2–3 minutes until fragrant; do not brown. Transfer to a plate to cool.
2. . Dry roast pistachios on low flame for 1–2 minutes; keep unsalted and unflavored. Cool completely.
3. . Dry roast cashews on low flame for 2 minutes; avoid color change. Cool completely.
4. . Dry roast pumpkin seeds for 1–2 minutes until they just begin to pop; remove and cool.
5. . Dry roast sunflower seeds for about 1–2 minutes; remove and cool.
6. . Dry roast watermelon seeds for 1–2 minutes; remove and cool.
7. . Once fully cooled, grind all roasted nuts and seeds in batches to a fine powder. Do not overrun to release oil.
8. . Sieve the powder if you prefer an extra fine texture; regrind coarse bits.
9. . Mix in dry dates powder and optional cardamom powder until uniform.
10. . Transfer to a clean, dry, airtight jar. Label and store in a cool, dry place (refrigerate for longer shelf life).

11. . To serve: stir 2–3 teaspoons into warm milk; sweeten further only if needed.

Key Benefits

- . High-quality plant protein for growth and recovery
- . Healthy fats (MUFA/PUFA) supporting heart and brain health
- . Micronutrients such as vitamin E, magnesium, zinc, and folate
- . Fiber to support satiety and digestion
- . Naturally sweetened with dry dates; reduced reliance on refined sugar
- . No cholesterol from plant ingredients

Health Info

. Suggested as a nutrient-dense replacement for commercial malt drinks, emphasizing unsalted nuts/seeds and light roasting to retain nutrients.

Cautions

- . Check for nut/seed allergies before use
- . Avoid salted or flavored nuts
- . Do not over-roast to prevent nutrient loss and bitterness
- . Keep powder dry; moisture reduces shelf life
- . For toddlers, ensure fine texture and supervise to avoid choking

Contraindications

- . Tree-nut or seed allergy
- . Medical advice to limit high-fat foods
- . Infants under 1 year without pediatric approval

Nutrition (per serving)

- **protein:** . 3–4 g per 15 g serving
- **carbs:** . 4–6 g per 15 g serving
- **fat:** . 6–9 g per 15 g serving
- **fiber:** . 1–2 g per 15 g serving

Notes

- Frequency: daily
- Max Usage: . Adults: up to 2–3 tbsp/day; Children 2+ yrs: 1–2 tsp/day unless advised otherwise by a clinician

Source

<https://www.youtube.com/watch?v=K2Oc8XGD4fE>

Millet Idli (Ragi & Sajja) – Healthy Breakfast .

Millet Idli with Ragi (Finger Millet) and Sajja (Pearl Millet) .

Category: breakfast / idly

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: 10–12 idlis .

Prep Time: 7–8 hours soaking + 10–15 minutes grinding .

Cook Time: 12–15 minutes steaming .

Total Time: Overnight fermentation 8–12 hours + prep and cook .

Calories: 40–60 kcal per idli .

Food Type: vegan

Food Timing: breakfast

Food Texture: soft

Spice Level: mild

Difficulty: easy

Storage: Fermented batter keeps 2–3 days refrigerated; bring to room temperature and stir gently before steaming .

Shelf Life: Steamed idlis keep 1 day refrigerated; re-steam to soften before serving .

Diet & Allergens

- Dietary Attributes: fermented, high fiber, gluten-free, whole grains
- Allergens: legumes (black gram/urad)

Ingredients

English	Amount
white rice	1 cup .
black gram (urad dal), skinned	1 cup .
pearl millet (bajra/sajja)	1 cup .
finger millet (ragi)	1 cup .
fenugreek seeds	1 teaspoon .
water	as needed .
salt	to taste .
oil (for greasing plates)	as needed .

Procedure

1. Rinse white rice, urad dal, sajja, and ragi well; soak together with fenugreek seeds for 7–8 hours .
2. Drain and grind to an idli-batter consistency (slightly coarse), adding water as needed .
3. Transfer batter to a bowl, add salt, and ferment overnight (8–12 hours) until airy and risen .
4. Grease idli plates; gently stir batter and fill molds half to three-fourths full since batter rises when steamed.
5. Steam on medium heat for 12–15 minutes until set and springy; a toothpick should come out clean .
6. Rest 2–3 minutes, unmold, and serve hot with low-calorie green or vegetable chutneys.

Key Benefits

- Fermentation increases beneficial bacteria and digestibility.
- Millets add fiber, minerals, and micronutrients vs white-rice-only idlis.
- May help manage blood sugar and weight when paired with low-calorie chutneys and appropriate portions .
- Provides plant protein from urad dal.

Health Info

Using millets (ragi, sajja) with some rice and fermented urad batter supports gut health and lowers calorie density compared to coconut or peanut-heavy accompaniments .

Cautions

- Introduce millets gradually if not accustomed to high fiber.

- For diabetics, pair with non-starchy chutneys and monitor post-meal glucose .

Contraindications

- Allergy to urad or specific millets.
- Those advised to limit high-fiber foods should consult a clinician before increasing millet intake .

Nutrition (per serving)

- **protein:** 2–3 g per idli .
- **carbs:** 8–12 g per idli .
- **fat:** 0.5–1 g per idli .
- **fiber:** 1–2 g per idli .

Notes

- Frequency: daily
- Max Usage: 2–4 idlis per meal for most adults depending on energy needs .

Source

<https://www.youtube.com/watch?v=K60K3kFH5Kw>

High-Calcium Ragi-Coconut Plant Milk Shake — Summer Cooling Drink .

Ragi-Coconut Plant Milk Shake (High-Calcium Cooling Shake) .

Category: smoothies_and_juices

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: 2 glasses .

Prep Time: 10 minutes active + 8 hours soaking .

Cook Time: 0 minutes (no-cook) .

Total Time: 8 hours 15 minutes .

Calories: 220–280 kcal per serving .

Food Type: vegan, dairy-free, plant-based .

Food Timing: mid-morning or evening in summer .

Food Texture: smooth, creamy shake .

Spice Level: mild

Difficulty: easy

Storage: Refrigerate in a sealed jar; shake before serving as natural separation may occur .

Shelf Life: Up to 24 hours refrigerated for best taste and safety .

Diet & Allergens

- Dietary Attributes: vegan, gluten-free, dairy-free, refined-sugar-free
- Allergens: tree nuts (coconut, almonds, cashews) ., peanuts (if used) .

Ingredients

English	Amount
Ragi (finger millet), soaked 8 hours	1 cup ragi before soaking .
Grated coconut (fresh)	1/2 cup .
Water	2–3 cups, as needed for blending and consistency .

Honey (adjust to taste)	2–3 teaspoons .
Almonds (for blending/garnish)	6–8 almonds .
Cashews (for blending/garnish)	4–6 cashews .
Peanuts, roasted and peeled (optional)	1–2 tablespoons .

Procedure

1. Rinse 1 cup ragi and soak in plenty of water for about 8 hours or overnight .
2. Drain and rinse the soaked ragi; add to blender with 1/2 cup fresh grated coconut and 1–1.5 cups water; blend 2–3 minutes until very smooth .
3. Strain the mixture through a nut milk bag, muslin cloth, or fine strainer to extract smooth plant milk; press well to collect maximum milk .
4. Return the extracted ragi-coconut milk to the blender; add honey to taste and a few nuts (almonds/cashews/peanuts if using); pulse briefly to combine while keeping a smooth texture .
5. Adjust thickness with additional water as needed; chill in the refrigerator instead of adding ice to preserve digestion .
6. Pour into glasses and garnish with chopped almonds and cashews; serve cool as a summer drink .

Key Benefits

- High in calcium from ragi for bone health .
- Naturally cholesterol-free plant milk .
- Cooling, hydrating beverage suitable for hot weather .
- Provides quick and sustained energy from complex carbs and healthy fats .
- May support immunity and gentle detox per plant-based, minimally processed approach .

Health Info

Ragi offers calcium and fiber; coconut provides medium-chain fats; avoiding refined sugar and ice supports gut comfort and steady energy .

Cautions

- Avoid honey for children under 1 year .
- People with nut allergies should omit nuts and coconut or use safe alternatives .
- Diabetics should reduce or replace honey and monitor post-meal glucose .
- If you have kidney or mineral balance issues, consult a professional regarding calcium load .

Contraindications

- Severe nut allergy .
- Infants under 1 year (due to honey) .

Nutrition (per serving)

- **protein:** 6–8 g per serving .
- **carbs:** 30–40 g per serving .
- **fat:** 10–15 g per serving .
- **fiber:** 3–5 g per serving .

Notes

- Frequency: daily
- Max Usage: 1–2 glasses per adult per day, adjust for individual needs .

Source

<https://www.youtube.com/watch?v=k8jiUU4v73k>

Instant Mango Avakai (Chittimukkala Avakaya) — No Salt, No Refined Oil

Instant Mango Avakai (Chittimukkala Avakaya)

Category: side_dishes / pickles

Therapeutic: lifestyle_and_metabolic_disorders / hypertension / high blood pressure

Details

Servings: 2-3 .

Prep Time: 10 min .

Cook Time: 2-3 min (tempering) .

Total Time: 15 min .

Calories: 40-70 kcal per 2 tbsp serving .

Food Type: vegetarian pickle/condiment .

Food Timing: with lunch or dinner .

Food Texture: crunchy mango pieces, lightly coated .

Spice Level: medium

Difficulty: easy

Storage: Keep refrigerated and covered; best within the same day; may hold up to 12-24 hours with reduced freshness .

Shelf Life: Same day best; up to 1 day refrigerated .

Diet & Allergens

- Dietary Attributes: vegetarian, low sodium, no added refined oil, quick preparation
- Allergens: sesame, mustard, dairy (ghee), possible gluten (asafoetida compound)

Ingredients

English	Amount
Raw mango	1 medium
Roasted sesame powder	2 tbsp
Honey	2 tbsp
Lemon (juice)	1
Red chilli powder	1 tsp
Mustard powder	1 tsp
Cumin powder	1 tsp
Turmeric powder	1 tsp
Asafoetida powder	pinch for tempering + pinch in mix .
Mustard seeds	1/2 tsp for tempering .
Curry leaves	few sprigs .
Ghee	1-2 tsp .

Procedure

1. In a bowl, mix honey with the juice of 1 lemon .
2. Add red chilli powder, turmeric, mustard powder, and cumin powder; mix to a smooth paste .
3. Wash and dry the raw mango; without peeling, cut into very small pieces (chittimukkalu) .
4. Toss mango pieces into the spice mix until coated .
5. Add roasted sesame powder and combine well .

6. Tempering: Heat ghee, splutter mustard seeds; add curry leaves and a pinch of asafoetida; turn off heat .

7. Pour tempering over the mango mixture, mix, and serve immediately .

Key Benefits

- Low sodium (no added salt), supportive for blood pressure management .
- No refined oil used; light tempering only .
- Rich in vitamin C from raw mango .
- Sesame adds healthy fats and balances heat .

Health Info

Designed as a fresh, same-day pickle to avoid salt and refined oil while retaining taste using honey-lemon-spice balance .

Cautions

- Consume fresh; not suitable for long storage .
- Spicy and acidic; may aggravate gastritis or ulcers .
- Honey unsuitable for infants; use alternatives if needed .

Contraindications

- Infants under 1 year (due to honey)
- Mustard or sesame allergy
- Active gastritis or ulcer or severe GERD

Nutrition (per serving)

- **protein:** low, .
- **carbs:** moderate (from mango and honey), .
- **fat:** low to moderate (from sesame and ghee), .
- **fiber:** moderate (from mango), .

Notes

- Frequency: daily
- Max Usage: 1-2 tbsp per meal .

Source

<https://www.youtube.com/watch?v=kqgVVxvWDM>

Gut-Friendly Fennel Sherbet (Soampu) — Digestive Sherbet Concentrate (.)

Fennel Digestive Sherbet Concentrate (Soampu Sherbet) (.)

Category: smoothies_and_juices

Therapeutic: digestive_disorders / digestive problems / disorders

Details

Servings: Makes . 10–12 drinks (.)

Prep Time: 4–5 hours soaking + 10 minutes prep (.)

Cook Time: 15–20 minutes simmer (.)

Total Time: 4.5–5.5 hours including soak (.)

Calories: . 40–80 kcal per serving depending on syrup amount (.)

Food Type: Herbal sherbet beverage (.)

Food Timing: After meals or between meals (.)

Food Texture: Liquid (.)

Spice Level: mild

Difficulty: easy

Storage: Store the strained concentrate in a clean, airtight bottle in the refrigerator (.)

Shelf Life: 10–15 days refrigerated (.)

Diet & Allergens

- Dietary Attributes: vegetarian, vegan, caffeine-free, refined-sugar-free if using only sorghum syrup (.)
- Allergens: Fennel seed sensitivity (.), Ginger sensitivity (.), Black pepper sensitivity (.), Cumin sensitivity (.)

Ingredients

English	Amount
fennel seeds	2–3 tbsp, soaked 4–5 hours (.)
mint leaves	15–20 leaves (.)
black peppercorns	15–20 (.)
fresh ginger	1 tsp, crushed (.)
cumin seeds	1 tsp (.)
sorghum syrup	1/2 cup or to taste (.)
water	About 1/2 litre for simmering + extra for serving (.)

Procedure

1. Soak fennel seeds in water for 4–5 hours; reserve the soaking water (.)
2. Crush mint leaves, peppercorns, and ginger into a coarse paste using a mortar and pestle (.)
3. Add the soaked fennel with its soaking water to a saucepan; top up to about 1/2 litre water (.)
4. Stir in sorghum syrup, the crushed mint-ginger-pepper mix, and cumin seeds (.)
5. Bring to a boil, then simmer until flavors infuse and the liquid concentrates to roughly 1/2 litre (.)
6. Strain, cool completely, bottle, and refrigerate the concentrate (.)
7. To serve: add a few fresh mint leaves to a glass, 2–3 tsp soaked fennel seeds, 2 tbsp concentrate, and fill with room-temperature or clay-pot water; avoid ice (.)

Key Benefits

- Carminative support to reduce gas and bloating (fennel, cumin) (.)
- Digestive stimulation (ginger, pepper) (.)
- Cooling, soothing effect for the gut (mint) (.)
- May help balance gut microbiota compared to sugar-heavy commercial drinks (.)

Health Info

Homemade digestive sherbet avoids excess refined sugars in commercial versions and may support digestive comfort (.)

Cautions

- Avoid ice water; use room-temperature or clay-pot water (.)
- Reduce pepper and ginger if you have active gastritis or ulcers (.)
- Adjust sweetener for blood sugar goals (.)

Contraindications

- Severe GERD or active peptic ulcers may need a milder, less spicy version or avoidance (.).

Nutrition (per serving)

- **protein:** Minimal per serving (.)
- **carbs:** Mostly from sorghum syrup; moderate per serving (.)
- **fat:** Negligible (.)
- **fiber:** Trace amounts from herbal components (.)

Notes

- Frequency: daily
- Max Usage: . 1–2 glasses per day for most adults (.).

Source

<https://www.youtube.com/watch?v=l7HmPahBvbY>

Thotakura (Amaranth Leaves) Dry Fry with Green Gram and Coconut

Thotakura Fry with Green Gram and Coconut

Category: curries / vegetable fries

Therapeutic: digestive_disorders / digestive problems / disorders

Details

Servings: 3–4 .

Prep Time: 10 min .

Cook Time: 10 min .

Total Time: 20 min .

Calories: 120–150 kcal per serving .

Food Type: vegan

Food Timing: Lunch or dinner .

Food Texture: dry fry

Spice Level: medium

Difficulty: easy

Storage: Best eaten fresh; refrigerate in an airtight container if needed (.).

Shelf Life: Up to 1 day refrigerated .

Diet & Allergens

- Dietary Attributes: vegan, oil-free, salt-free, gluten-free, high-fiber, plant-based
- Allergens: coconut, legumes (green gram), spices (chilies), asafoetida (may contain wheat)

Ingredients

English	Amount
amaranth leaves (thotakura)	4 cups, chopped .
green gram (whole moong)	2–3 tbsp .
grated coconut	3–4 tbsp .
cumin seeds	1 tsp + 1 tsp for powder .
coriander seeds	1–2 tsp (for powder) .
black gram (urad dal)	1 tsp + 1 tsp for powder .
dry red chilies	2–4, to taste .

curry leaves
asafoetida (hing)

1 sprig .
a pinch .

Procedure

1. Wash amaranth leaves thoroughly, then chop finely to aid quick frying.
2. In a clay pot/pan, dry-roast cumin, black gram (urad), dry red chilies, curry leaves, and whole green gram until aromatic.
3. Add the chopped amaranth leaves to the pot, cover, and cook on low; the leaves will release water.
4. Stir-fry until the released moisture evaporates and leaves are tender.
5. Separately, dry-roast cumin seeds, coriander seeds, and a little black gram; grind into a coarse powder.
6. Sprinkle the spice powder over the fried leaves and mix well; add a pinch of asafoetida if using.
7. Add grated coconut, toss to combine, adjust chili heat if needed, and turn off heat.
8. Serve hot as a side with rice or breads.

Key Benefits

- Oil-free and salt-free preparation
- High in fiber and micronutrients from leafy greens
- Protein boost from green gram
- Roasted spices enhance flavor without oil
- Quick to cook (5–10 min)

Health Info

. Leafy-green based side dish using natural moisture to cook; no added oil or salt; includes pulses and coconut for balance.

Cautions

- Adjust chilies for children or sensitive stomachs
- Those on low-sodium diets should moderate naturally salty greens .
- Check for coconut or legume allergies

Contraindications

- History of kidney stones (oxalates) .
- Severe IBS during flare if sensitive to legumes or coconut .

Nutrition (per serving)

- **protein:** 4–6 g per serving .
- **carbs:** 10–15 g per serving .
- **fat:** 6–10 g per serving .
- **fiber:** 4–6 g per serving .

Notes

- Frequency: alternate days
- Max Usage: 2–3 times per week .

Source

https://www.youtube.com/watch?v=L_EMzIXqUZ0

Anti-Aging Rose Halwa (Vitamin E rich) .

Anti-Aging Rose Halwa .

Category: sweets / traditional sweets

Therapeutic: skin_hair_and_beauty / beauty treatments

Details

Servings: Makes . 8–10 small pieces

Prep Time: Soaking 4–6 hours + 10 minutes active prep .

Cook Time: 12–20 minutes on low flame .

Total Time: 4.5–6.5 hours including soaking .

Calories: . 160–200 kcal per piece

Food Type: Vegetarian .

Food Timing: Dessert or evening snack .

Food Texture: Soft, chewy halwa set .

Spice Level: mild

Difficulty: easy

Storage: Store in an airtight container; refrigerate for best texture and safety .

Shelf Life: . 4–5 days refrigerated; up to 1 month frozen .

Diet & Allergens

- Dietary Attributes: gluten-free ., refined-sugar-free (uses honey) .
- Allergens: tree nuts ., peanuts ., coconut .

Ingredients

English	Amount
Almonds (soaked and peeled)	2 tbsp .
Cashew nuts	1 tbsp .
Pumpkin seeds	1 tbsp .
Sunflower seeds (interpreted from 'morning glory' seeds)	1 tbsp .
Fresh edible rose petals (well washed)	About 1 cup, ~100 petals .
Grated coconut	1/2 cup .
Water (for grinding and adjusting)	1/2–3/4 cup as needed .
Roasted peanuts	2 tbsp .
Honey	1/2 cup .
Cardamom powder	Pinch .
Pistachios (for garnish, chopped)	1 tbsp .

Procedure

1. Soak almonds, cashews, pumpkin seeds, and sunflower seeds in water for 4–6 hours; peel almonds after soaking .
2. Rinse edible rose petals thoroughly; blend rose petals with grated coconut and a little water to make a coconut-rose mixture; strain through a fine sieve to obtain coconut-rose milk .
3. Blend the soaked almonds, cashews, pumpkin seeds, sunflower seeds, and roasted peanuts with fresh water to make a smooth seed-nut milk; strain if desired for a finer texture .

4. In a heavy-bottom pan, combine the seed-nut milk and the coconut-rose milk; add honey and a pinch of cardamom powder; mix well .
5. Cook on a low flame, stirring continuously to prevent sticking; simmer until the mixture thickens, turns glossy, and leaves the sides of the pan (halwa stage) .
6. Transfer the thick halwa into small cups or moulds; press gently to set; allow to cool until firm .
7. Demould onto a plate and garnish with chopped pistachios; serve warm or at room temperature .

Key Benefits

- Vitamin E from almonds, pumpkin seeds, and sunflower seeds supports skin health and antioxidant defense .
- Rose petals provide antioxidants and mild aromatics that may support skin glow and relaxation .
- Healthy fats and protein from nuts and seeds promote satiety and steady energy .
- Honey replaces refined sugar, offering a refined-sugar-free sweet profile (still requires portion control) .

Health Info

Suitable as an occasional sweet for those seeking antioxidant- and vitamin E-rich ingredients; not a cure or treatment and should be part of a balanced diet .

Cautions

- Not for infants under 1 year due to honey .
- Check for nut, peanut, coconut, or rose pollen allergies; omit offending ingredient if needed .
- People with diabetes should use small portions and monitor blood glucose due to honey .
- Use only edible-grade, pesticide-free rose petals and wash thoroughly before blending .

Contraindications

- Infants under 1 year .
- Severe nut or peanut allergy .
- Known coconut or rose allergy .
- Uncontrolled diabetes without dietary supervision .

Nutrition (per serving)

- **protein:** . 4–5 g per piece
- **carbs:** . 12–18 g per piece
- **fat:** . 10–14 g per piece
- **fiber:** . 2–3 g per piece

Notes

- Frequency: weekly
- Max Usage: . 1 small piece per day for adults; children up to 1 small piece, depending on individual tolerance .

Source

https://www.youtube.com/watch?v=Lc_jExx5vcs

Coconut Festival Sweets (Navratri Prasadam) .

Coconut Honey Festival Sweets (Navratri Prasadam) .

Category: sweets / festival sweets

Therapeutic: neurological_and_general_issues / headaches

Details

Servings: 10-12 pieces .

Prep Time: 15-20 min .

Cook Time: 15-20 min .

Total Time: 60-90 min including resting .

Calories: . 120-160 kcal per piece depending on size and honey content .

Food Type: Vegetarian sweet/prasadam .

Food Timing: Dessert or festival offering .

Food Texture: Soft outside with moist coconut filling .

Spice Level: mild

Difficulty: easy

Storage: Cool completely; store in an airtight container. Refrigerate if keeping beyond the day; rewarm gently before serving (.).

Shelf Life: Up to 1 day at room temp; 1-2 days refrigerated .

Diet & Allergens

- Dietary Attributes: refined-sugar-free (uses honey) ., may contain gluten (multigrain flour) ., vegetarian
- Allergens: nuts (almond, cashew), dairy (milk), possible gluten (multigrain flour)

Ingredients

English	Amount
multigrain flour	1 cup
grated coconut	1 cup
honey	1 cup (plus as needed) .
milk	1 cup
almond powder	2 tbsp
cashew powder	2 tbsp
maida (all-purpose flour)	1 tbsp (optional, for dusting) .
cardamom powder	a little, to taste .
coconut oil	1-2 tsp for sautéing .
ghee (for greasing)	as needed .

Procedure

1. In a bowl, mix multigrain flour with honey; add milk gradually and combine to form a soft, non-powdery dough; rest 30-60 minutes for better softness (.).
2. Heat a pan on low flame; add a little coconut oil and lightly sauté grated coconut until fragrant (. 3-4 minutes).
3. Stir in cardamom powder; add honey as needed and mix gently on low heat without boiling; turn off heat.
4. Mix in almond powder and cashew powder; let the filling cool to warm room temperature (.).
5. Divide rested dough into small balls; flatten each into a small disc (. 5-6 cm).
6. Place a spoonful of coconut-nut filling in the center; seal and shape into a ball or pressed patty.

7. Lightly grease a tawa/griddle with ghee; place the stuffed pieces and cook on low-medium heat until lightly golden.

8. Flip and cook both sides evenly; serve warm as prasadam (.).

Key Benefits

- Refined-sugar-free: uses honey for sweetness (.)
- Multigrain flour in place of pure maida/wheat (.)
- Coconut and nuts add richness and flavor
- Suitable as a festive prasadam

Health Info

High in natural sugars and fats; enjoy in moderation. Honey should not be boiled (.).

Cautions

- Do not overheat or boil honey; keep heat low.
- Allergens: nuts, milk; possible gluten in multigrain flour.
- High calorie; diabetics should limit portions.

Contraindications

- Infants under 1 year (honey).
- Nut allergies.
- Lactose intolerance or milk allergy.

Nutrition (per serving)

- **protein:** moderate from nuts .
- **carbs:** high from flour and honey .
- **fat:** moderate-high from coconut and nuts .
- **fiber:** moderate from multigrain and coconut .

Notes

- Frequency: yearly
- Max Usage: 1-2 pieces per serving, occasional festive consumption advised .

Source

<https://www.youtube.com/watch?v=Ijtr5CMX-QA>

Paneer Lababdar (Oil-free, No-salt) .

Paneer Lababdar (Oil-free, No-salt) .

Category: curries / vegetable gravies

Therapeutic: lifestyle_and_metabolic_disorders / hypertension / high blood pressure

Details

Servings: . 3–4 servings

Prep Time: . 15 minutes

Cook Time: . 25 minutes

Total Time: . 40 minutes

Calories: . 220 kcal per serving

Food Type: . vegetarian

Food Timing: . lunch or dinner

Food Texture: . soft paneer in creamy gravy

Spice Level: medium

Difficulty: medium

Storage: . Refrigerate in an airtight container within 2 hours of cooking; reheat gently on low heat.

Shelf Life: . 24–36 hours refrigerated

Diet & Allergens

- Dietary Attributes: . no added oil, . no added salt, . high protein, . gluten-free, . vegetarian
- Allergens: . dairy (milk), . tree nuts (cashew)

Ingredients

English	Amount
Paneer	. 200 g
Tomatoes	. 3 medium
Onion	. 1 medium
Capsicum (bell pepper)	. 1 medium
Ginger	. 1 inch piece
Green chillies	. 2
Garlic cloves	. 8 cloves
Bengal gram (chana dal)	. 2 tbsp
Cashew nuts	. 2 tbsp
Fenugreek leaves (kasuri methi)	. 1 tbsp
Asafoetida (hing)	. 1 tbsp
Cumin seeds	. 1 tsp
Cumin powder	. 1 tsp
Coriander powder	. 1 tsp
Red chilli powder	. 1 tsp
Dry red chillies	. 2
Bay leaf	. 1
Cinnamon stick	. 1 small stick
Turmeric powder	. 1/4 tsp
Coriander leaves	. 2 tbsp, chopped
Cloves	. 2
Honey (optional)	. 1 tsp
Water	. as needed for boiling and consistency

Procedure

1. . Dry-roast dry red chillies, cinnamon stick, and cumin seeds in a pan on low heat until aromatic.
2. . Add chopped tomatoes, cashew nuts, chana dal, and a pinch of turmeric; add water and boil for 2–3 minutes.
3. . Cool slightly and grind to a smooth, thick gravy in a mixer grinder.
4. . In a separate pan, add paneer cubes with a pinch of clove and turmeric; gently warm with a splash of water and keep aside.
5. . For tempering, in the pan add asafoetida, bay leaf, cumin seeds, garlic, ginger, and slit green chillies; sauté on low without oil until fragrant.
6. . Add finely chopped onion and cook until translucent; then add capsicum and cook briefly.

7. . Add turmeric, red chilli powder, coriander powder, and cumin powder; cook spices for 1 minute on low.
8. . Pour in the tomato-cashew-chana dal gravy; mix and simmer 4–5 minutes to thicken.
9. . Add warmed paneer pieces; gently combine and simmer 1–2 minutes so paneer absorbs flavors.
10. . Finish with fenugreek leaves, chopped coriander leaves, and honey (optional); mix and rest 2 minutes before serving.
11. . Garnish as desired and serve hot with chapathi, roti, or plain rice.

Key Benefits

- . Oil-free and no-added-salt preparation supports lower sodium intake.
- . High protein from paneer, chana dal, and cashews aids satiety.
- . Whole spices and aromatics add flavor and antioxidants.
- . Cashews and dal provide creamy texture without cream.

Health Info

. Low-sodium, oil-free technique with protein-rich ingredients; suitable for special occasions while maintaining a healthier profile.

Cautions

- . Contains dairy and cashews; avoid if allergic.
- . Rich dish; control portion size if targeting weight loss.
- . Skip honey for strict diabetes control.

Contraindications

- . Dairy allergy or lactose intolerance
- . Tree-nut allergy (cashew)

Nutrition (per serving)

- **protein:** . 18 g per serving
- **carbs:** . 12 g per serving
- **fat:** . 14 g per serving
- **fiber:** . 3 g per serving

Notes

- Frequency: weekly
- Max Usage: . 1 serving per meal; diabetics reduce or skip honey and monitor portion size.

Source

<https://www.youtube.com/watch?v=lnZHTto30F0>

Ragi Puttu with Groundnut (Peanut) Curry — .

Ragi Puttu (Finger Millet Steamed Crumbles) .

Category: breakfast

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: 2–3 servings .

Prep Time: 10 minutes .

Cook Time: 15 minutes .

Total Time: 25 minutes .

Calories: 250–300 kcal per serving .

Food Type: vegetarian .

Food Timing: breakfast .

Food Texture: soft, crumbly .

Spice Level: mild

Difficulty: easy

Storage: Keep covered to prevent drying; refrigerate leftovers in an airtight container, .

Shelf Life: 6–8 hours at room temperature; up to 24 hours refrigerated, .

Diet & Allergens

- Dietary Attributes: millet-based, gluten-free, high-calcium, vegan-friendly (skip ghee)
- Allergens: tree nuts (coconut) .

Ingredients

English	Amount
ragi flour (finger millet flour) .	1 cup .
grated fresh coconut .	1 cup .
water .	as needed to moisten .
salt .	pinch .
ghee (optional) .	1 tsp .

Procedure

1. Dry-roast ragi flour in a clay pot or pan on low heat until aroma develops, . 3–5 minutes; cool slightly.
2. Sprinkle water gradually with a pinch of salt, rubbing with fingers to form moist, lump-free sand-like grains; add a few drops of ghee if needed to help granulation, .
3. Prepare steamer or pressure cooker with water and a steamer plate, .
4. Layer grated coconut at the base of a puttu mold or a perforated bowl; add a layer of moist ragi mixture; top with a little more coconut, .
5. Steam on medium heat for about 12–15 minutes until the ragi is cooked and set, .
6. Unmold gently onto a plate and serve hot, .

Key Benefits

- High calcium and iron from ragi .
- Steamed, low-oil preparation supports heart health .
- Good fiber for satiety and glycemic control when portioned .

Health Info

. Suitable for a balanced breakfast; pair with a protein side for better satiety.

Cautions

- If prone to kidney stones, limit high-oxalate foods like ragi .
- Add ghee sparingly if managing calories or lipids .

Contraindications

- Active kidney stone management requiring low-oxalate diet (limit ragi) .

Nutrition (per serving)

- **protein:** 6–8 g per serving .
- **carbs:** 40–45 g per serving .

- **fat:** 8–10 g per serving (with coconut/ghee) .
- **fiber:** 6–8 g per serving .

Notes

- Frequency: daily
- Max Usage: 1–2 cups cooked puttu per day, depending on energy needs, .

Peanut Tomato Curry (Palli Kura) .

Category: curries / pulse gravies

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: 3–4 servings .

Prep Time: 8–10 minutes .

Cook Time: 15–20 minutes .

Total Time: 25–30 minutes .

Calories: 220–300 kcal per serving .

Food Type: vegetarian .

Food Timing: lunch or dinner .

Food Texture: soft gravy .

Spice Level: medium

Difficulty: easy

Storage: Refrigerate in a covered container; reheat gently before serving, .

Shelf Life: 24–36 hours refrigerated; best taste within 24 hours, .

Diet & Allergens

- Dietary Attributes: high-protein, gluten-free, vegan
- Allergens: peanuts

Ingredients

English	Amount
soaked groundnuts/peanuts .	1 cup (soaked) .
tomato paste or puree .	1 cup .
green chilies (chopped) .	2 tbsp .
cumin powder .	1 tsp .
coriander powder .	1 tsp .
cumin seeds .	1 tsp .
dry red chilies .	2 nos .
turmeric powder .	pinch .
curry leaves .	few sprigs .
asafoetida (hing) .	pinch .
chaat masala .	pinch to 1/4 tsp .
oil .	1–2 tbsp .
water .	1–1.5 cups or as needed .
salt .	to taste .

Procedure

1. Heat oil in a pressure cooker; add asafoetida, cumin seeds, dry red chilies, chopped green chilies, and curry leaves; sauté briefly, .
2. Stir in turmeric, cumin powder, coriander powder, and a pinch of chaat masala; mix for a few seconds, .
3. Add soaked peanuts and toss to coat with spices, .
4. Pour in tomato paste and water; add salt; mix well, .
5. Close the cooker and cook for 2–3 whistles until peanuts are tender, .

6. Release pressure naturally; simmer to adjust thickness; taste and adjust salt or spice, .

Key Benefits

- Good plant protein and healthy fats from peanuts .
- Tomatoes provide lycopene and vitamin C .
- Cumin, coriander, and hing may support digestion .

Health Info

. Pair with steamed grains or millet dishes for a balanced meal.

Cautions

- Peanut allergy risk; avoid if allergic .
- Spicy and acidic tomato base may irritate gastritis; adjust spices .
- Watch salt if hypertensive .

Contraindications

- Peanut allergy .
- Acute gastritis or reflux during flare (choose mild version) .

Nutrition (per serving)

- **protein:** 10–12 g per serving .
- **carbs:** 15–20 g per serving .
- **fat:** 12–16 g per serving .
- **fiber:** 4–6 g per serving .

Notes

- Frequency: alternate days
- Max Usage: About 1 cup curry per meal for adults, .

Source

<https://www.youtube.com/watch?v=LqzlGiuWjc4>

Phool Makhana Laddu with Dates & Honey — Navratri/Dussehra Prasadam .

Phool Makhana Laddu (Dates & Honey)

Category: sweets / festival sweets

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: 10–12 laddus .

Prep Time: 15 minutes .

Cook Time: 10 minutes .

Total Time: 25 minutes .

Calories: 120–150 kcal per laddu .

Food Type: sweet, vegetarian

Food Timing: festival prasadam / dessert (daytime) .

Food Texture: crisp-roasted, nutty, slightly chewy

Spice Level: mild

Difficulty: easy

Storage: Store in an airtight container in a cool, dry place; refrigerate in warm weather to maintain shape .

Shelf Life: 4–5 days at room temperature; up to 1 week refrigerated .

Diet & Allergens

- Dietary Attributes: refined-sugar-free, gluten-free, vegetarian
- Allergens: peanuts, almonds, cashews

Ingredients

English	Amount
phool makhana (lotus seeds/fox nuts)	2 cups
peanuts	1 cup
dates (peeled, chopped)	1 cup
almond slices	1 tbsp
cashew nuts	few
cardamom powder	a pinch
honey	2 tbsp

Procedure

1. Dry roast makhana on low flame in a clay pot/heavy pan until crisp and aromatic; set aside to cool.
2. Sand-roast or dry roast peanuts until golden; cool completely.
3. Pulse makhana to a coarse/fine powder; pulse peanuts to a coarse powder (avoid over-grinding to prevent oil release).
4. In a mixing bowl, combine makhana powder and peanut powder.
5. Add chopped dates, almond slices, a few cashews, and cardamom powder.
6. Drizzle honey (off-heat); mix thoroughly to form a cohesive mixture.
7. Portion and press into laddus of desired size.
8. Rest 10–15 minutes to set; serve as prasadam.

Key Benefits

- Protein-rich from makhana and peanuts .
- Refined-sugar-free; sweetness from dates and honey
- Easy to digest; traditionally said to not cause gas
- Good festival energy snack/prasadam

Health Info

Host notes makhana provides protein with essential amino acids and is easy to digest; pairing with peanuts improves taste and energy .

Cautions

- Do not cook or heat honey; add after roasting steps are complete
- Avoid over-grinding peanuts to oil release
- Allergen caution: peanuts, almonds, cashews
- Host advises avoiding iron vessels when mixing with dates/honey .

Contraindications

- Peanut or tree nut allergy
- Infants under 1 year due to honey
- Use small portions if diabetic

Nutrition (per serving)

- **protein:** 3–4 g per laddu .
- **carbs:** 12–16 g per laddu .
- **fat:** 6–8 g per laddu .
- **fiber:** 2–3 g per laddu .

Notes

- Frequency: weekly
- Max Usage: 1–2 laddus per serving; up to 2 laddus/day .

Source

<https://www.youtube.com/watch?v=lrVn4mLEzNk>

Fat Cutter Tea using Banyan Flowers (Good Health brand) .

Banyan Flower Fat Cutter Tea

Category: smoothies_and_juices

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: 1–2 cups .

Prep Time: 1–2 minutes .

Cook Time: 5–10 minutes .

Total Time: 6–12 minutes .

Calories: 80–100 kcal/serving with honey .

Food Type: herbal tea (caffeine-free) .

Food Timing: morning or evening .

Food Texture: liquid

Spice Level: mild

Difficulty: easy

Storage: Best consumed fresh; if needed, refrigerate and use within the day; add honey/lemon just before drinking .

Shelf Life: Up to 12 hours refrigerated (without honey/lemon) .

Diet & Allergens

- Dietary Attributes: vegetarian, gluten-free, dairy-free, caffeine-free
- Allergens: honey (bee product)

Ingredients

English	Amount
water	2 cups .
banyan flowers (dried)	1 tablespoon .
honey	1 tablespoon .
lemon juice	1/2 cup .

Procedure

1. Add water to the tea jar and bring to a boil .
2. Place 1 tbsp dried banyan flowers into the central infuser insert; close the lid .
3. Simmer/steep for 5–10 minutes so antioxidants infuse into the water .

4. Remove the infuser to filter out flowers .
5. Pour the tea into a cup; add honey and lemon juice, stir well .
6. Serve hot .

Key Benefits

- Rich in antioxidants; supports metabolic activity .
- Potential anti-inflammatory effects in fat tissue .
- Warm, soothing drink for cold or sore throat .

Health Info

Intended as a supportive beverage alongside balanced diet and activity; not a sole weight-loss solution .

Cautions

- Add honey cautiously if managing blood sugar .
- Reduce lemon if acid reflux symptoms occur .

Contraindications

- Infants under 1 year (honey) .
- Known allergy to bee products or citrus .

Nutrition (per serving)

- **protein:** negligible .
- **carbs:** 15–25 g per serving (primarily from honey) .
- **fat:** negligible .
- **fiber:** 0 g .

Notes

- Frequency: daily
- Max Usage: 1–2 cups per day .

Source

<https://www.youtube.com/watch?v=LVIj46UzfLM>

Oil-free Curd Vada (Dahi Vada) .

Oil-free Curd Vada (Air-fryer/Grill Method) .

Category: snacks / vada

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: . 4 servings

Prep Time: . 6 hours soaking + 20 minutes prep

Cook Time: . 20-25 minutes

Total Time: . 6 hours 45 minutes

Calories: . 220 kcal per serving

Food Type: . vegetarian

Food Timing: . evening snack or festive snack

Food Texture: . soft and spongy vada soaked in creamy curd

Spice Level: mild

Difficulty: medium

Storage: . Refrigerate soaked vadas in curd in an airtight container.

Shelf Life: . 24-36 hours refrigerated

Diet & Allergens

- Dietary Attributes: . vegetarian, . low-oil, . no deep-frying, . gluten-free if using pure asafoetida
- Allergens: . dairy (curd), . legumes (black gram), . asafoetida compound may contain wheat

Ingredients

English	Amount
curd (yogurt)	. 2 cups
black gram (urad dal)	. 1 cup, soaked 5-6 hours
parboiled rice rava (coarse rice semolina)	. 1 cup, soaked 1 hour
ginger-green chilli paste	. 1 tablespoon
cumin seeds	. 1 tablespoon for batter
fenugreek seeds	. 1 teaspoon (soak with dal)
honey	. 1 tablespoon
mustard seeds	. 1 teaspoon
dry red chillies	. 2
asafoetida	. a pinch
cooking soda	. a pinch
curry leaves	. 1 sprig
cumin powder	. 1 teaspoon

Procedure

1. . Soak urad dal for 5-6 hours; soak parboiled rice rava for 1 hour.
2. . Grind soaked urad dal with fenugreek seeds to a fluffy, smooth batter; do not add much water.
3. . Fold in soaked rice rava, ginger-green chilli paste, cumin seeds, and a pinch of cooking soda; mix until airy.
4. . Preheat air fryer or oven to 180-190°C; lightly grease a non-stick grill plate or use a parchment-lined tray if needed.
5. . Shape small donut-style vadas (make a center hole) and place on the tray or grill; air-fry or grill until one side sets and turns light golden, then flip and cook until done (about 18-25 minutes total depending on size).
6. . In a bowl, whisk curd with honey until smooth; adjust thickness with a little water if desired.
7. . Tempering: heat a small pan; add mustard seeds, dry red chillies, curry leaves, and a pinch of asafoetida until aromatic; cool briefly.
8. . Add tempering to the curd, sprinkle cumin powder, and mix gently.
9. . Place warm vadas in the curd mixture and let them soak for 10-15 minutes before serving.

Key Benefits

- . Oil-free cooking lowers total calories and saturated fat.
- . Curd provides probiotics that may support gut health.
- . Spices like cumin and asafoetida can aid digestion and reduce gas.
- . Fenugreek may help with glycemic response in small amounts.

Health Info

. A lighter alternative to deep-fried dahi vada; suitable for weight-conscious diets when portioned and made with low-fat curd.

Cautions

- . Use lactose-free curd if lactose intolerant.
- . Reduce chillies and asafoetida if sensitive stomach.
- . Diabetics should minimize or omit honey.

Contraindications

- . Dairy allergy.
- . Severe legume intolerance.
- . Celiac concerns if asafoetida compound contains wheat; use pure asafoetida.

Nutrition (per serving)

- **protein:** . 8 g per serving
- **carbs:** . 30 g per serving
- **fat:** . 5 g per serving
- **fiber:** . 3 g per serving

Notes

- Frequency: weekly
- Max Usage: . 2-3 small vadas per person in one sitting

Source

<https://www.youtube.com/watch?v=M8RcdKmYzYg>

Calcium Idli (Ragi Idli) — High-Calcium Millet Breakfast

Ragi Calcium Idli

Category: breakfast / idly

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: 3-4 servings .

Prep Time: 10-12 hours soaking + overnight ferment .

Cook Time: 10-15 minutes per batch .

Total Time: 20-24 hours including soaking/fermentation .

Calories: 80-100 kcal per idli .

Food Type: vegetarian

Food Timing: breakfast

Food Texture: soft

Spice Level: mild

Difficulty: easy

Storage: Fermented batter can be refrigerated for up to 2 days; steamed idlis best eaten fresh, can be refrigerated in airtight container for 1 day .

Shelf Life: Batter 2 days refrigerated; cooked idlis 1 day refrigerated .

Diet & Allergens

- Dietary Attributes: vegan, gluten-free, high calcium ., high fiber ., fermented, low sodium .
- Allergens: coconut

Ingredients

English

Amount

Ragi (finger millet)	1 cup
Unpeeled whole black gram (urad with skin)	1 cup
Fenugreek seeds	1 tsp
Grated coconut	1 tbsp (optional)
Coriander leaves (chopped)	1-2 tbsp (optional)
Water	as needed

Procedure

1. Rinse ragi, unpeeled whole black gram, and fenugreek seeds; soak together for about 10 hours .
2. Drain and grind to a smooth idli batter, adding water as needed for a medium-thick consistency.
3. Transfer to a bowl, cover, and ferment overnight until aerated and light .
4. In the morning, gently mix the batter; optionally fold in grated coconut and chopped coriander.
5. Grease idli plates or cleaned coconut shell molds lightly if needed; pour in batter.
6. Steam on medium heat for 10-15 minutes until a skewer comes out clean .
7. Rest 2 minutes, unmold, and serve hot with green or coconut chutney.

Key Benefits

- High in calcium from ragi (~344 mg/100 g) .
- Whole urad with skin boosts fiber and may support better glycemic response .
- Fermented, soft texture suits elderly and children .
- Provides iron and micronutrients from millets .

Health Info

Replacing rice rava with ragi increases calcium and fiber; using whole urad with skin further enhances fiber and nutrient profile .

Cautions

- For diabetes, monitor portions and total carbohydrates per meal .
- High-oxalate foods like ragi may not suit those with oxalate kidney stones; moderate intake .

Contraindications

- Recurrent calcium-oxalate kidney stones (consult clinician) .

Nutrition (per serving)

- **protein:** 6-8 g per serving .
- **carbs:** 25-30 g per idli .
- **fat:** 2-4 g per serving .
- **fiber:** 3-5 g per serving .

Notes

- Frequency: daily
- Max Usage: 2-4 idlis per meal depending on needs .

Source

<https://www.youtube.com/watch?v=MBN6dleZDFI>

. Spinach Dosa (Palak Attu) — oil-free, no-salt nutritious breakfast

. Spinach Dosa (Palak Attu) — oil-free, no-salt

Category: breakfast / dosa

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: . 8 small dosas (2–3 servings)

Prep Time: . 15 minutes active (+5–6 hours soaking)

Cook Time: . 20 minutes

Total Time: . 6 hours including soaking

Calories: . 170 kcal per dosa

Food Type: . vegetarian

Food Timing: . breakfast or light dinner

Food Texture: . soft center with lightly crisp edges

Spice Level: mild

Difficulty: easy

Storage: . Refrigerate batter in an airtight container 1–2 days; keep chopped veggies separate and mix just before cooking.

Shelf Life: . Batter 24–36 hours refrigerated; cooked dosas best fresh, up to 6–8 hours at room temperature.

Diet & Allergens

- Dietary Attributes: . vegetarian, . gluten-free, . no added oil, . no added salt
- Allergens: . dairy, . coconut, . legumes (black gram)

Ingredients

English	Amount
spinach (palak), cleaned	. 1 bunch
soaked white rice	. 1 cup, soaked 5–6 hours
grated coconut	. 1/2 cup
curd (yogurt)	. 1/2 cup
roasted black gram (urad dal), coarsely crushed	. 1/4 cup
carrot, grated	. 1 small
tomato, deseeded and finely chopped	. 1 medium
onion, finely chopped	. 1 small
green chilies	. 2
ginger	. 1 inch piece
cumin seeds	. 1 teaspoon
lemon (juice)	. 1 small
honey	. 1 tablespoon
water, as needed for batter	. 1/2–3/4 cup, as needed

Procedure

1. . Soak white rice for 5–6 hours; drain.
2. . In a mixer, grind soaked rice with grated coconut, spinach, green chilies, and ginger, adding a little water as needed for a pourable batter.
3. . Add curd and pulse briefly to combine; transfer batter to a bowl.
4. . Fold in grated carrot, chopped onion, and deseeded tomato. Stir in cumin seeds. Do not add salt to keep it naturally savory.

5. . Heat a well-seasoned tawa/griddle on medium heat. Pour a ladle of batter and spread gently into a thin dosa. Cook without oil.
6. . Cover and cook 1–2 minutes until the surface sets; flip and cook the other side until lightly golden.
7. . Optional topping/side: Mix grated coconut, roasted coarsely crushed black gram, a spoon of curd, and a drizzle of honey; adjust lemon juice to taste. Use as a quick side or light spread.
8. . Serve hot; repeat for remaining batter.

Key Benefits

- . Higher fiber from spinach and vegetables supports satiety and glycemic control.
- . No added oil and no added salt support heart health and blood pressure.
- . Coconut and a little urad add texture and modest healthy fats/protein.
- . Micronutrients: vitamins A, K, folate, and minerals from spinach and veggies.

Health Info

. Suitable for balanced diets focusing on fiber-rich breakfasts; adjust honey and chilies based on tolerance.

Cautions

- . Oxalates in spinach: limit if prone to kidney stones.
- . Reduce or omit honey for diabetes management.
- . Dairy (curd) may not suit lactose intolerance.

Contraindications

- . Dairy allergy.
- . Coconut allergy.
- . Active gastritis if sensitive to chilies (use fewer).

Nutrition (per serving)

- **protein:** . 6 g per dosa
- **carbs:** . 28–32 g per dosa
- **fat:** . 4–6 g per dosa
- **fiber:** . 3–4 g per dosa

Notes

- Frequency: daily
- Max Usage: . 2–3 dosas per meal; diabetics should monitor glucose and portion size.

Source

<https://www.youtube.com/watch?v=MQm5rSrfZzw>

Ganapati Laddu (oil-free, honey-sweetened) .

Ganapati Laddu (Mung Laddu with Honey, Oil-free) .

Category: sweets / traditional sweets

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: 12 laddus .

Prep Time: 3-4 hours soaking + 15 minutes active prep .

Cook Time: 25 minutes .

Total Time: 4 hours .

Calories: 120 kcal per laddu .

Food Type: Vegetarian, satvik .

Food Timing: Prasadam/dessert after puja or meal .

Food Texture: Soft and slightly chewy with nutty bits .

Spice Level: mild

Difficulty: medium

Storage: Store in an airtight container; cool room temperature in a dry place or refrigerate in warm climates .

Shelf Life: 2-3 days at room temperature; up to 7 days refrigerated .

Diet & Allergens

- Dietary Attributes: vegetarian, gluten-free, refined-sugar-free, oil-free
- Allergens: tree nuts (almonds, cashews, pistachios)

Ingredients

English	Amount
Green gram (mung), soaked .	1 cup .
Honey .	1 cup .
Almonds, chopped .	1 tbsp .
Cashew nuts, chopped .	1 tbsp .
Pistachios, chopped .	1 tbsp .
Meghada (ingredient identity unclear; treated as aromatic additive) .	1 tbsp .
Baking soda .	A pinch .
Cardamom powder .	1 tsp .

Procedure

1. Soak green gram for 3-4 hours and drain well .
2. Grind soaked green gram with a pinch of baking soda to a smooth thick batter; add a spoon of water only if needed .
3. Set up a thick paper sheet with a wooden stick support; lightly place a leaf over the hot surface as a buffer to prevent sticking and over-browning .
4. Spread or drizzle small portions of the batter over the heated surface to form tiny boondi-like bits; cook on low heat until both sides are cooked and dry-crisp (5-6 minutes) without deep-frying .
5. Remove, cool, and pulse the crisped pieces to a coarse powder resembling boondi granules .
6. Dry-roast chopped almonds, cashews, and pistachios until aromatic; set aside .
7. Warm honey gently in a pan for 3-4 minutes on low heat; do not boil. Stir in cardamom powder .
8. Add roasted nuts to the warm honey, then fold in the mung boondi powder; mix until evenly coated .
9. When slightly cool to handle, shape into laddus with moist or lightly greased palms (they may be softer than oil-based laddus) .
10. Let the laddus rest for 20-30 minutes to set before offering as prasadam or serving .

Key Benefits

- No deep-frying; reduced oxidized fats .
- Uses honey instead of refined sugar .
- Includes protein and fiber from mung .
- Dry fruits add micronutrients and texture .

Health Info

. A satvik festive sweet prepared without oil/ghee and refined sugar; suitable as Vinayaka Chavithi prasadam with mindful portions .

Cautions

- Do not boil honey; heat gently only .
- Contains nuts; avoid if allergic .
- High natural sugars; diabetics should limit and monitor glucose .
- Texture may be soft; supervise young children while eating .

Contraindications

- Infants under 1 year (honey) .
- Nut allergies .
- Uncontrolled diabetes .

Nutrition (per serving)

- **protein:** 4 g per laddu .
- **carbs:** 14 g per laddu .
- **fat:** 4 g per laddu .
- **fiber:** 2 g per laddu .

Notes

- Frequency: weekly
- Max Usage: 1-2 laddus per day for adults, lower for children .

Source

<https://www.youtube.com/watch?v=MrU4bKy6m1c>

Praegula-Friendly Kandi Othappal (Millet Mini Uttapam) .

Praegula-Friendly Kandi Othappal (Millet Mini Uttapam) .

Category: breakfast / dosa

Therapeutic: digestive_disorders / digestive problems / disorders

Details

Servings: 8-10 mini uttapams .

Prep Time: 15 min active; 8-12 hrs soaking/resting .

Cook Time: 15-20 min .

Total Time: 9-13 hrs .

Calories: 150-180 kcal per 2 mini uttapams .

Food Type: vegan .

Food Timing: breakfast or early dinner .

Food Texture: soft with lightly crisp edges .

Spice Level: medium

Difficulty: easy

Storage: Refrigerate batter in an airtight container for up to 2 days; store cooked uttapams covered in the fridge for 12-24 hours .

Shelf Life: Batter: 48 hours refrigerated; cooked: 1 day refrigerated .

Diet & Allergens

- Dietary Attributes: high-fiber, high-protein, fermented, low-glycemic, gluten-free, vegan
- Allergens: none common; individual sensitivities .

Ingredients

English	Amount
whole black gram (urad) with skin	2 tbsp
fenugreek seeds	1 tsp
red dates	3 nos .
pearl millet (sajjalu)	1 cup
cabbage, finely chopped	1/2 cup
capsicum/bell pepper, finely chopped	1/4 cup
carrot, finely chopped	1/4 cup
tomato, finely chopped	1/4 cup
cumin seeds	1 tsp
green chilies, finely chopped	1 tbsp
coriander leaves, chopped	1/4 cup
lemon juice	1-2 tsp
water	as needed .
salt	to taste .
oil (optional, minimal for greasing)	as needed .

Procedure

1. Rinse pearl millet well; soak in plenty of water for 7-8 hours, then rub/rinse and drain.
2. Grind soaked millet with whole black gram and fenugreek seeds using enough water to a slightly coarse batter.
3. Transfer to a bowl, cover, and rest overnight to mildly ferment and encourage beneficial bacteria .
4. Stir in cabbage, capsicum, carrot, tomato, cumin, green chilies, coriander, salt, and lemon juice.
5. Heat a lightly greased tawa on medium flame; pour small ladlefuls to make mini uttapams.
6. Cook on medium heat until set and lightly browned; flip and cook the other side with minimal oil.
7. Serve hot and repeat for remaining batter.

Key Benefits

- Rested/fermented millet batter supports beneficial gut bacteria .
- High fiber from millets and vegetables aids digestion and satiety.
- Lower carbohydrate density compared to refined rice-based batters.

Health Info

Medium-heat cooking with minimal oil helps preserve gut-friendly benefits; vegetable additions dilute starch and add micronutrients .

Cautions

- Use minimal oil; excess oil may reduce gut benefits.
- Reduce chilies if sensitive to spice.

Contraindications

- Not ideal during acute gastrointestinal flare-ups requiring low-fiber diets.
- Excess millet intake may not suit unmanaged hypothyroidism; rotate grains.

Nutrition (per serving)

- **protein:** 6-8 g per 2 mini uttapams .
- **carbs:** 22-26 g per 2 mini uttapams .
- **fat:** 2-4 g per 2 mini uttapams (with minimal oil) .
- **fiber:** 4-6 g per 2 mini uttapams .

Notes

- Frequency: daily
- Max Usage: 1-2 portions per day depending on energy needs .

Source

<https://www.youtube.com/watch?v=nfQBDgAq0dg>

Sprouts Nuggets (Oil-free, Baked/Air Fryer)

Sprouts Nuggets (Oil-free, Baked/Air Fryer)

Category: snacks / namkeen

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: 3–4 servings .

Prep Time: 15–20 minutes .

Cook Time: 15–20 minutes .

Total Time: 30–40 minutes .

Calories: 150–220 kcal per 4–5 nuggets .

Food Type: Vegetarian

Food Timing: Snack / Tiffin

Food Texture: Crispy outside, soft inside

Spice Level: medium

Difficulty: easy

Storage: Keep shaped, uncooked nuggets refrigerated in an airtight box for 1–2 days; air-fried leftovers best consumed the same day .

Shelf Life: Cooked: 1 day refrigerated .

Diet & Allergens

- Dietary Attributes: Oil-free, High-protein ., Vegetarian, Kid-friendly, Baked
- Allergens: Gluten (bread crumbs/multigrain flour), Dairy (curd), Coconut

Ingredients

English	Amount
Sprouted green gram (mung beans)	1 cup
Sprouted mixed beans	1 cup

Boiled potatoes	2 medium
Onion (finely chopped)	1 medium
Green chillies (chopped)	2
Coriander leaves (chopped)	2 tbsp .
Lemon (juice)	1 medium .
Curd (yogurt)	2 tbsp
Grated coconut	1 cup
Coriander powder	1 tsp
Cumin powder	1 tsp
Black pepper powder	1 tsp
Turmeric powder	1/4 tsp
Salt	to taste .
Multigrain flour	1 cup (for dipping slurry) .
Roasted bread crumbs	1 cup
Water (for slurry)	2–4 tbsp as needed .

Procedure

1. Boil sprouted green gram and mixed sprouts in water for 5–7 minutes; drain and cool slightly .
2. Lightly mash sprouts; add onion, green chillies, coriander leaves, lemon juice, coriander powder, cumin powder, pepper powder, turmeric, and salt; mix well.
3. Mash boiled potatoes and add as a binder; fold in grated coconut and curd; combine thoroughly.
4. Prepare a thin slurry with multigrain flour and water; shape mixture into nuggets.
5. Dip each nugget in the slurry, then roll in roasted bread crumbs to coat evenly.
6. Stovetop bake: place a ring/stand in a vessel, set a plate on it, arrange nuggets, cover and bake 15–20 minutes, turning once, until crisp .
7. Air fryer: preheat to 180°C and cook 15–18 minutes, turning once, until golden and crisp .
8. Serve hot.

Key Benefits

- Higher protein than typical carb-only tiffins
- Oil-free method helps retain antioxidants
- Good way to include sprouts for those who dislike eating them plain
- Kid-friendly snack

Health Info

Avoid deep-frying sprouts nuggets to preserve antioxidant benefits.

Cautions

- Do not overboil sprouts to prevent mushiness
- Adjust spices for children
- Check gluten/dairy/coconut if sensitive

Contraindications

- Gluten intolerance/celiac disease .
- Dairy allergy .
- Coconut allergy .

Nutrition (per serving)

- **protein:** 10–12 g per serving .
- **carbs:** 30–35 g per serving .
- **fat:** 4–6 g per serving .
- **fiber:** 6–8 g per serving .

Notes

- Frequency: daily
- Max Usage: About 4–6 nuggets per serving; 1 serving/day for adults .

Source

<https://www.youtube.com/watch?v=nJAdDk0gDlw>

Black Grape Detox Juice for Liver .

Black Grape Detox Juice .

Category: smoothies_and_juices

Therapeutic: detox_focus_areas / liver

Details

Servings: 1–2 glasses .

Prep Time: 10 minutes .

Cook Time: 0 minutes .

Total Time: 10 minutes .

Calories: 120–180 kcal per 250 ml .

Food Type: beverage .

Food Timing: morning or mid-morning .

Food Texture: liquid .

Spice Level: mild

Difficulty: easy

Storage: Best consumed fresh; if needed, refrigerate in a closed container .

Shelf Life: Up to 12 hours refrigerated .

Diet & Allergens

- Dietary Attributes: vegetarian ., gluten-free ., dairy-free ., refined sugar free .
- Allergens: grapes ., honey (bee product) .

Ingredients

English	Amount
black grapes	200–300 g .
mint leaves	15 leaves .
honey	1–2 tsp .
lemon juice	few drops, for garnish .
sea salt	a pinch, for garnish .
water	as needed to blend .
baking soda (for washing)	a pinch in wash water .

Procedure

1. Rinse black grapes thoroughly; soak and swish in a bowl of water with a little baking soda to help remove the white coating and surface residues; rinse well again .
2. Add cleaned grapes to a mixer jar, add mint leaves and honey .
3. Blend until smooth; strain if desired and transfer to a jar or pour directly into a glass .
4. Taste and adjust; garnish with a few drops of lemon juice and a small pinch or spritz of sea salt for a cooling effect .
5. Serve immediately for best flavor and antioxidant value .

Key Benefits

- Rich in antioxidants including resveratrol and proanthocyanidins .
- Supports liver-friendly detox actions .
- Mint adds antioxidants and digestive freshness .
- Honey in small amounts may support palatability and immunity messaging in the video .
- Relatively moderate calories per serving .

Health Info

Presenter highlights liver detox, whole-body detox, immunity boosting, and antioxidant support from black grapes with mint and honey .

Cautions

- Limit honey if diabetic; consider skipping or reducing honey .
- Reduce or skip lemon and salt if you have acid reflux or are on a low-sodium diet .
- Avoid if allergic to grapes, mint, or honey .

Contraindications

- Infants under 1 year should not consume honey .
- Known grape or honey allergy .

Nutrition (per serving)

- **protein:** 1–2 g per 250 ml .
- **carbs:** 25–35 g per 250 ml .
- **fat:** 0–1 g per 250 ml .
- **fiber:** 1–2 g per 250 ml (if unstrained) .

Notes

- Frequency: daily
- Max Usage: 1–2 glasses per day .

Source

<https://www.youtube.com/watch?v=nqCSw1AulN4>

Beetroot Paneer Paratha (Oil-free, Multigrain) .

Beetroot Paneer Paratha

Category: breakfast / parata

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: 2–3 servings .

Prep Time: 15–20 minutes .

Cook Time: 10–15 minutes .

Total Time: 25–35 minutes .

Calories: 200–250 kcal per paratha .

Food Type: vegetarian

Food Timing: breakfast, lunchbox, travel snack .

Food Texture: soft flatbread .

Spice Level: mild

Difficulty: medium

Storage: Keep in an insulated box or wrap in a clean cloth; refrigerate leftovers in an airtight container; reheat on tawa without oil .

Shelf Life: At room temperature 6–8 hours; refrigerated up to 24 hours for best quality .

Diet & Allergens

- Dietary Attributes: vegetarian, oil-free, multigrain, no onion no garlic .
- Allergens: dairy, gluten, asafoetida (may contain wheat) .

Ingredients

English	Amount
multigrain flour	1 cup
curd (yogurt)	1 cup
beetroot juice	as needed for dough color and flavor .
asafoetida (hing)	1 tsp .
paneer	250 g
cumin powder	1 tsp
chaat masala	a pinch to taste .
green chili	1 small, finely chopped
fresh coriander	1–2 tbsp, chopped .
lemon juice	1–2 tsp, to taste
malai (milk cream), optional for serving	as needed, optional
curd for serving, optional	1–2 tbsp per paratha, optional

Procedure

1. Prepare dough: In a mixer jar, add multigrain flour, curd, beetroot juice for color and flavor, and a pinch of hing; blend or mix to form a soft dough; rest 10–15 minutes if time permits .
2. Prepare stuffing: Grate paneer; add cumin powder, a little chaat masala, finely chopped green chili, chopped coriander, and a few drops of lemon juice; mix gently.
3. Portion dough into balls; flatten one ball with fingers; place paneer stuffing in the center; seal the edges.
4. Gently roll the stuffed ball into a thin paratha using minimal dry flour; thinner parathas are recommended.
5. Cook on a preheated tawa without oil; when one side cooks and spots appear, flip and cook the other side until done.
6. Optional: Spread a little malai and a few drops of lemon on top; serve hot with a spoon of curd; suitable for travel meals .

Key Benefits

- Oil-free cooking reduces added fats .

- Multigrain flour can provide more fiber and micronutrients than refined flour .
- Beetroot adds natural color and phytonutrients .
- Paneer contributes protein for satiety and muscle maintenance .
- No onion or garlic, suitable for certain dietary preferences .

Health Info

Naturopathy-inspired approach using multigrain flour, curd, and beetroot juice; positioned as a healthier alternative to maida and oily parathas .

Cautions

- Adjust green chili to tolerance, especially for children.
- Contains dairy; avoid if allergic or severely lactose intolerant.
- Beetroot is relatively high in oxalates; consider moderation if prone to stones .
- Verify hing is gluten-free if sensitive .

Contraindications

- Lactose intolerance or milk allergy.
- Celiac disease or gluten sensitivity if wheat-based multigrain is used.
- Calcium oxalate kidney stones risk .

Nutrition (per serving)

- **protein:** 8–12 g per paratha .
- **carbs:** 25–35 g per paratha .
- **fat:** 6–10 g per paratha .
- **fiber:** 3–5 g per paratha .

Notes

- Frequency: daily
- Max Usage: Up to 3–4 parathas in one meal as suggested in video .

Source

<https://www.youtube.com/watch?v=NqW-VAPFWPE>

Dry Nuts Bar (Sugar-free style with Dates & Honey) .

Dry Nuts Bar

Category: sweets / traditional sweets

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: 12-16 bars .

Prep Time: 10 min .

Cook Time: 15 min .

Total Time: 25 min .

Calories: 150 kcal per small bar .

Food Type: sweet snack bar

Food Timing: mid-morning or evening snack

Food Texture: chewy-crunchy

Spice Level: mild

Difficulty: easy

Storage: Store in an airtight container at cool room temperature; refrigerate in warm climates .

Shelf Life: 7-10 days at room temperature; up to 2-3 weeks refrigerated .

Diet & Allergens

- Dietary Attributes: vegetarian, refined sugar-free, high fiber (.), gluten-free if using certified oats
- Allergens: tree nuts (almond, cashew, pistachio), sesame seeds, legumes (chana dal, urad dal)

Ingredients

English	Amount
black dates (pitted)	1 cup
honey	1 cup
pumpkin seeds	1 cup
Bengal gram (chana dal)	1 cup
urad dal	1 cup
oats	1 cup
cashew nuts	2 tbsp
pistachios	2 tbsp
almonds	2 tbsp
sesame seeds	2 tbsp
cardamom powder	a pinch

Procedure

1. On low flame, dry-roast almonds, pistachios, and cashews until aromatic; set aside.
2. Dry-roast Bengal gram, urad dal, and pumpkin seeds on low flame; set aside.
3. Dry-roast sesame seeds; set aside.
4. Dry-roast oats until lightly nutty; cool and grind to a fine powder to form the base.
5. Grind the roasted nuts/dals/seeds to a fine powder.
6. Warm black dates with honey in a pan on low heat until the dates soften and mixture turns syrupy.
7. Add ground nuts/dals/seeds, powdered oats, sesame, and cardamom to the warm dates-honey; mix quickly until thick.
8. Transfer to a greased or lined tray, press evenly, let set, then cut into desired bar shapes.

Key Benefits

- Energy-dense with healthy fats and fiber
- Mineral-rich (magnesium, zinc) from nuts and seeds
- Refined sugar-free; uses dates and honey as binder
- Kid-friendly portable snack

Health Info

Suggested as supportive snack for pregnant women, kids, and for those mindful of blood pressure and hormones; diabetics should monitor portions due to natural sugars .

Cautions

- May spike blood glucose if overeaten (dates+honey)
- Allergen risk: nuts/sesame/legumes
- Sticky texture may affect dental health; brush or rinse after
- Roast only on low flame to prevent bitterness

Contraindications

- Severe nut or sesame allergy
- Infants/toddlers at choking risk
- Individuals on strict carbohydrate restriction without medical advice

Nutrition (per serving)

- **protein:** moderate .
- **carbs:** moderate-high (from dates, honey, oats) .
- **fat:** moderate-high (nuts/seeds) .
- **fiber:** moderate-high .

Notes

- Frequency: alternate days
- Max Usage: Adults: 1-2 small bars/day; Kids: 1 small bar/day (.)

Source

<https://www.youtube.com/watch?v=NSqYYjnWlly>

Kadai Mushroom Recipe (Semi-dry Curry)

Kadai Mushroom

Category: curries / vegetable gravies

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: 3-4 .

Prep Time: 10 mins .

Cook Time: 20 mins .

Total Time: 30 mins .

Calories: 150-220 kcal per serving .

Food Type: vegetarian

Food Timing: lunch or dinner .

Food Texture: semi-dry curry .

Spice Level: medium

Difficulty: easy

Storage: Refrigerate in an airtight container; reheat gently on stovetop .

Shelf Life: 24-36 hours refrigerated .

Diet & Allergens

- Dietary Attributes: vegetarian, low-calorie, low-carb, no added oil (as shown) ., gluten-free if hing is GF
- Allergens: asafoetida (may contain wheat), nightshade vegetables (capsicum)

Ingredients

English	Amount
Mushrooms	250 g .
Yellow capsicum	1 medium .
Red capsicum	1 medium .
Green capsicum	1 medium .

Onion	1 medium .
Tomatoes	4 medium .
Green chillies	4 .
Coriander seeds	1 tbsp .
Cumin seeds	1 tbsp .
Fenugreek seeds	1/2 tsp .
Black peppercorns	1 tsp .
Fennel seeds	1 tsp .
Dry red chillies	2 .
Asafoetida (hing)	a pinch .
Turmeric powder	1/4 tsp .
Salt	to taste .
Lemon	1 small, for juice .
Curry leaves	1 sprig .
Coriander leaves	2 tbsp chopped .
Garlic cloves	10 small .
Ginger	1 inch piece .
Oil (optional)	1-2 tsp .

Procedure

1. Prep: Halve mushrooms; cut yellow, red, and green capsicums into chunks; slice onion; chop tomatoes; slit green chillies .
2. Dry roast capsicums in a non-stick pan until slightly charred and aromatic; remove and set aside .
3. Dry roast mushrooms on medium heat; cover and cook 5–6 mins until tender; set aside .
4. Dry roast tomatoes briefly to soften and intensify flavor; set aside .
5. Dry roast whole spices (coriander, cumin, fennel, pepper, fenugreek) with dry red chillies until fragrant; cool and grind coarsely to make special Kadai masala .
6. In the same pan, add a pinch of asafoetida and turmeric (with 1 tsp oil if using); add onions and sauté briefly, then add roasted tomatoes and green chillies .
7. Add roasted capsicums and mushrooms; sprinkle ground Kadai masala and salt; toss well to coat and heat through; finish with lemon juice .
8. Garnish with curry leaves and chopped coriander leaves; serve hot with chapathi, roti, or plain rice .

Key Benefits

- Low calorie yet flavorful .
- Provides vitamin C and antioxidants from capsicums .
- Higher protein than most vegetables (from mushrooms) .

Health Info

Mushrooms provide about 22 kcal/100 g with ~3 g carbs and ~3 g protein; this preparation uses roasting to minimize oil .

Cautions

- Spicy masala may aggravate gastritis/ulcers .
- Fenugreek can impart strong bitterness if overused .

- Ensure hing is gluten-free if needed .

Contraindications

- gastritis
- GERD

Nutrition (per serving)

- **protein:** medium (for a veg curry) .
- **carbs:** low-moderate .
- **fat:** low if minimal oil is used .
- **fiber:** low-moderate .

Notes

- Frequency: weekly
- Max Usage: 1-2 servings per meal .

Source

<https://www.youtube.com/watch?v=NXxUfVltyxI>

. Uluva Pachadi (Fenugreek–Amla Chutney) recipe and benefits

. Uluva Pachadi (Fenugreek–Amla Chutney)

Category: side_dishes / chutneys

Therapeutic: respiratory_disorders / cold

Details

Servings: . 8 servings (2 tbsp each)

Prep Time: . 10 minutes

Cook Time: . 8–10 minutes

Total Time: . 20 minutes

Calories: . 40 kcal per 2 tbsp serving

Food Type: . vegetarian

Food Timing: . lunch or dinner accompaniment

Food Texture: . coarse-spreadable chutney

Spice Level: medium

Difficulty: easy

Storage: . Store in a clean, airtight glass jar; keep refrigerated.

Shelf Life: . 2–3 days refrigerated

Diet & Allergens

- Dietary Attributes: . vegan, . gluten-free (use gluten-free hing), . no onion/garlic, . low oil
- Allergens: . legumes, . asafoetida (may contain wheat)

Ingredients

English	Amount
Fenugreek seeds	. 1/2 cup, dry roasted (video mentions up to 1 cup)
Bengal gram (chana dal)	. 1 tablespoon
Black gram (urad dal)	. 1 teaspoon
Bay leaves	. 2 leaves
Cumin seeds	. 1 teaspoon

Coriander seeds	. 1 teaspoon
Curry leaves	. 8–10 leaves
Asafoetida (hing)	. 1/4 teaspoon
Ginger, chopped	. 1 inch piece
Green chillies	. 2, adjust to taste
Indian gooseberries (amla), de-seeded	. 5–6 whole
Lemon juice	. 1–2 tablespoons
Salt	. to taste
Water	. 2–4 tablespoons, as needed for grinding

Procedure

1. . Dry roast fenugreek seeds on low flame until aromatic and slightly darker; cool and set aside.
2. . In a small pan, dry roast Bengal gram, black gram, bay leaves, cumin, coriander, and curry leaves on low flame until the dals turn golden.
3. . Add asafoetida, ginger, and green chillies to the warm pan; saute briefly on low heat to bloom flavors without burning.
4. . Transfer all roasted items to a mixer jar; pulse to a coarse powder.
5. . Add de-seeded amla pieces and salt; grind to a coarse paste, adding a splash of water only as needed.
6. . Finish with lemon juice and blend briefly to combine; adjust salt, sourness, and spice.
7. . Serve immediately or transfer to a clean, dry glass jar; refrigerate.

Key Benefits

- . Amla supplies vitamin C and antioxidants supporting immune function.
- . Fenugreek may aid digestion and glycemic balance.
- . Whole spices provide phytonutrients with minimal oil.
- . Chutney format encourages portion-controlled use with meals.

Health Info

. Suitable as a side dish for rice or pulka; provides tangy, spicy flavor with potential digestive and immunity-supporting properties.

Cautions

- . Bitter taste is natural due to fenugreek; balance with lemon and amla.
- . May aggravate acidity in sensitive individuals—start with small portions.
- . Monitor blood sugar if diabetic and adjust portions accordingly.

Contraindications

- . Not advised in large amounts during pregnancy without medical guidance.
- . Avoid if allergic to legumes or fenugreek.

Nutrition (per serving)

- **protein:** . 2 g per 2 tbsp
- **carbs:** . 4 g per 2 tbsp
- **fat:** . 1 g per 2 tbsp
- **fiber:** . 2 g per 2 tbsp

Notes

- Frequency: alternate days
- Max Usage: . up to 4 tablespoons per day for adults, or as advised by a professional

Source

<https://www.youtube.com/watch?v=00s41izGII0>

Tiranga Rice (Carrot, Coconut, Spinach) — Republic Day Special (.)

Tiranga Rice — Carrot Coconut Spinach Basmati (.)

Category: main_course / flavoured rice

Therapeutic: digestive_disorders / digestive problems / disorders

Details

Servings: 3–4 servings (.)

Prep Time: 20 minutes (.)

Cook Time: 25 minutes (.)

Total Time: 45 minutes (.)

Calories: 320–380 kcal per serving (.)

Food Type: vegetarian (.)

Food Timing: Lunch or dinner (.)

Food Texture: Soft, fluffy rice with gentle bite from cashews (.)

Spice Level: mild

Difficulty: easy

Storage: Cool quickly and refrigerate in airtight containers; keep the three rice variations separate for best texture (.)

Shelf Life: Up to 24 hours refrigerated; reheat thoroughly before serving (.)

Diet & Allergens

- Dietary Attributes: vegetarian, gluten-free (.)
- Allergens: tree nuts (cashew) (.), coconut (.)

Ingredients

English	Amount
Basmati rice	1 cup, rinsed (.)
Coconut milk	1 cup (.)
Water	0.75–1 cup, as needed for rice (.)
Spinach	1 bunch (.)
Mint leaves	1/4 cup (.)
Carrot	1 medium, chopped (.)
Green chilies	3–4, sliced (.)
Grated coconut	2 tablespoons (.)
Cumin seeds	2 teaspoons total, divided (.)
Lemons	1–2, juice only (.)
Cashew nuts	2 tablespoons, split (.)
Bay leaves	2–3 (.)
Cloves	4–5 (.)
Cardamom pods	3 (.)
Cinnamon stick	1 inch piece (.)
Salt	to taste (.)
Oil or ghee	1.5–2 tablespoons (.)

Procedure

1. Blanch spinach: Boil water, add spinach for about 2 minutes, then transfer to cold water to retain green color (.).
2. Blend green paste: Drain spinach, add mint, and blend to a smooth paste; keep aside (.).
3. Blend orange paste: Combine chopped carrot with green chilies and a splash of water; blend smooth and set aside (.).
4. Cook rice: Rinse basmati; cook with coconut milk and just enough water until 90–95% done; spread to cool so grains stay separate (.).
5. Orange rice: Heat 1 tsp oil, add cumin and 1 bay leaf; add carrot-chili paste and cook until raw smell reduces; fold in one-third of rice and salt; toss gently (.).
6. White coconut rice: Heat 1 tsp oil, add cloves, cardamom, bay leaf, cinnamon, cumin, and cashews; sauté briefly; add one-third of rice, salt, and grated coconut; toss and warm through (.).
7. Green spinach rice: Heat 1 tsp oil, add cloves, cumin, and slit green chili if desired; add spinach-mint paste, cook briefly; fold in remaining rice, season, and finish with lemon juice (.).
8. Assemble: Plate the orange, white, and green rice side by side to form Tiranga; serve hot (.).

Key Benefits

- Natural colors from vegetables without artificial additives (.)
- Spinach offers iron, folate, and antioxidants (.)
- Coconut milk supplies medium-chain fats for energy (.)
- Carrot provides beta-carotene for eye health (.)
- Aromatic spices may support digestion (.)

Health Info

. Using unpolished basmati can increase fiber and improve satiety; pair with protein and vegetables for a balanced plate.

Cautions

- Adjust chilies for kids or those with gastritis (.)
- Cashew and coconut may trigger allergies in sensitive individuals (.)
- Those managing blood sugar should watch portions due to rice carbs (.)

Contraindications

- Cashew allergy (.)
- Coconut allergy (.)
- Low-potassium diet may require limiting spinach (.)

Nutrition (per serving)

- **protein:** 6–8 g per serving (.)
- **carbs:** 55–65 g per serving (.)
- **fat:** 10–15 g per serving (.)
- **fiber:** 3–5 g per serving (.)

Notes

- Frequency: weekly
- Max Usage: 1 serving (about 1–1.5 cups cooked rice) per meal (.)

Source

<https://www.youtube.com/watch?v=O9k1pTvvNq4>

Meal Maker Biryani Recipe (High Protein) .

Meal Maker (Soya Chunks) Biryani .

Category: main_course / biryani

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: 2 servings .

Prep Time: 4 hours 30 minutes .

Cook Time: 30 minutes .

Total Time: 5 hours .

Calories: 350-450 kcal per serving .

Food Type: vegetarian

Food Timing: lunch or dinner .

Food Texture: fluffy rice with tender soya chunks .

Spice Level: medium

Difficulty: easy

Storage: Refrigerate in an airtight container within 2 hours of cooking; reheat thoroughly before serving .

Shelf Life: Up to 24 hours refrigerated .

Diet & Allergens

- Dietary Attributes: high protein, vegetarian, budget-friendly, contains dairy, contains soy
- Allergens: soy, dairy, coconut

Ingredients

English	Amount
Basmati rice (preferably unpolished)	1 cup .
Meal maker (soya chunks)	1 cup .
Coconut milk	1 cup .
Curd (yogurt)	2 tablespoons .
Onions	1 medium, sliced .
Tomatoes	2 medium, chopped .
Green chillies	4, slit .
Ginger-garlic paste	1 tablespoon .
Mint leaves	1/4 cup .
Coriander leaves	2 tablespoons, chopped .
Cumin seeds	1 tablespoon .
Asafoetida (hing)	a pinch .
Cumin powder	1 teaspoon .
Coriander powder	1 teaspoon .
Kasuri methi (dried fenugreek leaves)	1 teaspoon .
Bay leaves	2 .
Cloves	3 .
Cardamom pods	2 .
Cinnamon sticks	2 small pieces .

Turmeric powder	1/4 teaspoon .
Lemon	1, for juice .
Salt	to taste .
Oil	1-2 tablespoons .
Water	1.5-2 cups for cooking rice .

Procedure

1. Rinse and soak basmati rice for about 4 hours; drain well .
2. Boil water with bay leaves, cloves, cinnamon, and cardamom; add soaked rice and cook until 90-100% done; drain and keep aside .
3. Soak meal maker in water for 15 minutes (use hot water if short on time); squeeze out excess water .
4. Heat oil in a pan; add cumin seeds; let them splutter .
5. Add sliced onions and sauté until golden brown .
6. Add ginger-garlic paste and green chillies; sauté until raw smell leaves .
7. Add mint and coriander leaves; sauté briefly .
8. Add chopped tomatoes; cover and cook until soft .
9. Stir in turmeric, cumin powder, coriander powder, a pinch of asafoetida, and kasuri methi; add curd and a splash of water; cook until masala thickens .
10. Add soaked-squeezed meal maker; mix and cook for 3-4 minutes to absorb masala .
11. Gently fold in the cooked rice and coconut milk; adjust salt; cover and steam (dum) for 5 minutes on low heat .
12. Finish with lemon juice and fresh coriander; rest 2 minutes before serving .

Key Benefits

- High-quality plant protein from soya chunks .
- Slower glucose release with unpolished basmati rice .
- Satiating meal that may aid portion control .
- Budget-friendly protein option .

Health Info

Using unpolished basmati rice and moderate fat can make biryani easier to digest while boosting protein with meal maker .

Cautions

- Adjust portion size for diabetes and weight goals .
- Check hing source if gluten-sensitive .
- Reduce chillies for low-spice tolerance .

Contraindications

- Soy allergy .
- Lactose intolerance (contains curd) unless substituted .

Nutrition (per serving)

- **protein:** 20-25 g per serving .
- **carbs:** 50-65 g per serving .
- **fat:** 8-15 g per serving .
- **fiber:** 4-6 g per serving .

Notes

- Frequency: weekly
- Max Usage: About 1 plate per meal for adults .

Source

https://www.youtube.com/watch?v=Oajab0j_5ps

Kheera (Cucumber) Stuffed Salad .

Kheera (Cucumber) Stuffed Salad .

Category: salads / raw vegetable salads

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: . 2 servings

Prep Time: . 15 minutes

Cook Time: . 0 minutes

Total Time: . 15 minutes

Calories: . 120 kcal per serving

Food Type: . vegetarian

Food Timing: . snack or side with lunch/dinner

Food Texture: . crunchy and creamy

Spice Level: mild

Difficulty: easy

Storage: . Keep covered and refrigerated below 5°C; store dressing and chopped veggies separately for best texture.

Shelf Life: . 12–24 hours refrigerated; best consumed fresh.

Diet & Allergens

- Dietary Attributes: . vegetarian, . gluten-free, . low-calorie, . diabetic-friendly, . no-cook, . high-fiber
- Allergens: . dairy

Ingredients

English	Amount
Cucumber (large)	. 1 piece (about 200–250 g)
Carrot	. 1 small (50 g), finely chopped
Capsicum (bell pepper)	. 1/2 medium (50 g), finely chopped
Tomato (seeds removed)	. 1 small (80 g), finely chopped
Lemon	. 1 piece, juice only
Green chilies	. 2 small, finely chopped
Mint leaves	. 2 tbsp, finely chopped
Coriander leaves	. 2 tbsp, finely chopped
Parsley leaves	. 1 tbsp, finely chopped
Curd (yogurt)	. 1/2 cup (100 g)
Honey	. 1 tsp (5 ml), optional

Procedure

1. . Wash all produce well; pat dry.

2. . Halve the cucumber lengthwise, scrape out and discard the seeds to make a hollow shell; reserve the shells for stuffing.
3. . Finely chop carrot, capsicum, tomato (de-seeded), green chilies, mint, coriander, and parsley.
4. . In a bowl, whisk yogurt with lemon juice; add honey and mix until smooth.
5. . Add all chopped vegetables and herbs to the yogurt dressing; mix until evenly coated.
6. . Spoon the salad mixture into the hollow cucumber halves; press gently to fill.
7. . Slice the stuffed cucumber into bite-size pieces and serve immediately.

Key Benefits

- . Very low calorie and hydrating due to cucumber.
- . Provides fiber, vitamins, and antioxidants from mixed vegetables and herbs.
- . Yogurt adds protein and probiotics for gut support.
- . Suitable for weight management and diabetes-friendly meals when honey is minimized or skipped.

Health Info

. Raw vegetable salad with probiotic yogurt supports satiety, hydration, and light digestion.

Cautions

- . Adjust green chilies for spice sensitivity or gastritis.
- . People with diabetes should skip or limit honey.
- . Use lactose-free or plant yogurt if lactose intolerant.

Contraindications

- . Dairy allergy (avoid yogurt).
- . Do not feed honey to infants under 1 year.

Nutrition (per serving)

- **protein:** . 3 g per serving
- **carbs:** . 12 g per serving
- **fat:** . 3 g per serving
- **fiber:** . 3 g per serving

Notes

- Frequency: daily
- Max Usage: . 1 large stuffed cucumber (2 servings) per day, adjusting for individual tolerance.

Source

<https://www.youtube.com/watch?v=0AuPu7RT9uk>

Oil-free Dondakaya (Ivy Gourd) Fry for Memory .

Oil-free Dondakaya (Ivy Gourd) Fry .

Category: curries / vegetable fries

Therapeutic: neurological_and_general_issues / headaches

Details

Servings: 3-4 .

Prep Time: 15-20 min .

Cook Time: 10-15 min .

Total Time: 25-35 min .

Calories: 120-180 kcal per serving, .

Food Type: vegan

Food Timing: Lunch or dinner side dish, .

Food Texture: Dry, tender, not mushy

Spice Level: mild

Difficulty: easy

Storage: Cool and store in an airtight container in the refrigerator, .

Shelf Life: Up to 24 hours refrigerated, .

Diet & Allergens

- Dietary Attributes: oil-free, vegan, gluten-free, high-fiber ., no-deep-fry .
- Allergens: coconut, legumes (urad dal)

Ingredients

English	Amount
Ivy gourd (dondakaya), sliced and half-boiled	500-750 g .
Kashmiri red chillies	2 .
Cumin seeds	1 tsp .
Curry leaves	1 sprig .
Grated coconut	1 cup .
Split black gram (urad dal)	1 cup .
Mango powder (amchur)	1 pinch .
Coriander leaves, chopped	2 tbsp .
Lemon juice	1-2 tsp or to taste, .
Water (for boiling)	as needed .

Procedure

1. Slice ivy gourd and half-boil in water until 50% cooked; drain well, .
2. Dry-roast Kashmiri chillies, cumin, and curry leaves in a small pan, .
3. Add grated coconut and split black gram; roast gently until aromatic; cool, .
4. Grind the roasted mix; add a pinch of amchur and pulse again to make the masala powder, .
5. In a pan, add the half-boiled ivy gourd (no oil) and cook on low-medium to evaporate moisture without mashing, about 10 minutes, .
6. Sprinkle the prepared masala powder; mix gently to coat, .
7. Finish with chopped coriander and lemon juice; toss and serve, .

Key Benefits

- Oil-free method helps reduce excess fat intake.
- Gentle cooking helps preserve nutrients and flavor.
- Ivy gourd and spices are traditionally considered supportive for brain health (as claimed), .
- Coconut and urad add texture and plant protein, .

Health Info

Presented as memory-supportive; avoiding oil-frying may limit free-radical formation and nutrient loss, .

Cautions

- Stir frequently to prevent burning since no oil is used.
- Adjust chilli level for children or sensitive individuals, .

- Ensure urad dal is well roasted to avoid raw taste, .

Contraindications

- Allergy to coconut or urad dal.
- Individuals on low-potassium diets should moderate portion sizes, .

Nutrition (per serving)

- **protein:** 4-7 g per serving, .
- **carbs:** 18-25 g per serving, .
- **fat:** 6-10 g per serving, .
- **fiber:** 4-6 g per serving, .

Notes

- Frequency: daily
- Max Usage: Up to 1/2–3/4 kg of prepared fry per day, .

Source

<https://www.youtube.com/watch?v=oh1Jl5UNw9U>

Immunity Boosting Cookies (Zero Oil, Zero Sugar) .

Immunity Boosting Oats-Coconut Cookies with Dates-Honey Cream .

Category: snacks / cookies

Therapeutic: respiratory_disorders / cold

Details

Servings: 8–10 cookies .

Prep Time: 15 minutes plus 30 minutes resting .

Cook Time: 10 minutes (air fryer) .

Total Time: 55 minutes .

Calories: unknown .

Food Type: vegetarian, eggless .

Food Timing: snack .

Food Texture: crunchy outside, soft inside .

Spice Level: mild

Difficulty: easy

Storage: Store in an airtight container; refrigerate if topped with dates-honey cream .

Shelf Life: Plain cookies: 2–3 days room temp; with cream: 1–2 days refrigerated .

Diet & Allergens

- Dietary Attributes: zero oil ., no refined sugar ., high fiber ., whole-food based ., gluten-free if certified oats .
- Allergens: coconut, tree nuts (cashew), oats (possible cross-contamination)

Ingredients

English	Amount
grated coconut paste	from 1–2 large coconuts or 3–4 small, as per video .
oats	1/2 cup .
black dates	10 pieces .
honey	2 tbsp for paste + 1 tsp for spreading (optional) .

cashew nuts

few, for garnish .

Procedure

1. Grate fresh coconut and grind to a paste; place in a mixing bowl .
2. Add oats (about 1/2 cup) to the coconut paste; mix well and rest 30 minutes for oats to absorb moisture .
3. Spoon the mixture onto an air-fryer tray; press and shape into cookie rounds with a spoon .
4. Air fry for about 10 minutes until set and crunchy on the edges (adjust time to your air fryer) .
5. Blend black dates with 2 tbsp honey into a smooth paste (cream) .
6. Spread the dates-honey paste over the warm cookies; optionally drizzle 1 tsp extra honey and top with cashew pieces .
7. Cool briefly and serve; refrigerate if not consuming immediately .

Key Benefits

- No refined sugar or oil; relies on whole ingredients .
- Oats provide fiber which may support satiety and digestive health .
- Dates offer natural sweetness along with minerals and fiber .
- Coconut adds flavor and texture; presenter claims presence of good bacteria .

Health Info

Positioned as an immunity-supporting snack by the presenter; actual immune effects may vary and depend on overall diet and lifestyle .

Cautions

- High natural sugar from dates and honey; portion control for diabetes and weight management .
- Allergy caution for coconut and cashew; check certified gluten-free oats if sensitive .

Contraindications

- Coconut or tree nut allergy .

Nutrition (per serving)

- **protein:** unknown .
- **carbs:** unknown (primarily from oats and dates) .
- **fat:** unknown (primarily from coconut) .
- **fiber:** unknown (oats and dates contribute) .

Notes

- Frequency: daily
- Max Usage: 1–2 cookies per serving, especially for those monitoring sugars .

Source

<https://www.youtube.com/watch?v=oQIPjKZrUMY>

. Ugadi Pachadi (six-taste festival chutney) and naturopathy message

. Ugadi Pachadi (Six-taste festive chutney)

Category: festive_foods / ugadi

Therapeutic: digestive_disorders / digestive problems / disorders

Details

Servings: . 4–6

Prep Time: . 10 minutes

Cook Time: . no cooking

Total Time: . 10–15 minutes

Calories: . 80–120 kcal per serving

Food Type: . vegetarian

Food Timing: . festival day (Ugadi) or as a ceremonial starter

Food Texture: . chunky chutney

Spice Level: medium

Difficulty: easy

Storage: . Refrigerate in a covered container if not consuming immediately

Shelf Life: . 12–24 hours refrigerated; best fresh

Diet & Allergens

- Dietary Attributes: . gluten-free, . vegetarian, . no added salt
- Allergens: . tree nuts (if using cashews/almonds), . coconut

Ingredients

English	Amount
neem flowers (fresh)	. 2–3 tbsp
tamarind water (soaked and filtered)	. 1 cup
honey	. 2–3 tbsp, to taste
raw mango (finely chopped)	. 1/2 cup
green chilies (finely chopped)	. 1–2 small
grated fresh coconut	. 3–4 tbsp
mixed dry fruits (e.g., raisins, cashews)	. 2–3 tbsp

Procedure

1. . Soak tamarind in warm water for 10 minutes; extract and strain to make about 1 cup tamarind water.
2. . In a mixing bowl, combine tamarind water and honey until balanced sweet-sour taste is achieved.
3. . Add finely chopped raw mango and green chilies; stir gently.
4. . Fold in neem flowers, grated coconut, and mixed dry fruits.
5. . Rest 5–10 minutes for flavors to meld; adjust honey or tamarind to balance six tastes.
6. . Serve fresh as a ceremonial first bite on Ugadi.

Key Benefits

- . Six tastes support mindful, balanced eating
- . Raw mango provides vitamin C and antioxidants
- . Neem flowers add bitter principles traditionally linked to appetite regulation
- . Coconut and nuts add healthy fats for satiety
- . Tamarind contributes polyphenols and tang that may stimulate digestion

Health Info

. Traditionally offered at Ugadi to symbolize acceptance of all life experiences; consume mindfully, especially if managing blood sugar.

Cautions

- . Diabetics should limit honey and portion size
- . Spicy and sour elements may irritate gastritis

- . Contains nuts if added; avoid with nut allergies

Contraindications

- . Active mouth ulcers or severe gastritis
- . Known nut allergy (omit nuts or avoid)

Nutrition (per serving)

- **protein:** . 1–2 g per serving
- **carbs:** . 15–20 g per serving
- **fat:** . 3–6 g per serving
- **fiber:** . 2–3 g per serving

Notes

- Frequency: yearly
- Max Usage: . 1 small serving (50–75 ml) per person due to sugars

Source

<https://www.youtube.com/watch?v=OvIGG4lE0TQ>

Katora/Katira Gola Natural Coolant Drinks — Rose, Mint, Saffron .

Katira (Katora) Gola — Natural Coolant, 3 Variations (Rose, Mint, Saffron Milk) .

Category: smoothies_and_juices

Therapeutic: detox_focus_areas / kidney

Details

Servings: 4–6 glasses .

Prep Time: 10–12 hours soaking + 20 minutes active .

Cook Time: 15 minutes .

Total Time: 10–12 hours 30 minutes .

Calories: 180–220 kcal per glass .

Food Type: vegetarian .

Food Timing: late morning to afternoon in summer .

Food Texture: soft jelly in flavored syrup/milk .

Spice Level: mild

Difficulty: easy

Storage: Refrigerate soaked katira (in clean water) and cooled syrups in separate airtight containers; combine just before serving .

Shelf Life: Soaked katira 24–36 hours refrigerated; syrups 3–4 days refrigerated; assembled drink best within 30 minutes .

Diet & Allergens

- Dietary Attributes: gluten-free ., egg-free .
- Allergens: milk ., honey ., rose petals .

Ingredients

English	Amount
Gond Katira (tragacanth gum) crystals .	1 cup .
Water .	1 liter for soaking + as needed .

Rose petals .	1 cup .
Mint leaves (for green syrup) .	1 cup loosely packed .
Honey .	1 cup total, divided across syrups .
Milk .	1 cup .
Saffron .	1 pinch .

Procedure

1. Rinse katira crystals and soak in 1 liter water for 10–12 hours until fully expanded into a clear, jelly-like mass .
2. Rose syrup: Grind rose petals with a few tablespoons of water; strain to get rose extract. Simmer rose extract with 1/3–1/2 cup honey on low heat 5–7 minutes until lightly syrupy; cool completely .
3. Mint syrup (green): Blend mint leaves with 1/2 cup water; strain well. Simmer the mint juice with 1/3–1/2 cup honey for 3–5 minutes; cool completely .
4. Saffron milk: Warm milk gently (do not boil). Infuse a pinch of saffron; sweeten with 1–2 tablespoons honey; cool to room temperature or chill .
5. To assemble each glass: add 3–4 tablespoons soaked katira jelly (drain excess water if needed) .
6. Flavor option 1 (Rose): pour 2–3 tablespoons rose syrup, top with chilled water as needed, stir and serve .
7. Flavor option 2 (Mint): pour 2–3 tablespoons mint syrup, top with chilled water as needed, stir and serve .
8. Flavor option 3 (Saffron milk): add saffron milk over katira jelly and stir gently; serve lightly chilled .
9. Adjust sweetness with additional honey syrup if desired; garnish with a few rose petals or mint leaves if available .
10. Serve immediately for best texture; keep syrups and soaked katira refrigerated and combine just before serving .

Key Benefits

- Cooling and hydrating in hot weather .
- Provides gentle energy and fiber-like bulk from soaked katira .
- May help reduce heat-related headaches and urinary burning via better hydration .
- Natural colors and flavors from rose, mint, and saffron without additives .

Health Info

A summer coolant using soaked katira (katora) with natural honey-based syrups; supportive for hydration, urinary comfort, and heat stress relief .

Cautions

- Do not feed honey to children under 1 year .
- Diabetes: reduce honey and monitor sugars .
- Milk variant unsuitable for lactose intolerance or milk allergy .
- Check for sensitivity to rose or mint; start with small portions .

Contraindications

- Infants under 1 year (honey) .
- Milk allergy (avoid saffron milk variant) .

- Severe fluid restriction in advanced kidney or heart disease .

Nutrition (per serving)

- **protein:** 3–5 g per serving .
- **carbs:** 35–40 g per serving .
- **fat:** 4–6 g per serving (higher for milk variant) .
- **fiber:** 2–4 g per serving (functional/soluble bulk) .

Notes

- Frequency: daily
- Max Usage: 1–2 glasses/day for adults; up to 1 glass/day for children, as tolerated .

Source

<https://www.youtube.com/watch?v=OVN2-uU-j44>

Five-Grain Payasam with Chirkoo Panakam — Krishnashtami Special .

Five-Grain Payasam (Chirkoo Panakam) — Krishnashtami Special .

Category: sweets / festival sweets

Details

Servings: 4 servings .

Prep Time: 15 minutes .

Cook Time: 35 minutes .

Total Time: 50 minutes .

Calories: 320 kcal per serving .

Food Type: vegetarian .

Food Timing: festival dessert / prasadam .

Food Texture: creamy pudding .

Spice Level: mild

Difficulty: easy

Storage: Cool completely and refrigerate in a covered container; reheat gently with a splash of milk if thickened .

Shelf Life: Up to 48 hours under refrigeration .

Diet & Allergens

- Dietary Attributes: gluten-free ., refined-sugar-free if using only jaggery reduction .
- Allergens: milk, tree nuts

Ingredients

English	Amount
Five-variety rice rava mix (3 red rice types, black rice, fragrant brown rice) .	1/2 cup .
Milk	500 ml (1/2 liter) .
Chirkoo panakam (jaggery reduction/syrup) .	1 cup .
Khoya (mawa)	1/4 cup .
Almond slices	1 tbsp .
Cashew nuts	1 tbsp .
Raisins	1 tbsp .

Pistachios	1 tbsp .
Asafoetida	1/8 tsp (a pinch) .
Cardamom powder	1/4 tsp .
Water	as needed .

Procedure

1. Rinse the five-grain rice rava thoroughly 1–2 times; drain well to keep the grain aroma intact .
2. In a pot, add the rinsed rava with enough water and boil until the grains are just cooked since the rava is unpolished .
3. Once partially cooked, add milk and simmer on low flame, stirring to prevent sticking, until creamy .
4. In a separate saucepan, lightly boil almonds, cashews, pistachios, and raisins in water for a few minutes to soften and improve digestibility; drain .
5. Stir in chirkoo panakam (jaggery reduction) into the simmering payasam; mix well and continue to cook for a few minutes .
6. Add a pinch of asafoetida and cardamom powder; stir gently .
7. Fold in the pre-boiled nuts and raisins; simmer 1–2 minutes and turn off the flame .
8. Optionally, rest for 5 minutes for flavors to meld; serve warm as prasadam .

Key Benefits

- Higher antioxidants from red and black rice compared to polished rice .
- More fiber and micronutrients from unpolished whole grains .
- Jaggery reduction helps avoid refined sugar; provides minerals like iron .
- Nuts add healthy fats, protein, and vitamin E .

Health Info

A nourishing festive sweet; suitable for most when taken in moderation and balanced with regular meals .

Cautions

- Adjust sweetness if diabetic .
- Avoid if allergic to nuts or dairy .
- Stir continuously after adding jaggery syrup to prevent curdling .

Contraindications

- Severe nut allergy .
- Lactose intolerance without suitable milk substitution .

Nutrition (per serving)

- **protein:** 8 g per serving .
- **carbs:** 45 g per serving .
- **fat:** 10 g per serving .
- **fiber:** 3 g per serving .

Notes

- Frequency: weekly
- Max Usage: About 1 bowl (150–200 ml) per serving per day during festivals .

Source

<https://www.youtube.com/watch?v=oVRbJ7PSjjY>

Oil-free, Salt-free Jackfruit Seed Curry (Panasa Ginjala Kura) .

Jackfruit Seed Curry (Panasa Ginjala Kura) — Oil-free, Salt-free .

Category: curries / vegetable gravies

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: 3-4 .

Prep Time: 10-15 min .

Cook Time: 20-25 min .

Total Time: 30-40 min .

Calories: 200-250 kcal per serving .

Food Type: vegetarian

Food Timing: lunch or dinner .

Food Texture: semi-gravy .

Spice Level: medium

Difficulty: easy

Storage: Refrigerate in an airtight container; reheat gently on low heat; avoid repeated boiling .

Shelf Life: Up to 2 days refrigerated .

Diet & Allergens

- Dietary Attributes: oil-free, no-added-salt, gluten-free, plant-based, high-fiber, high-protein .
- Allergens: coconut, garlic, asafoetida (may contain wheat)

Ingredients

English	Amount
jackfruit seeds (chopped)	1 cup .
tamarind pulp	1 cup or to taste .
lemon juice (optional, substitute for tamarind)	1-2 tbsp .
honey (optional)	1 tbsp .
coconut (grated/fresh)	1 cup .
onions (chopped)	1 cup .
green chillies	3 .
ginger	1 inch piece .
garlic (crushed/sliced)	1 tbsp .
cumin seeds	1 tsp .
coriander powder	1 tsp .
asafoetida (hing)	1/4 tsp .
dried red chillies	2 .
curry leaves	1 sprig .
coriander leaves (cilantro)	2 tbsp, chopped .
water	as needed .

Procedure

1. Boil chopped jackfruit seeds with tamarind pulp, water, and optional honey until seeds soften; keep the lid on; lemon juice may substitute tamarind .

2. Grind coconut, ginger, green chillies, and coriander leaves with a splash of water into a smooth masala; set aside .
3. For tempering without oil: gently dry-toast cumin seeds, dried red chillies, asafoetida, and garlic in a pan until aromatic .
4. Add chopped onions and curry leaves; cook on low, stirring to prevent sticking, until onions soften .
5. Add coriander powder and mix well .
6. Add the boiled jackfruit seeds; toss to combine .
7. Pour in the ground coconut masala; add water to reach semi-gravy consistency; cover and simmer so seeds absorb flavors .
8. Finish with chopped coriander leaves; keep oil and salt omitted as per recipe; serve hot with rice or chapathi .

Key Benefits

- High fiber from jackfruit seeds supports satiety and digestion .
- Oil-free, salt-free method lowers calories and sodium load .
- Plant-based protein helps balanced meals .
- Tamarind/lemon adds flavor without oil or salt .

Health Info

Suggested for those aiming for weight loss and better glycemic control as part of an overall balanced, low-oil, low-salt dietary pattern .

Cautions

- Skip honey or reduce for diabetes management .
- Adjust chilli levels for kids or sensitive eaters .
- Acidic tamarind/lemon may irritate gastritis; reduce if needed .

Contraindications

- Active gastritis/acid reflux (reduce souring agents) .
- FODMAP sensitivity to garlic/hing .

Nutrition (per serving)

- **protein:** 6-8 g per serving .
- **carbs:** 25-30 g per serving .
- **fat:** 9-12 g per serving .
- **fiber:** 6-8 g per serving .

Notes

- Frequency: daily
- Max Usage: 1 bowl per meal .

Source

<https://www.youtube.com/watch?v=oWGp3Z71RkI>

Cooling Apple Lassi .

Apple Lassi .

Category: smoothies_and_juices

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: 2 glasses .

Prep Time: 10 min .

Cook Time: 0 min .

Total Time: 10 min .

Calories: Per 100 g apple: ~60 kcal; per glass lassi: ~180–220 kcal .

Food Type: beverage .

Food Timing: mid-morning or evening snack .

Food Texture: smooth and creamy .

Spice Level: mild

Difficulty: easy

Storage: Best consumed fresh; if needed, refrigerate in a sealed container and stir before serving .

Shelf Life: Up to 8–12 hours refrigerated .

Diet & Allergens

- Dietary Attributes: vegetarian, contains dairy, gluten-free, no refined sugar
- Allergens: milk (dairy), lactose

Ingredients

English	Amount
Apples	2 medium .
Curd/Yogurt	1 cup .
Milk	1 cup .
Honey	1 tbsp .
Mint leaves	few leaves (a pinch) .
Cinnamon powder	a pinch + extra for garnish .

Procedure

1. Peel apples, core, and chop into small pieces .
2. Add apple pieces, mint leaves, honey, and a pinch of cinnamon powder to a blender; grind to a smooth paste .
3. Add curd and milk to the blender and blend briefly until smooth and frothy .
4. Pour into glasses and garnish with a light sprinkle of cinnamon powder .
5. Serve immediately; chill beforehand if preferred .

Key Benefits

- Curd provides probiotics that may support gut and immune health .
- Apples add fiber and are relatively low in calories .
- Cinnamon may help with glycemic balance and adds aroma .
- Mint may aid digestion and provides freshness .
- Homemade version avoids excess refined sugar .

Health Info

Probiotic dairy with fruit provides a refreshing, nutrient-rich beverage that can be a healthier alternative to sugary market lassi .

Cautions

- Adjust or omit honey for diabetes or low-sugar diets .
- Use lactose-free dairy if lactose intolerant .

- Avoid for infants under 1 year due to honey .

Contraindications

- Milk allergy .
- Galactosemia .

Nutrition (per serving)

- **protein:** 6–8 g per glass .
- **carbs:** 30–40 g per glass .
- **fat:** 4–6 g per glass .
- **fiber:** 2–4 g per glass .

Notes

- Frequency: daily
- Max Usage: 1–2 glasses per day .

Source

<https://www.youtube.com/watch?v=owgzCpUyMJg>

Lychee Fruit Stuffing with Khoya and Dates .

Lychee Fruit Stuffing (Khoya & Dates) .

Category: sweets / milk-based sweets

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: 10 pieces .

Prep Time: 20 minutes .

Cook Time: 0 minutes .

Total Time: 20 minutes .

Calories: High due to khoya and nuts .

Food Type: vegetarian .

Food Timing: dessert or snack .

Food Texture: soft fruit with nutty coating .

Spice Level: mild

Difficulty: easy

Storage: Refrigerate in an airtight container; keep coated pieces separated with parchment to prevent sticking .

Shelf Life: 1–2 days refrigerated .

Diet & Allergens

- Dietary Attributes: eggless, gluten-free, vegetarian, no refined sugar (uses dates)
- Allergens: milk, tree nuts

Ingredients

English	Amount
Lychee fruits	10 .
Khoya (mawa)	100 grams .
Almonds	2 tablespoons .
Pistachios	2 tablespoons .

Dates

2 tablespoons .

Procedure

1. Peel lychees, make a slit, and deseed; set aside .
2. Grind almonds and pistachios to a fine or coarse powder; keep in a plate .
3. Grate or crumble khoya .
4. Chop or mash dates and mix well into the khoya to form a soft filling .
5. Stuff each deseeded lychee with the khoya–dates mixture .
6. Roll or dip the stuffed lychees in the almond–pistachio powder to coat .
7. Chill for 10–15 minutes (optional) and serve .

Key Benefits

- Provides fruit with appealing taste for kids .
- Dates add natural sweetness and minerals .
- Khoya offers dairy-based protein and calcium .
- Nuts provide healthy fats and crunch .

Health Info

Nutrient-dense sweet; suitable as an occasional treat; manage portions for blood sugar control .

Cautions

- Allergy risk from milk and nuts .
- Portion control advised for weight management and diabetes .

Contraindications

- Lactose intolerance .
- Tree nut allergy .
- Severe diabetes requiring strict sugar control .

Nutrition (per serving)

- **protein:** low to moderate .
- **carbs:** moderate to high (fruit and dates) .
- **fat:** moderate (nuts, khoya) .
- **fiber:** low to moderate (fruit, dates, nuts) .

Notes

- Frequency: weekly
- Max Usage: 2–3 pieces per serving for adults; adjust for children .

Source

<https://www.youtube.com/watch?v=oYF8aXw17GE>

Oil-free Tofu Green Tikka (High-Protein) .

Oil-free Tofu Green Tikka

Category: snacks / namkeen

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: 2-3 servings .

Prep Time: 10 minutes .

Cook Time: 10 minutes .

Total Time: 20 minutes .

Calories: 150-250 kcal per serving .

Food Type: vegan

Food Timing: Evening snack or light dinner .

Food Texture: Pan-roasted exterior with firm tofu cubes .

Spice Level: medium

Difficulty: easy

Storage: Refrigerate leftover tikkas in an airtight box; reheat on pan within 24 hours .

Shelf Life: 1-2 days refrigerated .

Diet & Allergens

- Dietary Attributes: high-protein, oil-free, vegan, gluten-free
- Allergens: soy, peanut

Ingredients

English	Amount
tofu (soy paneer)	200 g .
roasted peanuts	2 tbsp .
cumin seeds	1 tsp .
ginger	1 inch piece .
green chillies	2 nos .
coriander leaves	1 cup packed .
mint leaves	1/2 cup .
lemon juice	1 tbsp .
chaat masala powder	1/2 tsp .
oregano	1 tsp .

Procedure

1. Cut tofu into large cubes and keep aside.
2. Grind roasted peanuts, cumin, ginger, and green chillies to a coarse mix.
3. Add coriander and mint with a little water; grind to a smooth green paste.
4. In a bowl, add tofu, lemon juice, 1/2 tsp chaat masala, and 1 tsp oregano; add the green paste and mix to coat well.
5. Optional: Rest/marinate for 10-15 minutes .
6. Heat a pan on low flame; place coated tofu pieces, cover with lid, and cook.
7. Flip once the first side is roasted; cook the other side until lightly charred and set (about 10 minutes total) .
8. Serve hot with tomato sauce; can pair with fruit for a light dinner .

Key Benefits

- High protein from soy/tofu .
- Oil-free cooking lowers added fat and calories
- Zero dietary cholesterol claimed .
- Antioxidants from mint and coriander
- Kid-friendly snack option
- Suitable for weight and blood sugar-conscious diets .

Health Info

Tofu provides a higher protein density than dairy paneer and, cooked without oil, makes a lighter snack option .

Cautions

- Contains soy and peanuts; check for allergies
- Adjust green chillies for spice sensitivity
- Use chaat masala moderately to limit sodium
- Seek guidance if limiting soy for thyroid management .

Contraindications

- soy allergy
- peanut allergy
- advised soy restriction in thyroid conditions .

Nutrition (per serving)

- **protein:** high .
- **carbs:** moderate .
- **fat:** low to moderate (from peanuts) .
- **fiber:** moderate .

Notes

- Frequency: alternate days
- Max Usage: Up to half a dozen tikkas in one meal .

Source

<https://www.youtube.com/watch?v=OYFeQPwnjFY>

. Mixed Vegetable Curry in Mustard-Coconut Curd Gravy (salt-free, low-oil) .

. Mixed Vegetable Curry with Mustard-Coconut Curd Gravy (salt-free, low-oil) .

Category: curries / vegetable gravies

Therapeutic: lifestyle_and_metabolic_disorders / hypertension / high blood pressure

Details

Servings: . 4 servings

Prep Time: . 20 minutes

Cook Time: . 25 minutes

Total Time: . 45 minutes

Calories: . 200 kcal per serving

Food Type: . vegetarian, satvik

Food Timing: . lunch or dinner

Food Texture: . soft-chunky vegetable curry with smooth gravy

Spice Level: medium

Difficulty: easy

Storage: . Store in an airtight container in the refrigerator.

Shelf Life: . 24 hours refrigerated for best taste and safety.

Diet & Allergens

- Dietary Attributes: . salt-free, . low-oil, . no onion no garlic, . gluten-free, . probiotic (with curd)
- Allergens: . dairy, . mustard, . poppy seeds, . coconut

Ingredients

English	Amount
carrot	. 1 medium, diced
potato	. 1 medium, diced
bottle gourd	. 1 cup, cubed (small piece)
green beans	. 6 pods, chopped
cauliflower florets	. 4–5 florets
capsicum/bell pepper	. 1 small, chopped
drumstick	. 1, cut into 2-inch pieces
tomato paste	. 1 cup
grated coconut	. 1 cup
curd (yogurt)	. 1 cup
ginger	. 1-inch piece
lemon	. 1, for juice
green chillies	. 2
poppy seeds	. 1 tablespoon
black mustard seeds	. 1 teaspoon
yellow mustard seeds	. 1 teaspoon
cumin seeds	. 1 teaspoon
curry leaves	. 1 sprig
coriander leaves	. 2 tablespoons, chopped
dry red chillies	. 2 whole
asafoetida	. 1 pinch
turmeric powder	. 1/4 teaspoon
water	. as needed

Procedure

1. . Soak black mustard seeds, yellow mustard seeds, poppy seeds, cumin seeds, and chopped ginger in a small bowl of water for about 1 hour.
2. . Chop carrot, potato, bottle gourd, beans, capsicum, cauliflower, and drumstick into bite-sized pieces.
3. . Boil or steam all chopped vegetables until just tender; set aside with some cooking water reserved.
4. . In a mixer-grinder, add soaked seeds with ginger and green chillies; grind to a smooth paste using soaking water as needed.
5. . Add grated coconut and curd to the jar; grind again to make a smooth mustard-coconut-curd masala paste.
6. . In a pan, do a light tempering: warm minimal oil or dry-roast, then add cumin seeds, dry red chillies, curry leaves, and a pinch of asafoetida; stir gently.
7. . Add the prepared masala paste to the pan; add turmeric powder and mix well on low heat.
8. . Stir in tomato paste and a splash of water; simmer 3–5 minutes until the gravy comes to a gentle boil.

9. . Add the boiled vegetables; combine and cook on low-medium heat for 8–10 minutes, adjusting water for desired consistency.
10. . Switch off heat; finish with lemon juice and garnish with chopped coriander leaves. Serve hot with chapathi, roti, or pulka.

Key Benefits

- . Salt-free, supports blood pressure management.
- . Mixed vegetables provide fiber for gut health and satiety.
- . Mustard and spices may aid digestion and have anti-inflammatory properties.
- . Curd adds probiotics; coconut provides satiating healthy fats.

Health Info

. Suitable for those seeking low-salt, low-oil meals in a naturopathy style; pair with whole-grain breads for a balanced plate .

Cautions

- . Mustard allergy risk; omit mustard if sensitive.
- . Dairy may not suit lactose intolerance; use plant yogurt as substitute.
- . Poppy seeds may be restricted in certain regions; verify before use.

Contraindications

- . Known mustard seed allergy.
- . Severe lactose intolerance without alternatives.
- . Individuals advised to avoid poppy seeds.

Nutrition (per serving)

- **protein:** . 6 g per serving
- **carbs:** . 22 g per serving
- **fat:** . 10 g per serving
- **fiber:** . 5 g per serving

Notes

- Frequency: daily
- Max Usage: . 1–2 cups per meal, depending on individual needs .

Source

https://www.youtube.com/watch?v=P_vll3ThzXs

Dates Filling (Stuffed Dates with Nuts, Seeds, Honey)

Dates Filling (Stuffed Dates with Nuts, Seeds, and Honey)

Category: sweets / traditional sweets

Therapeutic: lifestyle_and_metabolic_disorders / weight gain

Details

Servings: 15 pieces .

Prep Time: 10-15 minutes .

Cook Time: 5-7 minutes (light roasting) .

Total Time: 15-20 minutes .

Calories: 60-80 kcal per piece .

Food Type: vegetarian .

Food Timing: breakfast or snack; can be part of dinner .

Food Texture: soft-chewy with light crunch .

Spice Level: mild

Difficulty: easy

Storage: Store in a clean, dry, airtight container; keep in a cool place; refrigeration improves shelf life.

Shelf Life: 10-15 days at room temperature (cool, dry) .

Diet & Allergens

- Dietary Attributes: gluten-free, refined-sugar-free, dairy-free
- Allergens: peanuts, sesame, tree nuts (pistachio), coconut

Ingredients

English	Amount
dates (good quality, whole)	15 pieces
honey	2 tbsp
grated coconut	2 tbsp
peanuts	2 tbsp
pumpkin seeds	2 tbsp
sesame seeds	1 tbsp
pistachio powder	as needed for garnish

Procedure

1. On low flame, dry-roast sesame seeds, pumpkin seeds, and peanuts until aromatic; remove and cool.
2. In the same pan, lightly roast grated coconut until it changes color and smells nutty; cool.
3. Grind the roasted peanuts, pumpkin seeds, and sesame seeds to a coarse powder.
4. In a bowl, combine the ground mix with roasted grated coconut.
5. Add honey and mix well until the mixture holds together.
6. Slit each date lengthwise and remove the seed.
7. Fill each date with the prepared mixture and roll or sprinkle with pistachio powder so it adheres.

Key Benefits

- Energy-dense snack suitable for kids and travelers
- Supports brain function and memory per traditional belief
- Provides healthy fats, minerals, and some protein
- No refined sugar; natural sweetness from dates and honey

Health Info

Suggested for strength, weight gain support, memory/brain development, and general nourishment; noted as beneficial for children and suitable for pregnancy per video context.

Cautions

- Portion control for those monitoring sugar intake
- Allergen risk: peanuts, sesame, pistachio, coconut
- Avoid honey for infants under 12 months

Contraindications

- diabetes without medical guidance

- nut/seed allergies
- infants under 1 year

Nutrition (per serving)

- **protein:** 2-3 g per piece .
- **carbs:** 8-12 g per piece .
- **fat:** 2-4 g per piece .
- **fiber:** 1-2 g per piece .

Notes

- Frequency: daily
- Max Usage: Children 1-2 pieces/day; adults 2-4 pieces/day .

Source

<https://www.youtube.com/watch?v=pFlPeZQCPa8>

Beta Carotene Green Soup — Eye-friendly Detox Soup (.)

Beta Carotene Green Soup (.)

Category: soups / vegetable soup

Therapeutic: detox_focus_areas / liver

Details

Servings: 2 bowls .

Prep Time: 10 minutes .

Cook Time: 10–12 minutes .

Total Time: 20–25 minutes .

Calories: 80–120 kcal per serving .

Food Type: vegetable soup .

Food Timing: evening snack or starter .

Food Texture: smooth with light chunks .

Spice Level: mild

Difficulty: easy

Storage: Refrigerate in an airtight container; reheat gently without vigorous boiling to retain color and nutrients (.).

Shelf Life: Up to 24 hours refrigerated .

Diet & Allergens

- Dietary Attributes: vegetarian, gluten-free, no added oil ., low salt .
- Allergens: corn

Ingredients

English	Amount
Curry leaves	10–12 leaves .
Coriander leaves	1 packed cup, roughly chopped .
Leek leaves	5–6 pieces, chopped .
Spinach	1 cup, roughly chopped .
Split Bengal gram (chana dal), soaked	1–2 tbsp, lightly chopped .
Green beans	3–4 beans, chopped .

Green capsicum (bell pepper)	1 small, chopped .
Grated ginger	2 tsp .
Grated carrot	2 tbsp .
Sweet corn kernels	2 tbsp .
Water	1.5–2 cups total .
Oregano (dried)	a pinch .
Black pepper powder	a pinch to 1/4 tsp, to taste .
Cumin powder	1/2 tsp .
Lemon juice	1–2 tsp, to taste .
Honey (optional)	1–2 tsp, adjust to taste .

Procedure

1. Add coriander, curry leaves, leek leaves, spinach, chopped beans, capsicum, and soaked chana dal to a saucepan with about 1 cup water; cover and simmer 5–7 minutes until just wilted (.).
2. Strain and reserve the cooking water (do not discard); transfer the softened greens to a blender and blend to a smooth puree (.).
3. In the saucepan, warm 2–3 tbsp reserved water; add grated ginger, grated carrot, and sweet corn; simmer 2 minutes to soften (.).
4. Pour in the green puree; adjust thickness with remaining reserved water; bring to a gentle simmer for 2–3 minutes (.).
5. Season with oregano, black pepper, and cumin powder; mix well and simmer 1–2 minutes more without over-boiling (.).
6. Turn off heat; stir in lemon juice; add honey only if a mild sweetness is desired (optional; skip for diabetics) (.).
7. Serve hot; garnish with a little fresh coriander if desired (.).

Key Benefits

- Rich in beta carotene and phytonutrients from multiple greens (.)
- Antioxidant and light detox support for liver and tissues (.)
- Low oil and low salt preparation suitable for light dinners (.)
- May support eye comfort and reduce oxidative stress (.)

Health Info

. Using the reserved boiling water preserves antioxidants; quick simmering helps retain color and nutrients.

Cautions

- Avoid honey for infants under 1 year and for strict vegans (.)
- If diabetic, omit honey and monitor post-meal glucose (.)
- Limit if you have oxalate kidney stones; rotate greens (.)

Contraindications

- Known allergy to corn, coriander, or cumin (.)
- Active kidney stone issues sensitive to oxalates (.)
- On warfarin or similar anticoagulants without medical guidance (.)

Nutrition (per serving)

- **protein:** 3–5 g per serving .
- **carbs:** 15–20 g per serving .

- **fat:** 0.5–2 g per serving .
- **fiber:** 3–5 g per serving .

Notes

- Frequency: alternate days
- Max Usage: 1–2 bowls per day depending on tolerance .

Source

<https://www.youtube.com/watch?v=piyHj2Zu08o>

Healthy Millet-Corn Idli (Salt-free, High Protein) .

Millet-Corn Green Gram Idli (Salt-free) .

Category: breakfast / idly

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: 4 servings .

Prep Time: 20 minutes (plus soaking) .

Cook Time: 15 minutes .

Total Time: 35–45 minutes .

Calories: 120–160 kcal per idli .

Food Type: vegetarian .

Food Timing: breakfast or early dinner .

Food Texture: soft and fluffy .

Spice Level: mild

Difficulty: easy

Storage: Refrigerate batter in an airtight container; keep cooked idlis covered; re-steam or microwave before serving .

Shelf Life: Batter 1–2 days refrigerated; cooked idlis 12–24 hours refrigerated .

Diet & Allergens

- Dietary Attributes: low-sodium ., gluten-free if hing is GF ., high-fiber ., high-protein ., vegan .
- Allergens: legumes (green gram, black gram) ., coconut ., asafoetida (may contain wheat) ., corn .

Ingredients

English	Amount
Sorghum (jonna) rava	1 cup .
Corn (mokka jonna) rava	1/2 cup .
Soaked green gram (mung)	1/2 cup (soaked 2–3 hrs) .
Grated coconut	1/4 cup .
Tomatoes, chopped	3 medium .
Carrot, finely chopped	1 medium .
Green chillies, slit or chopped	3–4 .
Boiled black gram (urad) whole or split	2 tbsp .
Urad dal (for tempering)	1 tbsp .
Cumin seeds	1 tbsp .
Mustard seeds	1 tsp .

Dry red chillies, broken	2 .
Asafoetida powder (hing)	1/2 tsp .
Cooking soda (baking soda)	1/4–1/2 tsp .
Curry leaves	1 sprig .
Coriander leaves, chopped	1 tbsp .
Water	as needed to grind and adjust batter .
Oil (for tempering and greasing moulds)	1–2 tsp .
Ginger, finely chopped	1 inch piece .

Procedure

1. Rinse sorghum rava and corn rava; soak together in water for 30 minutes for softer texture .
2. Grind soaked green gram with a little water to a coarse-smooth paste .
3. Pulse the soaked ravas briefly with the green gram paste to form a thick batter; rest 10 minutes .
4. Heat 1–2 tsp oil; temper mustard, cumin, urad dal, curry leaves, dry red chillies, green chillies, ginger, and a pinch of hing; sauté briefly .
5. Stir in chopped carrot and quickly toss; cool slightly and mix into batter along with grated coconut and boiled black gram .
6. Adjust batter with water to idli consistency (pourable yet thick); mix in baking soda just before steaming .
7. Grease idli moulds lightly; pour batter 3/4 full .
8. Steam on medium heat for 12–15 minutes until a toothpick comes out clean; rest 2 minutes and unmould .
9. Serve hot with coconut chutney or tomato chutney without added salt if following low-sodium approach .

Key Benefits

- Lower glycemic load than white-rice idli due to millet and legumes .
- Higher protein from green gram for satiety and muscle support .
- More fiber to aid digestion and lipid control .
- Salt-free approach supports blood pressure management .
- Vegetable enrichment adds vitamins, minerals, and antioxidants .

Health Info

Suitable for weight and sugar control when portions are moderate and paired with non-starchy sides .

Cautions

- Use certified gluten-free hing if sensitive .
- Introduce legumes gradually to avoid gas .
- Limit baking soda to preserve gut comfort .

Contraindications

- Acute IBS flare may require lower legume content .
- Advanced renal disease may need dietitian guidance for potassium/protein .

Nutrition (per serving)

- **protein:** 5–7 g per idli .
- **carbs:** 20–25 g per idli .

- **fat:** 2–4 g per idli .
- **fiber:** 3–4 g per idli .

Notes

- Frequency: daily
- Max Usage: 2–4 idlis per meal depending on needs .

Source

<https://www.youtube.com/watch?v=Qdezpv2o-zI>

. Amla Murabba with Honey and Beetroot (Healthy Preserve)

. Amla Murabba with Honey and Beetroot

Category: sauces_and_jams / fruit jams

Therapeutic: respiratory_disorders / cold

Details

Servings: . 10–12 servings (1 tbsp each)

Prep Time: . 15 minutes

Cook Time: . 25–30 minutes

Total Time: . 40–45 minutes

Calories: . 35–45 kcal per tbsp

Food Type: . vegetarian

Food Timing: . after meals or with breakfast

Food Texture: . soft and syrupy

Spice Level: mild

Difficulty: easy

Storage: . Store in a clean, dry, air-tight glass jar; refrigerate for best quality.

Shelf Life: . 2–3 weeks refrigerated; up to 5–7 days at cool room temperature

Diet & Allergens

- Dietary Attributes: . vegetarian, . gluten-free
- Allergens: . honey, . asafoetida (may contain wheat traces)

Ingredients

English	Amount
Amla (Indian gooseberry), large	. 8–10 pieces (about 500 g)
Water	. as needed for boiling
Fenugreek seeds	. 1 tsp
Fennel seeds	. 1 tsp
Cumin seeds	. 1 tsp (for spice mix) + 1/2 tsp (for tempering)
Curry leaves	. 8–10 leaves
Ginger-garlic paste	. 1 tsp
Asafoetida	. 1 pinch
Green chilies, chopped	. 2 small
Beetroot, grated	. 1 small (about 80–100 g)
Honey	. 1/2–3/4 cup (adjust to taste)

Procedure

1. . Wash amla and boil in enough water, covered, for about 10 minutes until the green hue dulls and segments soften.
2. . Drain, cool slightly, and deseed the amla; separate into petals/wedges.
3. . For spice mix: lightly roast fenugreek, fennel, and 1 tsp cumin on low heat until aromatic; cool and grind to a coarse powder.
4. . In a pan, add 1/2 tsp cumin; once aromatic, add curry leaves and ginger-garlic paste; cook briefly (add a splash of water if sticking).
5. . Add a pinch of asafoetida and the chopped green chilies; sauté 1 minute.
6. . Add grated beetroot, cover, and cook on low until the raw smell reduces and color deepens (3–5 minutes).
7. . Pour in honey and warm gently on low heat; do not vigorously boil—just heat until it thins and bubbles lightly.
8. . Add the boiled amla wedges and the ground spice mix; fold gently to coat and simmer 2–3 minutes on low.
9. . Turn off heat, cool completely, and transfer to a clean, dry glass jar.
10. . Rest for 6–12 hours to let flavors mature before serving.

Key Benefits

- . Very high in vitamin C for immune support and antioxidant protection.
- . Spices and beetroot may aid digestion and add phytonutrients.
- . Honey base may be soothing for throat and cough when used warm with meals.

Health Info

. May help during cold season to support immunity, digestion, and gentle detox (liver and lungs).

Cautions

- . Do not give honey to infants under 1 year.
- . Monitor portions if you have diabetes.
- . If sensitive to spicy foods or asafoetida, reduce chilies and hing.
- . High-oxalate ingredients may not suit those with recurrent kidney stones.

Contraindications

- . Infants under 1 year (honey).
- . Uncontrolled diabetes without medical advice.
- . Known allergy to any listed ingredient.

Nutrition (per serving)

- **protein:** . 0.2 g per tbsp
- **carbs:** . 9–10 g per tbsp
- **fat:** . 0–0.1 g per tbsp
- **fiber:** . 0.5–1 g per tbsp

Notes

- Frequency: daily
- Max Usage: . 1–2 tbsp/day for adults; 1 tsp/day for children over 1 year

Source

<https://www.youtube.com/watch?v=QvViYBWklfs>

Gongura Rice (Gongo Rice) with Coconut Milk — .

Gongura Rice with Coconut Milk and Sesame-Peanut Mix — .

Category: main_course / flavoured rice

Therapeutic: lifestyle_and_metabolic_disorders / hypertension / high blood pressure

Details

Servings: . 3–4 servings

Prep Time: . 15 minutes

Cook Time: . 25 minutes

Total Time: . 40 minutes

Calories: . 420 kcal per serving

Food Type: . vegetarian (easily vegan)

Food Timing: . lunch or dinner

Food Texture: . fluffy grains with soft leafy mix

Spice Level: medium

Difficulty: easy

Storage: . Refrigerate in an airtight container within 2 hours of cooking .

Shelf Life: . 24 hours refrigerated; best fresh

Diet & Allergens

- Dietary Attributes: . gluten-free, . no added salt option, . vegan-friendly
- Allergens: peanuts, sesame

Ingredients

English	Amount
Gongura (sorrel) leaves, chopped	. 1.5 cups
Basmati rice, rinsed	. 1 cup
Coconut milk	. 1 cup
Water	. 1 to 1.25 cups (for rice boil)
Roasted peanuts	. 1 cup
Sesame seeds	. 2 tbsp
Green chilies	. 2
Ginger, grated	. 1 small piece
Cumin seeds	. 1 tsp
Coriander seeds	. 1 tsp
Fenugreek seeds	. 1/2 to 1 tsp
Chaat masala	. a pinch
Bay leaf	. 1
Cloves	. 3
Cinnamon stick	. 1 small piece
Turmeric powder	. 1/4 tsp
Curry leaves	. few sprigs
Asafoetida (hing)	. a pinch
Oil (or ghee for non-vegan)	. 1–2 tbsp
Salt (optional; taste is good even without)	. to taste, optional

Procedure

1. . Rinse basmati rice well; bring 1 cup coconut milk and about 1–1.25 cups water to a boil with bay leaf, cloves, and cinnamon; add rice and cook covered until fluffy; rest 5 minutes and fluff .
2. . Dry-roast fenugreek, coriander, and cumin on low flame until aromatic; add sesame seeds and roast briefly without burning; cool and grind to a coarse powder; set aside .
3. . In a pan, add a little oil; add gongura leaves and green chilies; sauté until leaves wilt and turn soft-sour and moisture reduces .
4. . Cool the sautéed gongura-chili and pulse to a coarse paste (do not over-grind) .
5. . In a wide pan, heat remaining oil; add a pinch of asafoetida, grated ginger, and curry leaves; sauté until fragrant .
6. . Add turmeric and the gongura-chili paste; cook 3–4 minutes to meld flavors .
7. . Add the cooked basmati rice; gently fold to combine without breaking grains .
8. . Sprinkle the sesame-peanut spice powder and a pinch of chaat masala; toss gently to coat; adjust with optional salt only if needed .
9. . Top with roasted peanuts; switch off heat and rest 2 minutes before serving .

Key Benefits

- . Flavorful low-salt option using sourness (gongura) and aroma (whole spices) .
- . Sesame and peanuts provide healthy fats and plant protein .
- . Asafoetida and ginger may support digestion .
- . Gongura offers iron and vitamin C content .

Health Info

. Suitable for low-salt eating; balance coconut milk portion for metabolic goals .

Cautions

- . Contains peanuts and sesame; avoid in related allergies .
- . Adjust chili heat for kids or gastritis .
- . Do not over-roast fenugreek; can turn very bitter .

Contraindications

- . Peanut/sesame allergy .
- . Severe gastritis aggravated by chilies .

Nutrition (per serving)

- **protein:** . 10 g/serving
- **carbs:** . 60 g/serving
- **fat:** . 18 g/serving
- **fiber:** . 6 g/serving

Notes

- Frequency: weekly
- Max Usage: . 1–2 cups per meal, especially if monitoring calories or sodium .

Source

https://www.youtube.com/watch?v=r7c_97zZzvU

Sprouted Ragi Flakes Meal with Coconut Milk

Sprouted Ragi Flakes Meal with Coconut Milk

Category: breakfast / poha

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: 1 serving .

Prep Time: 10-15 minutes (softening) .

Cook Time: 0 minutes .

Total Time: 10-15 minutes .

Calories: ~350-450 kcal .

Food Type: vegetarian (vegan if using coconut milk) .

Food Timing: breakfast or anytime snack .

Food Texture: soft

Spice Level: mild

Difficulty: easy

Storage: Best consumed fresh; if needed, refrigerate the mixed flakes and coconut milk (without fruit) for up to 12 hours .

Shelf Life: Up to 12 hours refrigerated (without fruit) .

Diet & Allergens

- Dietary Attributes: vegan (with coconut milk), gluten-free, no-cook, high-calcium .
- Allergens: tree nuts (almond, cashew), coconut

Ingredients

English	Amount
sprouted ragi flakes	3 tablespoons .
coconut milk	1/2 to 3/4 cup .
honey	1-2 teaspoons or to taste .
apple (chopped)	1/4 to 1/2 cup .
banana (sliced)	1/2 medium .
soaked cashews	1-2 tablespoons .
soaked almonds	1-2 tablespoons .

Procedure

1. Add sprouted ragi flakes to a bowl.
2. Pour in coconut milk to cover the flakes and mix well.
3. Sweeten with honey to taste and stir.
4. Let the mixture rest for 10-15 minutes to soften the flakes.
5. Top with chopped apple, sliced banana, and soaked cashews and almonds.
6. Serve immediately.

Key Benefits

- Provides calcium from ragi.
- Sprouting may enhance nutrient availability.
- Filling meal that can sustain energy for several hours .
- Dairy-free when using coconut milk.
- Uses natural sweetener instead of refined sugar.

Health Info

. Quick, nutritious breakfast or meal replacement using sprouted ragi flakes, coconut milk, fruits, and soaked nuts.

Cautions

- Adjust honey for blood sugar control.
- Check for nut and coconut allergies.
- Ensure good hygiene when soaking nuts.

Contraindications

- Do not give honey to infants under 1 year.
- Avoid if allergic to coconut or tree nuts.

Nutrition (per serving)

- **protein:** ~7-10 g per serving .
- **carbs:** ~50-65 g per serving .
- **fat:** ~15-25 g per serving .
- **fiber:** ~6-9 g per serving .

Notes

- Frequency: daily
- Max Usage: 1-2 servings per day depending on energy needs .

Source

<https://www.youtube.com/watch?v=RhR1tpZcfCI>

High-Protein Pulmakana (Phool Makhana) Smoothie

High-Protein Pulmakana Smoothie

Category: smoothies_and_juices

Therapeutic: lifestyle_and_metabolic_disorders / weight gain

Details

Servings: 1–2 glasses .

Prep Time: 10 min active + 2–4 hours soaking .

Cook Time: 0 min .

Total Time: 10 min active + 2–4 hours passive .

Calories: 450–550 kcal per serving .

Food Type: vegetarian beverage

Food Timing: breakfast or snack .

Food Texture: smooth

Spice Level: mild

Difficulty: easy

Storage: Best consumed fresh; refrigerate in a sealed container up to 12–24 hours max .

Shelf Life: 12–24 hours refrigerated .

Diet & Allergens

- Dietary Attributes: high-protein, gluten-free, vegetarian, refined sugar-free, no-cook
- Allergens: tree nuts, milk/dairy

Ingredients

English	Amount
fox nuts (phool makhana/lotus seeds)	1 cup
milk	1 cup
honey	2 tbsp
almonds	1 tbsp
cashew nuts	1 tbsp
raisins	1 tbsp
mixed nuts	1 tbsp
pumpkin seeds	1 tbsp

Procedure

1. Soak pulmakana in milk for 2–4 hours .
2. In a separate bowl, soak almonds, cashews, raisins, mixed nuts, and pumpkin seeds in water for 2–4 hours .
3. Add soaked pulmakana (with milk) to a blender.
4. Drain and add the soaked nuts and seeds to the blender.
5. Add honey and blend until smooth.
6. Pour into a glass and serve immediately.

Key Benefits

- High protein from makhana, milk, nuts, and seeds.
- Contains diverse amino acids (claimed 16 types).
- Energy-dense with healthy fats and micronutrients.
- Soaking may improve digestibility.

Health Info

Suitable for children, adults, and elderly; promotes satiety and may support digestion and energy levels .

Cautions

- Adjust honey for sweetness and blood sugar needs.
- Avoid if allergic to nuts or dairy.
- Use boiled and cooled milk if needed for safety.

Contraindications

- Tree nut allergy
- Dairy allergy or lactose intolerance
- Infants under 1 year (due to honey)

Nutrition (per serving)

- **protein:** 15–22 g per serving .
- **carbs:** 45–65 g per serving .
- **fat:** 20–30 g per serving .
- **fiber:** 4–7 g per serving .

Notes

- Frequency: daily
- Max Usage: 1 glass per day for most adults .

Source

<https://www.youtube.com/watch?v=rr4C7c5fD30>

Marmaral Upma (No-salt, Oil-free) .

Marmaral (Puffed Rice) Upma — No-salt, Oil-free .

Category: breakfast / upma

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: . 3 servings

Prep Time: . 15 minutes

Cook Time: . 15 minutes

Total Time: . 30 minutes

Calories: . 250–300 kcal per serving

Food Type: . vegan, sattvic, no-salt, oil-free

Food Timing: . breakfast or light dinner

Food Texture: . soft-moist with light crunch from peanuts and vegetables

Spice Level: mild

Difficulty: easy

Storage: . Best consumed fresh; can refrigerate in an airtight container for up to 8–12 hours; rehydrate with a splash of hot water if needed.

Shelf Life: . 12 hours refrigerated

Diet & Allergens

- Dietary Attributes: . vegan, . oil-free, . no added salt, . high fiber, . gluten-free (if hing is gluten-free)
- Allergens: . peanuts, . legumes

Ingredients

English	Amount
Puffed rice (Marmaral)	. 2 cups
Soaked peanuts	. 1/4 cup
Green peas	. 1/4 cup
Carrot, diced	. 1 medium
Potato, diced	. 1 medium
Onion, chopped	. 1 medium
Tomatoes, chopped	. 2 medium
Green chilies, slit	. 2
Ginger, minced	. 1 tsp
Lemon	. 1, juiced
Asafoetida (hing)	. 1/4–1/2 tsp
Turmeric powder	. 1/4 tsp
Cumin seeds	. 1/2 tsp
Bengal gram (chana dal)	. 1 tsp
Black gram (urad dal)	. 1 tsp
Curry leaves	. 1 sprig

Coriander leaves, chopped	. 2 tbsp
Water	. 1.5 cups or as needed
Ice cubes (optional for rinsing puffed rice)	. few

Procedure

1. . Place a clay pot or heavy pan on medium heat and dry-roast chana dal, urad dal, and cumin until aromatic.
2. . Add asafoetida, minced ginger, slit green chilies, and curry leaves; stir for 30–60 seconds.
3. . Add chopped onions; cook until translucent without oil, stirring to prevent sticking (sprinkle a little water if needed).
4. . Add diced potato, carrot, and soaked peanuts; add water just enough to cook; simmer until vegetables are partly tender.
5. . Add tomatoes, turmeric, and green peas; cook until all vegetables are soft and water is mostly absorbed.
6. . Rinse puffed rice in a bowl with water (and a couple of ice cubes if desired) and drain immediately to keep it fluffy.
7. . Gently fold the rinsed puffed rice into the cooked vegetables; cook for 1–2 minutes on low, just to combine; do not overcook.
8. . Turn off heat, add lemon juice and chopped coriander leaves; mix lightly and serve warm.

Key Benefits

- . Higher vegetable ratio increases fiber, vitamins, and minerals.
- . Oil-free and no-salt preparation may support blood pressure and heart health.
- . Pulses, peas, and peanuts add plant protein for satiety.
- . Lower glycemic impact versus puffed rice-heavy versions when vegetables are prioritized.

Health Info

. Designed for naturopathy-style eating: no oil, no added salt, more vegetables, modest grains, and natural flavoring with spices, lemon, and herbs.

Cautions

- . Peanut allergy: omit peanuts.
- . For diabetes, keep puffed rice portion modest and increase non-starchy vegetables.
- . Spices may need adjustment for gastritis or children.
- . Use gluten-free hing if sensitive.

Contraindications

- . Severe peanut or legume allergy
- . Acute gastritis aggravated by chilies/spices

Nutrition (per serving)

- **protein:** . 7–9 g per serving
- **carbs:** . 50–60 g per serving
- **fat:** . 4–6 g per serving
- **fiber:** . 6–8 g per serving

Notes

- Frequency: daily
- Max Usage: . 1–2 servings per day depending on individual needs.

Source

<https://www.youtube.com/watch?v=RvXPiWRkkiw>

High-Protein Red Dal Salad — Manthanhouse Kitchen .

High-Protein Red Dal Salad .

Category: salads / raw vegetable salads

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: . 2 servings

Prep Time: . 10 minutes

Cook Time: . 10 minutes (2 whistles in pressure cooker)

Total Time: . 20–25 minutes

Calories: . 220 kcal per serving

Food Type: vegetarian salad .

Food Timing: . lunch or dinner; can be a standalone meal

Food Texture: . soft lentils with crunchy vegetables

Spice Level: mild

Difficulty: easy

Storage: . Refrigerate in an airtight container; keep dressing separate if storing longer than 2 hours.

Shelf Life: . 12–24 hours refrigerated

Diet & Allergens

- Dietary Attributes: vegetarian, high-protein, high-fiber, low-sodium (no added salt), diabetic-friendly, no added oil
- Allergens: legumes (lentils), nightshades (capsicum, tomato)

Ingredients

English	Amount
Red lentils (masoor dal) .	. 1 cup (dry)
Water .	. 2–2.5 cups (for pressure cooking)
Lemon (juice) .	. 2–3 tbsp total (a little for boiling + dressing)
Cucumber, chopped .	. 1 medium
Tomato, chopped .	. 1 medium
Capsicum/Bell pepper, chopped .	. 1 small
Carrot, grated .	. 1 medium
Green chili, finely chopped .	. 1
Ginger, finely chopped .	. 1 tsp
Honey .	. 1 tsp
Pepper powder .	. 1 tsp
Cumin powder .	. 1 tsp
Chaat masala .	. 1/2 tsp or to taste
Coriander leaves, finely chopped .	. 2 tbsp

Procedure

1. . Rinse red lentils thoroughly; drain.

2. . Pressure cook lentils with water and a small squeeze of lemon juice for 2 whistles; let pressure release naturally and cool to warm.
3. . In a bowl, combine chopped cucumber, tomato, capsicum, grated carrot, green chili, ginger, and coriander.
4. . In a cup, whisk lemon juice, honey, pepper powder, cumin powder, and chaat masala to make the dressing.
5. . Add the warm cooked lentils to the vegetables, pour over the dressing, and mix gently until coated.
6. . Taste and adjust lemon/spices; serve immediately or chill briefly.

Key Benefits

- . High protein from lentils supports muscle retention during weight loss.
- . High fiber increases fullness and supports glycemic control.
- . No added salt; spices and lemon provide flavor with low sodium.
- . Suitable for diabetes, cholesterol, and fatty liver dietary goals.

Health Info

. Balanced macro profile for a salad: protein-rich, fiber-dense, minimal added sugars and fats.

Cautions

- . May cause gas/bloating in sensitive individuals; consider soaking/rinsing well and proper cooking.
- . Use minimal honey for diabetes; omit if needed.
- . Reduce chili and lemon if you have gastritis or reflux.

Contraindications

- . Legume allergy
- . Severe kidney disease requiring potassium restriction
- . Active peptic ulcer (avoid spicy/acidic components)

Nutrition (per serving)

- **protein:** . 15 g per serving
- **carbs:** . 30 g per serving
- **fat:** . 3 g per serving
- **fiber:** . 8 g per serving

Notes

- Frequency: daily
- Max Usage: . 1–2 bowls per day depending on individual calorie and protein needs

Source

<https://www.youtube.com/watch?v=s7voOs4-fd4>

Masala Garelu (Oil-free Tawa Vada) .

Masala Garelu (Oil-free Tawa Vada) .

Category: snacks / vada

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: 3-4 servings (about 12 small garelu) .

Prep Time: 20-25 minutes active + soaking 4-6 hours .

Cook Time: 18-22 minutes .

Total Time: 45 minutes active; 6-8 hours including soaking .

Calories: ~80 kcal per piece .

Food Type: savory snack .

Food Timing: breakfast or evening snack .

Food Texture: crisp outside, soft inside .

Spice Level: medium

Difficulty: easy

Storage: Best eaten hot; store leftovers in an airtight container and reheat on a tawa for a few minutes to refresh crispness .

Shelf Life: 6-8 hours at room temperature; up to 24 hours refrigerated .

Diet & Allergens

- Dietary Attributes: vegetarian, gluten-free (use GF asafoetida) ., low-oil ., no deep-frying .
- Allergens: legumes (chickpea, black gram) ., asafoetida (possible wheat traces) .

Ingredients

English	Amount
Gram flour (besan)	1 cup .
Black gram (urad dal), soaked	1/2 cup (dry), soak 6 hours .
Rice semolina (idli rava), soaked & drained	1/2 cup .
Fresh grated coconut	2 tbsp .
Cumin seeds	1 tsp .
Black pepper powder	1/2 tsp .
Green chilies, finely chopped	2-3 .
Ginger, finely chopped	1 tsp .
Asafoetida (hing)	1/4 tsp .
Cooking soda (baking soda)	a pinch .
Curry leaves, chopped	1 sprig .
Salt	to taste .
Lemon juice	1 tsp .
Water	as needed to grind .
Oil for greasing (optional)	1-2 tsp .

Procedure

1. Rinse and soak black gram (urad dal) for about 6 hours; drain well .
2. Soak rice semolina (idli rava) for 2-6 hours, then squeeze out excess water and keep aside .
3. Grind soaked urad dal to a smooth, fluffy batter using minimal water .
4. In a mixing bowl, add gram flour, the urad batter, and the squeezed rice semolina; mix to a thick, scoopable batter (not runny) .
5. Add grated coconut, cumin seeds, black pepper powder, chopped green chilies, chopped ginger, asafoetida, curry leaves, and salt; mix well and rest 10-15 minutes .
6. Just before cooking, mix in lemon juice and a pinch of cooking soda; do not overmix after adding soda .
7. Heat a non-stick tawa on low-medium heat; lightly grease if needed and place a lid ready .

8. With wet hands, pinch a portion of batter and shape into a small disc with a hole (garelu shape), or use a ring mold; place gently on the tawa .
9. Cover and cook on low heat for 4-5 minutes until the base firms and turns golden .
10. Flip carefully; cover and cook another 4-5 minutes until cooked through and golden on both sides .
11. Repeat for remaining batter, regulating heat to avoid burning; cook in batches .
12. Serve hot with ginger chutney for best taste and easier digestion .

Key Benefits

- Oil-free tawa cooking reduces total calories and fat compared to deep-frying .
- Gram flour and urad dal provide plant protein and fiber for better satiety .
- Curry leaves, ginger, and spices may aid digestion and add antioxidants .
- Lower post-meal heaviness versus fried vada, supporting weight management .
- Suitable for people monitoring lipids and blood sugar when portion-controlled .

Health Info

Compared with deep-fried vada, this version uses minimal oil and may be friendlier for weight, triglycerides, and cholesterol when paired with fiber-rich sides and mindful portions .

Cautions

- Adjust chilies and pepper for sensitive stomachs or gastritis .
- Use gluten-free asafoetida if gluten sensitive; some brands contain wheat flour .
- Limit baking soda for those needing low-sodium diets .

Contraindications

- Legume allergy (chickpea or black gram) .
- Acute digestive flares requiring bland diet .

Nutrition (per serving)

- **protein:** 4-5 g per piece .
- **carbs:** 10-12 g per piece .
- **fat:** 2-3 g per piece (with minimal greasing) .
- **fiber:** 2 g per piece .

Notes

- Frequency: weekly
- Max Usage: 2-3 pieces per serving, 1-2 times per week, depending on overall diet .

Source

<https://www.youtube.com/watch?v=s9hRH2PoiK0>

Fermented Rice & White Chickpea Porridge (No-Salt) for Gut Health

Fermented Rice & White Chickpea Porridge (No-Salt)

Category: breakfast / upma

Therapeutic: digestive_disorders / digestive problems / disorders

Details

Servings: 2-3 servings .

Prep Time: 15 minutes active . (excluding soaking and fermenting)

Cook Time: 15 minutes .

Total Time: Soak ~8-10 hours + ferment ~8-12 hours (. 20-24 hours)

Calories: 400-500 kcal per serving .

Food Type: vegetarian

Food Timing: morning breakfast

Food Texture: soft semi-solid porridge

Spice Level: mild

Difficulty: easy

Storage: After fermentation, refrigerate covered and consume promptly; add fresh vegetables just before eating .

Shelf Life: Up to 24 hours refrigerated after fermentation .

Diet & Allergens

- Dietary Attributes: no added salt, fermented, probiotic, gluten-free
- Allergens: dairy (milk, curd), legumes (chickpeas)

Ingredients

English	Amount
white chickpeas (kabuli chana)	1 cup (dry) .
rice	1 cup .
milk (boiled)	250 ml
curd/yogurt (starter)	1-2 tbsp .
water	4-5 cups as needed .
carrot (grated)	1 small
onion (chopped)	1 small
green chillies (chopped)	2
coriander leaves (chopped)	2 tbsp .
cumin seeds (optional)	1/2 tsp .
ginger (optional, finely grated)	1 tsp .
curry leaves (optional)	6-8 leaves .
mustard seeds (optional)	1/4 tsp .
lemon juice (optional)	1-2 tsp .

Procedure

1. Morning: Rinse and soak rice and white chickpeas separately or together in plenty of water until evening .
2. Evening: Drain well and grind coarsely (semolina-like) with a little water; do not make a smooth paste.
3. In a pot, add the coarse mixture and enough water to cook; simmer on medium, stirring until thick and sticky.
4. Transfer to a clean bowl and cool to warm (not hot).
5. Stir in boiled, cooled milk and add curd as a starter; whisk thoroughly to avoid lumps.
6. Cover and ferment at room temperature overnight until set and pleasantly sour by morning.
7. Morning: mix in grated carrot, chopped onion, green chillies, and coriander.
8. Serve without salt; optionally, add a mild tempering of cumin, mustard, ginger, and curry leaves, or a little lemon juice if desired.

Key Benefits

- Promotes beneficial gut bacteria (probiotic effect) .
- Gentle on intestines; supports healthy bowel movements .
- No added salt; suitable for low-sodium needs
- Fiber from chickpeas and vegetables supports stool form
- May help during loose motions/IBD when tolerated .

Health Info

Traditionally eaten in the morning to boost gut microbiome and intestinal comfort; keep spice level mild for sensitive digestion .

Cautions

- Ensure hygienic fermentation; discard if off-odors or mold appear
- Skip onion/green chillies during sensitive phases
- Use lactose-free milk/curd if lactose intolerant
- Consult a clinician during active IBD flares

Contraindications

- Dairy allergy
- Severe lactose intolerance without suitable substitutions
- Severe immunocompromise where fermented foods are restricted

Nutrition (per serving)

- **protein:** 14-18 g per serving .
- **carbs:** 60-70 g per serving .
- **fat:** 6-10 g per serving .
- **fiber:** 8-12 g per serving .

Notes

- Frequency: daily
- Max Usage: About 1 medium bowl (~300 g) per day .

Source

https://www.youtube.com/watch?v=sa5C3BDP_5Y

Phoolmakana Chaat (Low-oil) .

Phoolmakana (Lotus Seeds) Chaat

Category: snacks / chaat items

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: 2 servings .

Prep Time: 10 minutes .

Cook Time: 5 minutes .

Total Time: 15 minutes .

Calories: 200-250 kcal per serving .

Food Type: vegetarian

Food Timing: snack or evening .

Food Texture: crunchy and juicy .

Spice Level: mild

Difficulty: easy

Storage: Best consumed immediately after mixing; store roasted makhana separately in an airtight container up to 1 week .

Shelf Life: Dressed chaat: consume within 1-2 hours; roasted makhana: up to 7 days in airtight container .

Diet & Allergens

- Dietary Attributes: gluten-free, low oil, high fiber, no added salt, refined sugar-free
- Allergens: lotus seed

Ingredients

English	Amount
phoolmakana (lotus seeds/fox nuts)	1 cup
carrot	1 (chopped)
cucumber	1 (chopped)
green mango (raw)	1 (chopped)
tomato	1 (chopped)
lemon	1 (juice)
green chillies	2 (finely chopped)
honey	1 tbsp
cumin powder	1 tsp
black pepper powder	1 tsp
coriander leaves	some (chopped)

Procedure

1. Dry-roast phoolmakana on low flame until crisp; set aside.
2. In a bowl, whisk honey, lemon juice, cumin powder, and black pepper powder.
3. Add chopped green chillies and coriander; mix well to form the dressing.
4. Add chopped carrot, raw green mango, cucumber, and tomato; combine with the dressing.
5. Break roasted phoolmakana into small pieces for better coating and texture.
6. Just before serving, add phoolmakana to the dressed veggies and toss gently.
7. Mix in small batches and eat immediately to retain crunch; avoid overmixing to prevent sogginess.

Key Benefits

- Higher fiber snack compared to fried chaat .
- Lower oil and salt load due to lemon-honey dressing .
- Phoolmakana offers protein and fiber .
- Fresh vegetables add vitamins, minerals, and hydration .

Health Info

100 g phoolmakana mentioned as providing about 10 g protein and 15 g fiber in the video; actual values may vary by brand and preparation .

Cautions

- For diabetes, reduce or omit honey and monitor blood glucose.
- Add makhana only at the end to prevent sogginess.
- Spices and raw chillies may irritate sensitive stomachs; adjust to tolerance.

Contraindications

- Lotus seed allergy.
- Individuals on strict renal diets should consult a clinician before including this snack.

Nutrition (per serving)

- **protein:** . 8-12 g per serving
- **carbs:** . 25-35 g per serving
- **fat:** . 1-3 g per serving
- **fiber:** . 6-10 g per serving

Notes

- Frequency: daily
- Max Usage: Up to 1-2 cups per day for most adults, adjust for individual needs .

Source

<https://www.youtube.com/watch?v=SbIjpTjw-Vs>

Vitamin K-Rich Spinach Soup (No Salt)

Spinach (Palakura) Vitamin K Soup — No Salt

Category: soups / vegetable soup

Therapeutic: digestive_disorders / digestive problems / disorders

Details

Servings: 2–3 servings .

Prep Time: 10 minutes .

Cook Time: 30 minutes .

Total Time: 40 minutes .

Calories: low-calorie per serving .

Food Type: vegetarian

Food Timing: before meals

Food Texture: smooth, blended

Spice Level: mild

Difficulty: easy

Storage: Refrigerate in a covered container for up to 24–36 hours; reheat gently without boiling hard. .

Shelf Life: 1–2 days refrigerated. .

Diet & Allergens

- Dietary Attributes: no added salt, vegetarian, gluten-free, rich in vitamin K, high fiber ., low sodium ., dairy-free
- Allergens: legumes (chana dal)

Ingredients

English	Amount
Water	150 ml .
Spinach (first addition)	1 cup, roughly chopped .
Chana dal (split chickpeas)	1 cup .
Ginger, chopped	1 tablespoon .

Green chillies	2, slit .
Spinach (second addition, for quick cook)	1 cup, finely chopped .
Oregano (dried)	1 teaspoon .
Black pepper powder	1/2 teaspoon .
Coriander leaves, chopped	1/4 cup .
Lemon juice	1–2 teaspoons, to taste .
Honey	1 teaspoon .

Procedure

1. Place a pot on the stove and add 150 ml water. .
2. Add 1 cup spinach (first addition), 1 cup chana dal, and 1 tablespoon chopped ginger. Cover and boil for about 15 minutes until dal softens slightly. .
3. Add 2 slit green chillies and cook briefly. .
4. Add another 1 cup finely chopped spinach; cook only 5 minutes to remove raw smell while keeping color and nutrients. .
5. Strain and reserve the cooking liquid. .
6. Transfer the cooked spinach-dal mixture to a mixer jar; add a little water and blend to a smooth paste. .
7. Return a pot to the stove; add the spinach paste and the reserved strained liquid. Rinse the mixer jar with a splash of water and add to the pot. .
8. Season with 1 teaspoon oregano and 1/2 teaspoon black pepper powder. Cover and simmer for about 10 minutes. .
9. Finish with 1/4 cup chopped coriander leaves, a little lemon juice, and 1 teaspoon honey; stir to balance flavors. Do not add salt. .
10. Serve warm as a pre-meal soup. .

Key Benefits

- Rich in vitamin K from spinach, supporting normal blood clotting. .
- No added salt supports low-sodium diets. .
- Ginger, pepper, and warm soup may help stimulate digestion. .
- Dal adds body and fiber without dairy thickeners. .

Health Info

Suggested as a pre-meal soup to help activate digestive secretions and reduce overall meal sodium when used instead of salty starters. .

Cautions

- Maintain consistent intake if on warfarin or other vitamin K–antagonist therapy; consult a clinician. .
- If prone to kidney stones, moderate high-oxalate greens like spinach. .
- Spices may aggravate gastritis or ulcers; reduce chilli and pepper if sensitive. .
- Honey is unsuitable for infants under 1 year. .

Contraindications

- Unstable anticoagulation therapy requiring strict vitamin K control. .
- Active peptic ulcer disease sensitive to spices. .
- Infants under 1 year (due to honey). .

Nutrition (per serving)

- **protein:** 5–8 g per serving .
- **carbs:** 12–20 g per serving .
- **fat:** 1–3 g per serving .
- **fiber:** 3–5 g per serving .

Notes

- Frequency: daily
- Max Usage: 1–2 bowls per day for most adults, adjust if on vitamin K–related medications. .

Source

<https://www.youtube.com/watch?v=T54SZ57lzzg>

Creamy Phool Makhana Salad — dinner-friendly high-protein probiotic option .

Creamy Phool Makhana Salad .

Category: salads / raw vegetable salads

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: . 6 servings

Prep Time: . 10 minutes

Cook Time: . 8 minutes

Total Time: . 20 minutes

Calories: . 300 kcal per serving

Food Type: vegetarian .

Food Timing: dinner or evening meal replacement .

Food Texture: creamy with crispy toppings .

Spice Level: medium

Difficulty: easy

Storage: Refrigerate the cream in an airtight container; store roasted makhana separately in a dry airtight jar; combine just before serving .

Shelf Life: Cream: 2 days refrigerated; roasted makhana: up to 7 days airtight at room temperature .

Diet & Allergens

- Dietary Attributes: vegetarian, gluten-free ., probiotic ., high-protein .
- Allergens: peanuts, sesame, dairy

Ingredients

English	Amount
Phool makhana (lotus seed puffs)	2 cups, dry-roasted .
Roasted peanuts	250 g .
Roasted sesame seeds	2 tbsp .
Curd (yogurt), slightly sour	1/2 cup .
Green chili, chopped	1 small .
Chaat masala powder	1 tsp .

Dried red chilies, broken	2 pieces .
Black pepper powder	1/2 tsp .
Grated carrot	1/4 cup .
Coriander leaves, chopped	2 tbsp .
Salt (optional)	to taste .

Procedure

1. Dry roast the phool makhana in a pan on medium heat until crisp; they should break when pressed, then cool completely .
2. Grind roasted peanuts and roasted sesame seeds to a fine powder in a mixer .
3. Add curd, chopped green chili, and chaat masala to the nut-seed powder and pulse to a smooth, creamy dressing; adjust salt if using .
4. Spread a layer of the creamy dressing on a serving plate or shallow bowl .
5. Sprinkle pepper powder and add a few broken dried red chilies over the cream base for spice and aroma .
6. Top with the roasted phool makhana to form an even layer over the cream .
7. Spoon a little more cream over the makhana to lightly coat and bind the salad .
8. Garnish with a pinch of sesame seeds, grated carrot, and chopped coriander for color and freshness .
9. Serve immediately for maximum crunch; if holding, keep makhana and cream separate and combine just before serving .

Key Benefits

- Probiotic support from curd for gut health .
- Satiating protein and healthy fats from peanuts and sesame .
- Light, crispy, and easy-to-digest base using phool makhana .
- Can replace a heavier dinner to help reduce total daily calories .

Health Info

Suitable as a dinner replacement for those aiming for weight control while maintaining protein intake and digestive comfort .

Cautions

- Allergen alert: contains peanuts, sesame, and dairy .
- High in calories if consumed in large portions due to nuts and seeds .
- Reduce chilies and spices for children or individuals with gastritis sensitivity .

Contraindications

- Peanut allergy
- Sesame allergy
- Severe lactose intolerance

Nutrition (per serving)

- **protein:** . 10 g per serving
- **carbs:** . 18 g per serving
- **fat:** . 20 g per serving
- **fiber:** . 4 g per serving

Notes

- Frequency: daily

- Max Usage: . 1 medium to large bowl per day as a meal, adjust portions for calorie needs

Source

<https://www.youtube.com/watch?v=Tb8i8xcz8ck>

Ramzan Payasam (Dry Nuts & Sago Kheer with Honey) .

Ramzan Payasam (Dry Nuts and Sago Kheer) .

Category: sweets / festival sweets

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: 4-6 .

Prep Time: 30 minutes soaking .

Cook Time: 25 minutes .

Total Time: 55 minutes .

Calories: 250-300 kcal per serving .

Food Type: vegetarian .

Food Timing: festival dessert; after fasting (iftar) .

Food Texture: creamy with soft pearls .

Spice Level: mild

Difficulty: easy

Storage: Refrigerate in an airtight container; keep covered to prevent odors .

Shelf Life: Up to 2 days refrigerated .

Diet & Allergens

- Dietary Attributes: eggless ., gluten-free ., no refined sugar .
- Allergens: milk/dairy ., tree nuts (almonds, pistachios, cashews) .

Ingredients

English	Amount
Milk	1 litre .
Sago (tapioca pearls), soaked	1 cup .
Honey	1 cup .
Custard powder	2 tablespoons .
Almonds, chopped	1 tablespoon .
Pistachios, chopped	1 tablespoon .
Cashew nuts, chopped	1 tablespoon .
Raisins	1 tablespoon .
Cardamom powder	a pinch .

Procedure

1. Bring milk to a gentle boil in a saucepan on medium heat .
2. Add soaked sago and cook, stirring, until the pearls turn translucent and the mixture thickens slightly .
3. Chop and add cashews, pistachios, and raisins, then add cardamom powder; simmer until nuts soften .
4. Mix custard powder with a little milk or water to make a smooth slurry and pour it into the simmering milk while stirring .

5. Cook a few minutes until the payasam thickens and turns glossy; turn off heat and let it cool to warm or room temperature .
6. Once cooled, add honey and mix well .
7. Serve warm or chilled .

Key Benefits

- Energy support after fasting .
- Healthy fats, protein, vitamins, and minerals from nuts .
- Sago provides quick-digesting carbohydrates for energy .
- Honey as a natural sweetener when added after cooling .
- Cardamom may aid digestion and aroma .

Health Info

Vegetarian and gluten-free by ingredients; contains dairy, nuts, and honey; suitable as a festival dessert .

Cautions

- Do not add honey to hot payasam; wait until cooled .
- Allergic individuals should avoid nuts .
- Monitor portions for diabetes due to carbs and honey .
- Lactose intolerance may require dairy-free milk substitutes .

Contraindications

- Infants under 12 months should not consume honey .
- Severe nut allergy .
- Galactosemia or strict dairy avoidance unless using alternatives .

Nutrition (per serving)

- **protein:** 6-8 g per serving .
- **carbs:** 40-50 g per serving .
- **fat:** 7-10 g per serving .
- **fiber:** 1-2 g per serving .

Notes

- Frequency: yearly
- Max Usage: 1 medium bowl (150-200 ml) per serving; limit to 1-2 servings per day during festivals .

Source

<https://www.youtube.com/watch?v=TginhHWtY-A>

High-Protein Creamy Corn Palak (No Oil, Low Salt) .

Creamy Corn Palak with Tofu (No Oil, Low Salt) .

Category: curries / vegetable gravies

Therapeutic: lifestyle_and_metabolic_disorders / hypertension / high blood pressure

Details

Servings: . 3-4 servings

Prep Time: . 15 minutes

Cook Time: . 15 minutes

Total Time: . 30 minutes

Calories: . 180 kcal per serving

Food Type: vegan

Food Timing: . lunch or dinner

Food Texture: creamy

Spice Level: mild

Difficulty: easy

Storage: . Refrigerate in an airtight glass container; reheat gently without boiling hard.

Shelf Life: . 24–36 hours refrigerated

Diet & Allergens

- Dietary Attributes: plant-based, no added oil, low-sodium, gluten-free, high-protein
- Allergens: soy, tree nuts (cashew), coconut

Ingredients

English	Amount
Spinach puree	. 2 cups
Tofu (firm), cubed or crumbled	. 1/2 cup
Cashews, soaked	. 2 tbsp
Fresh grated coconut	. 2 tbsp
Green chillies	. 1 tbsp, chopped
Sweet corn kernels	. 1 cup
Tomatoes, chopped	. 1/2 cup
Cumin seeds	. 1/2 tsp
Ginger, finely chopped	. 1 tsp
Cumin powder	. 1/2 tsp
Lemon juice	. 1 tsp
Water	. 1/2–3/4 cup, as needed

Procedure

1. . Blend soaked cashews, grated coconut, tofu, and green chillies with a splash of water to a smooth cream.
2. . In a pan, dry-roast cumin seeds and ginger on low heat until aromatic (no oil).
3. . Add sweet corn kernels and chopped tomatoes; cover and cook on low, adding a little water if needed until just soft.
4. . Stir in spinach puree; cover and simmer 4–6 minutes until the raw smell of spinach reduces.
5. . Add cumin powder and the prepared tofu-cashew-coconut cream; simmer gently 2–3 minutes without vigorous boiling.
6. . Finish with lemon juice; adjust consistency with water. Serve hot with chapathi, roti, or plain rice.

Key Benefits

- . Higher protein from tofu and cashews
- . No added oil; lower saturated fat and zero dietary cholesterol
- . Spinach provides vitamin K, folate, iron, and fiber
- . Tomato and lemon add natural savory-sour balance, reducing need for salt
- . Sweet corn adds gentle sweetness and texture, supporting low-salt palatability

Health Info

. Suitable for low-salt, plant-based diets; helps manage calories while providing protein and micronutrients.

Cautions

- . Contains soy, cashews, and coconut; avoid if allergic
- . For oxalate-sensitive individuals, keep portions moderate and hydrate well

Contraindications

- . Soy allergy
- . Tree nut (cashew) allergy
- . Severe CKD under potassium restriction unless supervised

Nutrition (per serving)

- **protein:** . 12 g per serving
- **carbs:** . 20 g per serving
- **fat:** . 8 g per serving
- **fiber:** . 5 g per serving

Notes

- Frequency: daily
- Max Usage: . 1–2 cups per day for adults, adjust for individual needs

Source

<https://www.youtube.com/watch?v=TleCeb Xxv4>

Kandhi Millet Dosa (Pigeon Pea & Pearl Millet Dosa) .

Kandhi Millet Dosa

Category: breakfast / dosa

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: 8–10 dosas .

Prep Time: Active 20–30 min; soak 7–8 h; ferment overnight .

Cook Time: 15–25 min for batch .

Total Time: 16–20 hours including soaking/fermentation .

Calories: ~120–160 kcal per dosa without oil .

Food Type: vegan

Food Timing: breakfast or dinner .

Food Texture: crisp outside, soft inside .

Spice Level: mild

Difficulty: easy

Storage: Refrigerate fermented batter in an airtight container; stir before use .

Shelf Life: Batter keeps 2–3 days refrigerated .

Diet & Allergens

- Dietary Attributes: high fiber, high protein, gluten-free, whole-grain
- Allergens: legumes (pigeon pea, black gram), fenugreek

Ingredients

English	Amount
black gram (urad dal)	2 tablespoons .
fenugreek seeds	1 teaspoon .
whole pigeon peas (red kandhulu)	1/2 cup .
pearl millet (sajjalu)	2 cups .
water	as needed for soaking and grinding .

Procedure

1. Combine black gram, fenugreek, whole pigeon peas, and pearl millet; rinse well .
2. Soak the mixture in plenty of water for 7–8 hours .
3. Drain and grind with water to a smooth, pourable batter .
4. Transfer to a bowl, cover, and ferment overnight until slightly risen and airy .
5. Stir the batter; adjust consistency with water if needed to a pourable state .
6. Heat a dosa tawa; pour a ladle of batter and spread into a thin circle .
7. Cook until edges lift and base is golden; drizzle minimal oil if desired; flip optionally and finish cooking .
8. Repeat for remaining batter and serve hot .

Key Benefits

- High protein from whole pigeon peas supports satiety and muscle maintenance .
- High fiber from millet and legumes may support weight management and gut health .
- Fermentation may improve nutrient availability and digestibility .

Health Info

Compared to rice-based dosa, this millet-legume version may better support stable glucose and fullness due to higher fiber and protein .

Cautions

- Introduce gradually if sensitive to legumes; ensure proper soaking/fermentation to reduce gas .
- Monitor portions for diabetes; avoid excess oil during cooking .

Contraindications

- Known allergy to pigeon pea, black gram, or fenugreek .

Nutrition (per serving)

- **protein:** high .
- **carbs:** moderate-high .
- **fat:** low .
- **fiber:** high .

Notes

- Frequency: daily
- Max Usage: Up to 4–5 dosas per meal mentioned; adjust to appetite and goals .

Source

<https://www.youtube.com/watch?v=Tq7-UW7lNlM>

Gongura Pachadi (Salt-free, Sesame-balanced) .

Gongura Pachadi without Salt (Sesame-balanced) .

Category: side_dishes / chutneys

Therapeutic: neurological_and_general_issues / fever

Details

Servings: 4 .

Prep Time: 10 minutes .

Cook Time: 15 minutes .

Total Time: 25 minutes .

Calories: varies by portion .

Food Type: vegan

Food Timing: lunch/dinner side dish .

Food Texture: coarse chutney .

Spice Level: medium

Difficulty: easy

Storage: Store in an airtight container; refrigerate if not consuming immediately. .

Shelf Life: 1–2 days refrigerated (shorter without salt/oil) .

Diet & Allergens

- Dietary Attributes: vegan, gluten-free (if GF hing), salt-free
- Allergens: sesame, asafoetida (may contain wheat)

Ingredients

English	Amount
gongura (roselle leaves/sorrel)	2 cups
tomato	1 medium
green chilies	2
sesame seeds	1/4 cup
cumin seeds	1 tablespoon
asafoetida powder	1 teaspoon (plus a pinch for tempering) .
turmeric powder	a pinch
dry red chilies	2
curry leaves	few sprigs
mustard seeds	1 teaspoon

Procedure

1. Dry-roast sesame seeds in a pan until aromatic; add cumin seeds, dry red chilies, and curry leaves; roast briefly and cool.
2. In a clay pot, add gongura leaves, green chilies, and tomato pieces; cover and cook about 5 minutes.
3. Add a pinch of turmeric; continue cooking 7–8 minutes until gongura softens; cool.
4. Grind the roasted sesame-cumin mixture to a fine powder.
5. Add the cooked gongura-tomato-green chilies to the grinder and grind to a coarse-fine chutney consistency (no salt).
6. Prepare tempering: splutter mustard seeds with dry red chilies and curry leaves; add a pinch of asafoetida; briefly cook.
7. Mix the tempering into the ground gongura pachadi and serve.

Key Benefits

- Salt-free preparation while maintaining taste via sesame.
- Sesame mellows sourness of gongura and adds healthy fats.
- Asafoetida-forward tempering boosts aroma without salt.

Health Info

Speaker claims salt-free gongura pachadi avoids issues like allergies, pain, or dizziness compared to salted versions. .

Cautions

- Do not add salt if following the guidance for minimizing allergy/discomfort as per speaker.
- Spice level may be hot for some; reduce chilies if needed.

Contraindications

- Sesame allergy
- Sensitivity to asafoetida or chilies

Nutrition (per serving)

- **protein:** low-moderate (from sesame) .
- **carbs:** moderate (from greens and tomato) .
- **fat:** moderate (from sesame) .
- **fiber:** moderate .

Notes

- Frequency: daily
- Max Usage: Eat to appetite; avoid if sesame-allergic; adjust chilies for tolerance. .

Source

<https://www.youtube.com/watch?v=TVqKce2k8Gw>

Pomegranate Juice for Men's Health (.)

Pomegranate Juice with Honey (.)

Category: smoothies_and_juices

Therapeutic: reproductive_and_hormonal_issues / hormonal imbalance

Details

Servings: 2 glasses (.)

Prep Time: 10 minutes (.)

Cook Time: 0 minutes (.)

Total Time: 10 minutes (.)

Calories: 150–180 kcal per 250 ml serving (.)

Food Type: beverage (.)

Food Timing: morning and evening (.)

Food Texture: smooth liquid (.)

Spice Level: mild

Difficulty: easy

Storage: Refrigerate leftover juice in a covered glass bottle at $\leq 4^{\circ}\text{C}$ (.)

Shelf Life: 24–48 hours refrigerated; best within 12 hours (.)

Diet & Allergens

- Dietary Attributes: vegetarian, gluten-free, dairy-free, refined-sugar-free (with honey)
- Allergens: honey (pollen traces) (.)

Ingredients

English	Amount
Pomegranate arils	2 large pomegranates, deseeded (~400–500 g arils) (.)
Water	250–300 ml (.)
Honey	2 teaspoons, or to taste (.)
Ice cubes (optional)	4–6 cubes (.)

Procedure

1. . Score the pomegranate along its natural five partitions from top to bottom and break it open.
2. . Peel away and discard the white pith; separate the arils into a bowl of water to help remove residual pith.
3. . Drain the cleaned arils and add them to a blender with water.
4. . Pulse-blend briefly (10–15 seconds) to release juice without crushing the seeds excessively.
5. . Strain through a fine mesh or cloth, pressing gently to extract the juice.
6. . Stir in honey to taste; add ice if desired and serve immediately.

Key Benefits

- . Rich in polyphenol antioxidants supporting endothelial function and circulation.
- . Naturally sweet, hydrating beverage that may support healthy blood pressure.
- . Provides vitamin C, potassium, and phytonutrients.

Health Info

. Supportive food only; not a treatment for erectile dysfunction or hypertension. Consult a qualified clinician for diagnosis and management.

Cautions

- . Skip honey or reduce portion if managing blood sugar.
- . May interact additively with antihypertensive strategies; monitor BP.
- . Use fresh, clean equipment to avoid contamination.

Contraindications

- pomegranate allergy (.)
- do not give honey-containing versions to infants under 1 year (.)

Nutrition (per serving)

- **protein:** 1–2 g per 250 ml (.)
- **carbs:** 30–40 g per 250 ml (.)
- **fat:** 0–1 g per 250 ml (.)
- **fiber:** 0.5–2 g per 250 ml (.; more if unfiltered)

Notes

- Frequency: daily
- Max Usage: up to 500 ml/day for healthy adults (.)

Source

<https://www.youtube.com/watch?v=tVz8vJCCv0E>

Naturopathy Fruit Salad with Honey (Mantenias Kitchen)

Naturopathy Fruit Salad (Honey-Sweetened)

Category: salads / fruit salads

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: 2-3 servings .

Prep Time: 10-15 minutes .

Cook Time: 0 minutes .

Total Time: 10-15 minutes .

Calories: 150-250 kcal per serving .

Food Type: vegetarian

Food Timing: breakfast or dinner meal replacement .

Food Texture: soft and juicy .

Spice Level: mild

Difficulty: easy

Storage: Best served fresh; can refrigerate covered for 4-6 hours; avoid freezing .

Shelf Life: Up to 4-6 hours refrigerated .

Diet & Allergens

- Dietary Attributes: dairy-free, gluten-free, refined sugar-free, vegetarian, whole-food, raw
- Allergens: honey (pollen traces), tree nuts (if added)

Ingredients

English	Amount
Honey	1-2 tbsp or to taste .
Mango (ripe, soft)	1 cup, chopped .
Grapes (seedless/green preferred)	1/2 cup, halved .
Watermelon	1 cup, diced .
Kiwi	1/2-1 cup, chopped .
Banana	1 medium, sliced .
Apple	1 cup, chopped .
Pineapple	1/2-1 cup, chopped .

Procedure

1. Wash all fruits thoroughly; peel where needed (mango, kiwi, pineapple).
2. Remove seeds/cores where applicable; prefer seedless grapes; dice fruits into bite-sized pieces.
3. Combine all chopped fruits in a large mixing bowl.
4. Drizzle honey over the fruits.
5. Gently toss with a spoon to coat evenly without mashing.
6. Serve immediately; optionally top with a few dry fruits/nuts (no sugar, no milk, no ice).

Key Benefits

- No refined sugar or dairy; uses natural honey.
- Rich in vitamins, minerals, antioxidants, and enzymes.
- High in fiber; supports satiety and digestion.
- Hydrating and light; suitable as a meal.

Health Info

Suggested as a healthy meal, especially for dinner or when short on cooking time .

Cautions

- Avoid adding milk, sugar, cream, or ice.
- Use ripe fruits; adjust honey for glycemic needs.

Contraindications

- Infants under 1 year (due to honey)
- Honey/pollen allergy

Nutrition (per serving)

- **protein:** 2-4 g per serving .
- **carbs:** 30-50 g per serving .
- **fat:** 0-3 g per serving .
- **fiber:** 4-8 g per serving .

Notes

- Frequency: daily
- Max Usage: 1 serving per meal; adjust honey to taste .

Source

<https://www.youtube.com/watch?v=UClG-E1jOH8>

Oil-free Burelu (Healthy Festival Sweet) .

Oil-free Burelu with Cashew-Chana Poornam .

Category: sweets / traditional sweets

Therapeutic: respiratory_disorders / asthma

Details

Servings: . 12 pieces

Prep Time: . 6-8 hours including soaking

Cook Time: . 30-40 minutes

Total Time: . 7-9 hours including soaking

Calories: . 90-110 kcal per piece

Food Type: . vegetarian sweet

Food Timing: . dessert or festival snack

Food Texture: . soft to slightly crisp exterior with creamy filling

Spice Level: mild

Difficulty: medium

Storage: . Store cooled pieces in an airtight container; refrigerate for best quality.

Shelf Life: . 24-48 hours at room temp; up to 3 days refrigerated.

Diet & Allergens

- Dietary Attributes: . vegetarian, . no deep-frying, . no added refined sugar, . gluten-free if hing is GF
- Allergens: . cashew (tree nuts), . legumes (chana/urad), . possible gluten in some asafoetida brands

Ingredients

English	Amount
black gram (whole urad) .	. 1 cup
urad dal (split) .	. 1/4 cup
chana dal .	. 1 cup (for poornam)
cashew nuts .	. 1 cup (soaked, ground)
asafoetida (hing) .	. 1/4-1/2 tsp (adjust)
fenugreek seeds .	. 1 tsp
baking soda .	. a pinch
cardamom powder .	. 1/2 tsp
honey .	. 1-2 tsp
water .	as needed .

Procedure

1. . Rinse and soak black gram (whole), urad dal (split), fenugreek seeds, and a portion of chana dal in ample water for 4-6 hours.
2. . Separately rinse another portion of chana dal for poornam, add fresh water, and pressure cook for about 2 whistles until soft; drain excess water if any.
3. . Soak cashew nuts in hot water for 10 minutes; drain and grind to a smooth paste.
4. . Mix the cooked chana dal with cashew paste and cardamom powder; mash to form a cohesive poornam (filling). Adjust sweetness with a little honey if desired.
5. . Drain the soaked dals and fenugreek; grind with a splash of water to a smooth, thick batter. Add a pinch of baking soda and a tiny pinch of asafoetida; mix gently. Rest 10-15 minutes.
6. . Heat a non-stick pan on low-medium. Lightly grease only if absolutely needed, otherwise keep it dry for oil-free cooking.
7. . Pour a small ladle of batter to make a mini disc; place a spoonful of poornam at the center; cover with a little more batter to seal.
8. . Cook on low-medium heat until the base sets and turns golden; flip carefully and cook the other side until done, achieving a roasted, oil-free finish.
9. . Repeat for remaining batter and filling. Serve warm.

Key Benefits

- . Oil-free method lowers total calories vs deep-fried versions.
- . Dal-based batter and filling offer plant protein and fiber.
- . Cashew-honey provides sweetness without refined sugar syrup.
- . Suitable as a lighter festival sweet when portion-controlled.

Health Info

. Compared to deep-fried burelu, this roasted version reduces oil intake and may be better for those watching calories or fat, while still providing taste and satiety.

Cautions

- . Contains cashews (tree nuts).
- . Honey not for infants under 1 year.
- . Monitor portions for diabetes; cashews and honey add calories.
- . Use gluten-free hing if gluten is a concern.

Contraindications

- . Tree nut allergy.
- . Severe carbohydrate restriction protocols.
- . Celiac disease if hing contains wheat (choose GF hing).

Nutrition (per serving)

- **protein:** . 4 g per piece
- **carbs:** . 18 g per piece
- **fat:** . 6 g per piece
- **fiber:** . 3 g per piece

Notes

- Frequency: weekly
- Max Usage: . 2-3 pieces per serving for adults, subject to individual needs.

Source

<https://www.youtube.com/watch?v=ueYN3cplmf8>

Flower Idli with Sweet Corn and Carrot .

Flower Idli (Sweet Corn & Carrot) .

Category: breakfast / idly

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: 4 .

Prep Time: 15 min active + overnight soak + overnight ferment .

Cook Time: 10-12 min per batch .

Total Time: 24 hrs including fermentation .

Calories: 70-80 kcal per idli .

Food Type: vegetarian

Food Timing: breakfast or tiffin .

Food Texture: soft, steamed

Spice Level: mild

Difficulty: easy

Storage: Best served hot; refrigerate leftovers in airtight container and re-steam to reheat .

Shelf Life: Cooked idli: up to 1 day refrigerated; fermented batter: 2-3 days refrigerated .

Diet & Allergens

- Dietary Attributes: gluten-free, fermented, low oil
- Allergens: legumes (urad dal), corn

Ingredients

English	Amount
white rice	1 cup
urad dal (skinned, split)	1/2 cup
fenugreek seeds	1 tbsp
sweet corn kernels	1 cup
carrot slices cut as flowers	15 pieces

water
salt

as needed .
to taste .

Procedure

1. Rinse rice and urad dal; soak with fenugreek seeds overnight .
2. Drain; grind to a smooth, thick batter using water as needed; mix salt .
3. Cover and ferment overnight until airy .
4. Grease idli plates; pour batter 3/4 full .
5. Place one carrot flower at center; sprinkle sweet corn kernels on top .
6. Steam on medium heat for 10-12 minutes until cooked .
7. Rest 2 minutes; demould carefully, supporting kernels with a spoon .
8. Serve hot with green chutneys (ginger/mint/coriander/tomato/curry leaves) .

Key Benefits

- Steamed and low oil, suitable for light breakfast .
- Fermentation may enhance digestibility and gut-friendly bacteria .
- Decorative toppings increase appeal for kids and guests .
- Pairing with green chutneys can keep calories lower for weight/sugar control .

Health Info

Rice-idli provides carbohydrates; urad dal contributes protein and some fiber; toppings add color and mild sweetness .

Cautions

- Monitor portions for diabetes or weight loss goals .
- Avoid high-calorie coconut/peanut chutneys if aiming for fat loss .

Contraindications

- Corn allergy or legume allergy .
- Very low-carb diets may not prefer rice-based idli .

Nutrition (per serving)

- **protein:** 2-3 g per idli .
- **carbs:** 14-16 g per idli .
- **fat:** 0.5-1 g per idli .
- **fiber:** 1-2 g per idli .

Notes

- Frequency: daily
- Max Usage: 1-2 plates per meal for adults .

Source

<https://www.youtube.com/watch?v=UnN0rebLYcE>

High-protein Red Dal Othappam (Vegetable Uttappam) — oil-free

Red Dal Vegetable Othappam (oil-free)

Category: breakfast / dosa

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: 2–3 othappams, .

Prep Time: 15–20 min (plus 6 h soak) .

Cook Time: 10–15 min .

Total Time: 25–35 min active (plus soak) .

Calories: Lower than regular rice-based uttappam, .

Food Type: South Indian savory pancake

Food Timing: breakfast

Food Texture: soft

Spice Level: medium

Difficulty: easy

Storage: Batter can be refrigerated in an airtight container for up to 24 hours, .; cook fresh for best texture.

Shelf Life: Cooked othappam best consumed immediately; up to 6–8 hours at room temp if covered, .

Diet & Allergens

- Dietary Attributes: vegetarian, gluten-free, high-protein, high-fiber
- Allergens: legumes (lentils)

Ingredients

English	Amount
beetroot (chopped)	1 1/4 cup
carrot (chopped)	1 1/4 cup
tomato (chopped)	1 1/4 cup
cumin seeds	1 tsp
ginger (chopped)	1 tbsp
green chillies (chopped)	2
coriander leaves (chopped)	1 1/4 cup
red lentils (soaked 6 hours)	1 cup .
rice rava (raw rice as rava)	2 tbsp
baking soda	1 tsp
lemon juice	1–2 tsp
grated coconut (for topping)	2–3 tbsp

Procedure

1. Soak red lentils for about 6 hours; drain.
2. In a mixer jar add beetroot, carrot, tomato, cumin, ginger, green chillies, coriander, soaked lentils, and rice rava.
3. Grind to a thick, coarse batter; transfer to a bowl.
4. Stir in baking soda and lemon juice to aerate; rest a few minutes, .
5. Heat a tawa on medium; pour batter and spread into a thick othappam.
6. Top with grated coconut (and a little cumin/coriander if desired); cover and cook without oil until set.
7. Flip and cook the other side until done; serve hot.

Key Benefits

- Higher protein from red lentils may support satiety and weight management
- High fiber from pulses and vegetables supports steady glucose release

- Oil-free cooking reduces excess calories and fats
- Vegetable-rich batter may support beneficial gut bacteria

Health Info

Designed to reduce carbohydrate load compared to rice-heavy batters and to promote steadier post-meal glucose and lipids, .

Cautions

- Monitor portion size for diabetes; lentils still contribute carbohydrates
- Limit baking soda if sodium-restricted
- Introduce gradually if prone to gas/IBS

Contraindications

- If allergic to legumes, avoid red lentils, .
- If on very low-oxalate diet, limit beetroot, .

Nutrition (per serving)

- **protein:** high, .
- **carbs:** moderate, lower than rice-only, .
- **fat:** low, .
- **fiber:** high, .

Notes

- Frequency: daily
- Max Usage: 1–2 othappams per meal, adjust for energy needs, .

Source

<https://www.youtube.com/watch?v=uulfdYIIBOM>

Mango Coconut Water Milkshake (Dairy-Free) .

Mango Coconut Water Milkshake (No Dairy) .

Category: smoothies_and_juices

Therapeutic: digestive_disorders / digestive problems / disorders

Details

Servings: 2 glasses .

Prep Time: 10 minutes .

Cook Time: 0 minutes .

Total Time: 10 minutes .

Calories: 230 kcal . per serving

Food Type: Beverage

Food Timing: Mid-morning or evening (summer) .

Food Texture: Smooth and creamy .

Spice Level: mild

Difficulty: easy

Storage: Best consumed fresh; can refrigerate in a sealed container for up to 6 hours; stir before serving .

Shelf Life: Up to 6–8 hours refrigerated .

Diet & Allergens

- Dietary Attributes: Vegetarian, Dairy-free, Gluten-free, No refined sugar, No artificial colors/flavors
- Allergens: Tree nuts (cashew), Coconut

Ingredients

English	Amount
Tender coconut (water + flesh)	1 no. .
Ripe mango	1 medium, peeled and chopped .
Soaked cashew nuts	2 tbsp .
Honey	2 tbsp or to taste .

Procedure

1. Peel and chop the ripe mango; set aside .
2. Crack the tender coconut and pour its coconut water into a blender .
3. Scoop or grate the tender coconut flesh and add to the blender .
4. Add chopped mango, soaked cashews, and honey .
5. Blend until completely smooth and creamy .
6. Serve immediately in a glass or in the coconut shell; optionally garnish with extra grated coconut or nuts .

Key Benefits

- Hydrating and mineral-rich from coconut water .
- Instant energy and good taste from mango and honey .
- No dairy, no refined sugar, and no artificial additives .
- Kid-friendly summer drink that may support immunity .

Health Info

Coconut water provides electrolytes; mango offers vitamins and energy; soaked cashews add creaminess and healthy fats .

Cautions

- Adjust or skip honey for diabetics; rely on mango sweetness .
- Avoid if allergic to cashew or coconut .

Contraindications

- Tree nut allergy (cashew) .
- Coconut allergy .
- Advanced kidney disease requiring potassium restriction .

Nutrition (per serving)

- **protein:** 3 g . per serving
- **carbs:** 35 g . per serving
- **fat:** 9 g . per serving
- **fiber:** 3 g . per serving

Notes

- Frequency: daily
- Max Usage: 1–2 glasses per day .

Source

https://www.youtube.com/watch?v=uWEqdc1b_NQ

Honey Cake with Multigrain Flour (Sugar-free, Eggless) .

Multigrain Honey Cake with Beetroot Honey Jam (Eggless) .

Category: sweets / baked sweets

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: 6–8 slices .

Prep Time: 10–15 min .

Cook Time: 20–25 min .

Total Time: 35–40 min .

Calories: 180–250 kcal per slice .

Food Type: sweet (eggless) .

Food Timing: snack or dessert .

Food Texture: soft, moist .

Spice Level: mild

Difficulty: easy

Storage: Store airtight; keep at room temperature for 1–2 days or refrigerate 3–4 days .

Shelf Life: 1–4 days depending on storage and climate .

Diet & Allergens

- Dietary Attributes: vegetarian, eggless, no refined sugar, multigrain, higher fiber .
- Allergens: gluten, dairy

Ingredients

English	Amount
Multigrain flour	1 cup
Honey	1 cup (plus 2–3 tbsp for topping) .
Milk	1 cup
Curd (yogurt)	2 tbsp
Ghee	1 tbsp
Baking soda + Cooking soda	1 tsp each
Beetroot (grated)	1 medium
Fresh cream (optional)	1 tbsp .

Procedure

1. In a bowl, combine multigrain flour, curd, and honey; mix gently.
2. Add milk gradually to form a pourable batter; optionally mix in fresh cream for softness.
3. Stir in baking soda and cooking soda; mix lightly and let the batter rest briefly (2–3 min) .
4. Line or grease a cake tin; pour in the batter.
5. Bake or steam on a stovetop by placing the tin in a covered setup for 20–25 minutes, until a tester comes out clean.
6. For topping: grate beetroot; heat ghee in a non-stick pan, add beetroot and sauté lightly.
7. Add a few tablespoons of honey and cook until it turns jam-like; cool slightly.
8. Demould the cake, spread beetroot-honey jam on top, drizzle extra honey, slice, and serve.

Key Benefits

- Multigrain flour adds fiber and micronutrients compared to maida .
- No refined sugar; uses honey for sweetness (still energy-dense) .
- Beetroot topping provides color and phytonutrients without artificial additives .
- Eggless preparation suitable for vegetarian diets .

Health Info

Homemade, multigrain, and sugar-free (sweetened with honey) alternative to bakery cakes; still consume in moderation due to sugars and calories. .

Cautions

- Portion control for diabetics; monitor post-meal glucose response .
- Excess soda can affect texture and sodium intake; avoid overuse .
- Contains gluten and dairy; check for intolerance .

Contraindications

- Infants under 1 year (honey)
- Celiac disease

Nutrition (per serving)

- **protein:** 3–5 g per slice .
- **carbs:** 28–35 g per slice .
- **fat:** 7–10 g per slice .
- **fiber:** 2–4 g per slice .

Notes

- Frequency: weekly
- Max Usage: 1–2 slices per serving .

Source

https://www.youtube.com/watch?v=Ux4_jiZRoso

Anti-BP Salad (Carrot, Beetroot, Raw Banana) — Salt-free .

Anti-BP Layered Salad (Carrot–Raw Banana–Beetroot) .

Category: salads / raw vegetable salads

Therapeutic: lifestyle_and_metabolic_disorders / hypertension / high blood pressure

Details

Servings: 2–3 servings .

Prep Time: 15 minutes .

Cook Time: 10–15 minutes .

Total Time: 25–30 minutes .

Calories: 120–180 kcal per serving .

Food Type: vegetarian

Food Timing: snack or side dish .

Food Texture: layered; grated and mashed components .

Spice Level: medium

Difficulty: easy

Storage: Keep covered and refrigerated; add curd only just before serving to avoid watering .

Shelf Life: Best consumed immediately; up to 6–12 hours refrigerated .

Diet & Allergens

- Dietary Attributes: salt-free, vegetarian, gluten-free, no added sugar, oil-free
- Allergens: dairy (curd) - optional

Ingredients

English	Amount
raw banana (plantain)	2, boiled and peeled .
carrot, grated	2 medium .
beetroot, grated	1 medium .
cloves	2–3 .
dried red chillies	1–2 .
Kashmiri dried red chilli	1 .
cumin powder	1/2 tsp .
chaat masala	1/2 tsp .
black pepper powder	1/2–1 tsp, divided .
lemon juice	2–3 tsp, divided .
celery leaf (for base)	1–2 leaves optional .
curd/yogurt (optional topping)	2 tbsp optional .

Procedure

1. Boil raw bananas until tender, cool, peel, and mash smoothly in a bowl .
2. In a small pan, lightly temper cloves, dried red chilli, and Kashmiri red chilli (dry-roast or minimal oil) and add to the mashed banana .
3. Season the banana mash with cumin powder, chaat masala, and a little lemon juice; mix well and set aside .
4. Grate carrots; season with black pepper and lemon juice; let rest 3–4 minutes .
5. Grate beetroot; season with black pepper and lemon juice; let rest a few minutes .
6. On a plate lined with a celery leaf, place a ring mold; layer grated carrot at the bottom, then the seasoned banana mash, then the seasoned beetroot, pressing each layer gently .
7. Remove the ring mold carefully; optionally top with a couple of spoons of curd and serve immediately .

Key Benefits

- Beetroot may support nitric oxide availability, aiding vasodilation and blood pressure control .
- Raw banana provides potassium which supports normal fluid balance and blood pressure .
- Carrot supplies antioxidants and beta-carotene that support cardiovascular health .
- Salt-free preparation helps reduce sodium load, a key factor for hypertension management .
- Optional curd adds protein and probiotics for gut support .

Health Info

Designed as a supportive, salt-free salad for those managing high blood pressure .

Cautions

- Very spicy tempering or pepper may not suit those with gastritis or ulcers .
- Monitor portion size if on potassium-restricted diets .

Contraindications

- Allergy to banana, dairy (if using curd), or spices .

Nutrition (per serving)

- **protein:** 3–5 g per serving .
- **carbs:** 25–35 g per serving .
- **fat:** 1–3 g per serving .
- **fiber:** 6–8 g per serving .

Notes

- Frequency: alternate days
- Max Usage: 2–3 times per week as suggested by the speaker .

Source

<https://www.youtube.com/watch?v=uXWXP0RTCB4>

Ragi Swarakaya (Bottle Gourd) Kofta Curry .

Ragi Swarakaya (Bottle Gourd) Kofta Curry .

Category: curries / vegetable gravies

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: 4 servings .

Prep Time: 20 minutes .

Cook Time: 30 minutes .

Total Time: 50 minutes .

Calories: 240 kcal per serving .

Food Type: vegetarian .

Food Timing: lunch or dinner .

Food Texture: soft koftas in smooth gravy .

Spice Level: medium

Difficulty: medium

Storage: Refrigerate in a sealed container within 1 hour of cooking; reheat gently on stovetop with a splash of water .

Shelf Life: Best within 24 hours refrigerated; koftas alone up to 36 hours refrigerated .

Diet & Allergens

- Dietary Attributes: gluten-free ., high-fiber ., low-oil ., vegetarian .
- Allergens: dairy ., tree nuts (cashew) ., legumes (chana dal/besan) .

Ingredients

English	Amount
Bottle gourd (peeled and grated) .	1 medium (about 600 g) .
Ragi flour (finger millet flour) .	1 cup .
Besan (chana flour) .	1 tbsp .
Onion (chopped) .	1 cup .
Tomato (chopped) .	1 cup .
Chana dal .	2 tbsp (soaked 20 min) .
Curd (yogurt) .	2 tbsp .
Cashew nuts .	1 tbsp .

Green chillies (slit) .	1 tbsp (2–3 chillies) .
Lemon juice .	1 tbsp .
Kasuri methi (dried fenugreek leaves) .	1 tbsp .
Ghee (for tempering; optional) .	1–2 tsp .
Cumin seeds .	1 tsp .
Fennel seeds .	1 tsp .
Cumin powder .	1 tsp .
Red chilli powder .	1 tsp or to taste .
Cooking soda (baking soda) .	1/4 tsp to 1/2 tsp .
Turmeric powder .	1/2 tsp .
Curry leaves .	1 sprig .
Bay leaf .	1 leaf .
Coriander leaves (chopped) .	2 tbsp .
Fenugreek seeds (optional) .	1/4 tsp .
Salt .	to taste .

Procedure

1. Peel and grate bottle gourd; lightly squeeze to collect its water and reserve both grated gourd and the extracted water separately .
2. In a bowl, combine grated bottle gourd, ragi flour, besan, fennel seeds, red chilli powder, turmeric, a pinch of cooking soda, lemon juice, and salt; mix to a soft dough that holds shape, using reserved bottle gourd water as needed .
3. Wet hands and form small kofta balls; simmer them in gently boiling water for 5–7 minutes until they float and firm; remove and keep aside; reserve the poaching water for the gravy .
4. For gravy, heat a non-stick pan; add a small amount of ghee (or cook dry/with a splash of water) and temper with bay leaf, cumin seeds, optional fenugreek seeds, and curry leaves .
5. Add onions and green chillies; saute or water-saute until translucent; add tomatoes, cashew nuts, and soaked chana dal; cook until tomatoes soften .
6. Stir in curd on low heat; add turmeric, red chilli powder, cumin powder, and crushed kasuri methi; adjust consistency with the reserved bottle gourd water to a pourable gravy .
7. Add pre-cooked kofta balls into the gravy; simmer gently for 5 minutes so flavors meld; finish with chopped coriander leaves; adjust salt and spice to taste .
8. Rest 2–3 minutes and serve hot with chapathi or roti .

Key Benefits

- Lower calorie due to bottle gourd and minimal fat cooking .
- Ragi adds calcium, iron, and fiber for satiety and bone health .
- Chana dal and cashew provide protein and a creamy texture without heavy cream .
- Hydrating and gentle on digestion when cooked with mild spice .

Health Info

Pairs well with chapathi or roti; suitable for weight-conscious meals with balanced macros .

Cautions

- Avoid if bottle gourd tastes bitter; discard immediately .
- For nut or dairy allergies, omit cashew and curd respectively and substitute with suitable alternatives .

Contraindications

- Nut allergies (cashew) .
- Dairy intolerance (curd) .

Nutrition (per serving)

- **protein:** 9 g per serving .
- **carbs:** 34 g per serving .
- **fat:** 7 g per serving .
- **fiber:** 7 g per serving .

Notes

- Frequency: alternate days
- Max Usage: 1–2 cups per meal for adults, depending on energy needs .

Source

<https://www.youtube.com/watch?v=v7Asgb5uofg>

Homemade Jaggery in 45 Minutes from Sugarcane Juice (plus Syrup) .

Sugarcane Syrup (Homemade) .

Category: ingredients

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: Makes about 0.5–1 liter syrup from 2–4 liters juice .

Prep Time: 10 minutes .

Cook Time: 30–45 minutes .

Total Time: 40–55 minutes .

Calories: Primarily carbohydrates; ~250–320 kcal per 100 ml depending on concentration .

Food Type: vegan

Food Timing: As sweetener in cooking, beverages, and desserts .

Food Texture: thick liquid syrup

Spice Level: mild

Difficulty: easy

Storage: Store in clean, dry bottles; keep refrigerated .

Shelf Life: 2–4 weeks refrigerated .

Diet & Allergens

- Dietary Attributes: refined sugar-free, additive-free, plant-based

Ingredients

English	Amount
sugarcane juice (pure, no ice/lemon/ginger)	2–4 liters .

Procedure

1. Obtain pure sugarcane juice and strain finely to remove fibers and impurities.
2. Pour into a wide heavy-bottomed vessel to increase evaporation surface.
3. Boil on medium heat, stirring occasionally to prevent scorching.
4. Reduce until thicker and syrupy; about half the starting volume or desired thickness.
5. Cool slightly, bottle the syrup, and refrigerate.

Key Benefits

- Chemical-free sweetener alternative .
- Multi-purpose use in cooking and beverages .
- Cost-effective and minimally processed .

Health Info

Described as not harmful when prepared cleanly and used appropriately by the speaker .

Cautions

- Do not add ice/lemon/ginger; use pure juice as advised .
- Avoid over-reduction that may crystallize unintentionally .
- Use clean, dry bottles to prevent contamination .

Contraindications

- Uncontrolled diabetes .

Nutrition (per serving)

- **protein:** 0 g .
- **carbs:** high .
- **fat:** negligible .
- **fiber:** negligible .

Notes

- Frequency: daily
- Max Usage: Use in moderation due to sugar content .

Homemade Jaggery from Sugarcane Juice (45 minutes) .

Category: sweets / traditional sweets

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: Yield depends on juice volume; from 1–2 liters makes several small molds .

Prep Time: 10 minutes .

Cook Time: 45 minutes .

Total Time: 55–65 minutes .

Calories: High; concentrated sugarcane solids; ~370 kcal per 100 g .

Food Type: vegan

Food Timing: As needed for sweets like laddoos and chikkis .

Food Texture: hard set solid

Spice Level: mild

Difficulty: medium

Storage: Store set jaggery in airtight containers in a cool, dry place .

Shelf Life: 2–6 months in airtight storage .

Diet & Allergens

- Dietary Attributes: refined sugar-free, additive-free, plant-based

Ingredients

English	Amount
sugarcane juice (or pre-reduced syrup)	1–2 liters juice or equivalent syrup .

Procedure

1. Boil pure sugarcane juice in a wide vessel over medium heat, stirring periodically.
2. Continue boiling for about 45 minutes for 1–2 liters until thick and glossy.
3. Perform water-drop test: drop a little syrup into a bowl of water; it should form a firm piece that neither dissolves nor sticks.
4. Once hard-ball stage is reached, remove from heat.
5. Quickly pour into desired non-stick molds and allow to set completely.
6. Demold the jaggery; it should release cleanly from glossy molds.

Key Benefits

- Homemade, free from added colors and chemicals .
- Suitable for traditional sweets like laddoos and chikkis .
- Control over quality and hygiene .

Health Info

Positioned as a cleaner alternative to market jaggery; quality depends on pure juice and hygienic preparation .

Cautions

- Handle hot syrup carefully to avoid burns .
- Overcooking can lead to excessive hardening or bitterness .
- People with diabetes should limit intake .

Contraindications

- Uncontrolled diabetes .

Nutrition (per serving)

- **protein:** 0 g .
- **carbs:** very high .
- **fat:** 0 g .
- **fiber:** 0 g .

Notes

- Frequency: daily
- Max Usage: Moderate intake recommended due to sugar load .

Source

<https://www.youtube.com/watch?v=V8qhhUiZdI0>

Millet Sprouts Dosa — high protein, high fiber .

Millet Sprouts Dosa .

Category: breakfast / dosa

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: 2-3 servings .

Prep Time: 15-20 minutes (excluding sprouting/soaking) .

Cook Time: 15 minutes .

Total Time: 30-35 minutes active time .

Calories: 180-220 kcal per dosa .

Food Type: vegetarian .

Food Timing: breakfast .

Food Texture: crisp outside, soft inside .

Spice Level: medium

Difficulty: easy

Storage: Refrigerate leftover batter in a sealed container; store onion topping separately to prevent sogginess .

Shelf Life: 24-36 hours under refrigeration for batter; best consumed fresh .

Diet & Allergens

- Dietary Attributes: vegetarian, high protein ., high fiber ., low glycemic load ., no added sugar
- Allergens: dairy (curd), possible gluten (compounded asafoetida) .

Ingredients

English	Amount
millet sprouts	1 cup .
moong bean sprouts	1 cup (soaked/ sprouted) .
curd (yogurt)	1 cup .
onions, chopped	1 to 1.25 cups .
green chilies, chopped	2 tbsp .
grated ginger	1 tbsp .
lemon juice	1 tbsp .
cumin seeds	1 tbsp .

asafoetida (hing)	a pinch to 1/4 tsp .
fresh coriander, chopped	2-3 tbsp .
cooking soda (baking soda)	a pinch .
ghee	1-2 tsp per dosa .
salt	to taste .
water	as needed for grinding .

Procedure

1. Add millet sprouts to a mixer jar with a little water and grind to a coarse-smooth batter .
2. Add moong bean sprouts, cumin seeds, chopped green chilies, grated ginger, curd, and salt; grind again to a pourable batter .
3. Transfer batter to a bowl; mix in a pinch of cooking soda and lemon juice; let it foam lightly and combine gently .
4. Prepare a topping by mixing chopped onions, a little green chili, coriander, cumin, and a pinch of hing; keep aside .
5. Heat a tawa on medium flame; lightly grease with ghee .
6. Pour a ladle of batter and spread into a thin dosa .
7. Sprinkle the onion-coriander topping evenly over the dosa .
8. Cover with a lid and cook on low-medium flame until edges crisp and bottom turns golden .
9. Drizzle a few drops of ghee around edges; fold and remove; repeat with remaining batter .
10. Serve hot with ginger chutney for a balanced taste and better digestion .

Key Benefits

- Higher protein from sprouts supports satiety and muscle repair .
- High fiber aids gut health and steady glucose response .
- Millet base offers minerals and lower glycemic load than refined grains .
- Ginger, cumin, and hing may support digestion and reduce bloating .
- Fermented curd adds probiotics and tang for palatability .

Health Info

. A balanced millet-sprouts dosa can fit into blood-sugar-friendly and weight-management meal plans when cooked with minimal ghee.

Cautions

- Reduce chilies and hing if you have gastritis or reflux .
- Use gluten-free hing if sensitive to gluten; some brands are compounded with wheat flour .
- For lactose intolerance, replace curd with water or plant-based yogurt .

Contraindications

- Active gastritis aggravated by spicy foods .
- Dairy allergy if curd is used .

Nutrition (per serving)

- **protein:** 6-8 g per dosa .
- **carbs:** 18-22 g per dosa .
- **fat:** 5-7 g per dosa (with ghee) .
- **fiber:** 3-4 g per dosa .

Notes

- Frequency: daily

- Max Usage: 2-3 dosas per meal for adults, adjust to appetite and goals .

Source

<https://www.youtube.com/watch?v=VCPQ-aF650o>

100th Year Special Fruit Cake (No added sugar, fruit-only)

Fruit-Only Celebration Cake

Category: sweets / festival sweets

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: 6–10 slices .

Prep Time: 20–35 min .

Cook Time: 0 min .

Total Time: 20–35 min .

Calories: 80–120 kcal per slice .

Food Type: vegan

Food Timing: dessert or celebration cake .

Food Texture: fresh fruit, juicy, crisp .

Spice Level: mild

Difficulty: easy

Storage: Refrigerate covered (cloche or wrap) to prevent drying and oxidation .

Shelf Life: Up to 1 day refrigerated .

Diet & Allergens

- Dietary Attributes: vegan, gluten-free, no added sugar, raw, dairy-free
- Allergens: possible oral-allergy syndrome with some fruits ., citrus sensitivity .

Ingredients

English	Amount
Pomegranate (arils)	1 cup .
Pineapple	1 small .
Watermelon	1 medium (for base) .
Apple	2–3 .
Lemon (juice to prevent browning)	1–2 tbsp .
Dragon fruit	1 .

Procedure

1. Cut a thick, flat watermelon cylinder to form the cake base; level the top and bottom.
2. Peel and slice pineapple into rings or shape with cutters for decorative layers.
3. Slice apples and lightly toss with lemon juice to reduce browning.
4. Dice or ball dragon fruit; remove pomegranate arils and set aside.
5. Stack fruit layers over the watermelon base, fixing with toothpicks/skewers as needed.
6. Decorate the exterior with patterned fruit slices and shapes (e.g., star or heart cutouts).
7. Finish by sprinkling pomegranate arils on top; chill briefly before serving.

Key Benefits

- No refined sugar or cream
- Rich in vitamins, minerals, and antioxidants

- High fiber supports satiety
- Hydrating due to high water content
- Kid-friendly and visually appealing

Health Info

Fruit-only cake aligns with naturopathy principles: simple, whole, minimally processed foods .

Cautions

- Use lemon juice sparingly if sensitive to citrus.
- Ensure secure assembly to avoid toothpick hazards when serving to children.
- Rinse and dry cut fruits to reduce surface microbial growth before stacking .

Contraindications

- Allergy to any included fruit
- Medical advice may be needed for strict low-potassium diets

Nutrition (per serving)

- **protein:** 1–2 g per slice .
- **carbs:** 15–25 g per slice .
- **fat:** 0–1 g per slice .
- **fiber:** 2–4 g per slice .

Notes

- Frequency: weekly
- Max Usage: 1–2 slices per serving for adults; adjust for children and blood sugar needs .

Source

<https://www.youtube.com/watch?v=vgZb3XpW5PY>

Pancharatnam Dal Tadka (Five-Lentil Tadka Dal) .

Pancharatnam Dal Tadka (No-Added-Salt Five-Lentil Dal) .

Category: curries / dal-based curries

Therapeutic: digestive_disorders / digestive problems / disorders

Details

Servings: 4 servings .

Prep Time: 20 minutes soaking plus 10 minutes prep .

Cook Time: 25 minutes .

Total Time: 45–60 minutes .

Calories: ≈220 kcal per serving .

Food Type: vegetarian .

Food Timing: lunch or dinner .

Food Texture: semi-thick gravy .

Spice Level: medium

Difficulty: easy

Storage: Refrigerate in an airtight container within 2 hours of cooking; reheat thoroughly before serving .

Shelf Life: 36–48 hours under refrigeration .

Diet & Allergens

- Dietary Attributes: high-protein ., gluten-free ., no added salt .
- Allergens: legumes ., garlic .

Ingredients

English	Amount
toor dal (red gram) .	1 cup .
whole black gram (urad) .	1 cup .
bengal gram (chana dal) .	1 cup .
green gram (moong dal) .	1 cup .
masoor dal (red lentils) .	1 cup .
tomato paste .	1 cup .
tomatoes, chopped .	3 medium .
onion, finely chopped .	1 medium .
green chilies, slit .	2 .
ginger, finely chopped or grated .	1 inch piece .
garlic cloves, finely chopped .	8 cloves .
kasoori methi (dried fenugreek leaves) .	1 tablespoon .
ghee (cooking medium) .	1–2 tablespoons .
cumin seeds .	1 teaspoon .
mustard seeds .	1/2 teaspoon .
cumin powder .	1 teaspoon .
bay leaf .	1 .
cinnamon stick .	1 small piece .
turmeric powder .	1/4 teaspoon or a pinch .
curry leaves .	1 sprig .
lemon .	1, for juice .
water .	as needed for pressure cooking .
honey (optional, for slight sweetness) .	1–2 teaspoons .

Procedure

1. Rinse all five dals thoroughly and soak for 30–60 minutes to improve digestibility .
2. Add soaked dals to a pressure cooker with tomato paste, a pinch of turmeric, bay leaf, a small cinnamon piece, and enough water to cover by about 1 inch; pressure cook for about 3 whistles or until soft .
3. Lightly mash the cooked dal to a coarse texture (avoid a very fine paste) .
4. For the tempering, heat ghee in a kadai; add mustard seeds and cumin seeds, letting them splutter gently .
5. Add chopped garlic, ginger, and slit green chilies; sauté until aromatic .
6. Add chopped onion and curry leaves; sauté until onions turn translucent .
7. Add chopped tomatoes, then kasoori methi, cumin powder, and a pinch more turmeric; cook until tomatoes soften .
8. Pour in the cooked dal; mix well and simmer 4–5 minutes to absorb the tempering flavors .
9. Finish with fresh lemon juice to brighten flavor in this no-added-salt preparation .
10. Serve hot with plain rice, chapathi, or roti .

Key Benefits

- Provides diverse amino acids from five legumes for better protein quality .
- Soaking and pressure cooking improve digestibility and may support a healthy gut environment .
- No added salt approach leverages sourness and spices for flavor balance .
- Rich in fiber, B vitamins, minerals, and plant compounds from mixed dals and spices .

Health Info

Balanced, high-protein vegetarian main with moderate calories and beneficial fiber; adjust spices for sensitive stomachs .

Cautions

- Monitor portion size for diabetes and kidney concerns; pair with non-starchy vegetables for better glycemic balance .
- Legume intolerance may cause bloating; extend soaking and cook thoroughly to reduce discomfort .
- Avoid adding honey for infants under 1 year .

Contraindications

- Severe renal failure or potassium-restricted diets may require limiting legumes .
- Active severe gastritis may require avoiding chilies and strong spices .

Nutrition (per serving)

- **protein:** ≈12 g per serving .
- **carbs:** ≈30 g per serving .
- **fat:** ≈6 g per serving .
- **fiber:** ≈8 g per serving .

Notes

- Frequency: daily
- Max Usage: 1–2 bowls per day depending on protein requirements and medical advice .

Source

https://www.youtube.com/watch?v=Vlb_2kZaLVM

Low-calorie Vegetable Payasam (Kheer) with Coconut Milk .

Vegetable Payasam with Coconut Milk (Low-calorie) .

Category: sweets / milk-based sweets

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: 2-3 servings .

Prep Time: 10 minutes .

Cook Time: 8-10 minutes .

Total Time: 20 minutes .

Calories: lower than traditional payasam per serving .

Food Type: vegetarian

Food Timing: dessert (post-meal) .

Food Texture: semi-solid

Spice Level: mild

Difficulty: easy

Storage: Refrigerate in an airtight container; reheat gently before serving .

Shelf Life: 24–48 hours under refrigeration .

Diet & Allergens

- Dietary Attributes: refined sugar-free, gluten-free ., vegetarian, higher fiber than traditional payasam ., lower calorie than traditional payasam .
- Allergens: nuts, dairy, coconut

Ingredients

English	Amount
grated carrot	1/2 cup
grated beetroot	1/2 cup
another grated vegetable (optional) .	1/2 cup .
asafoetida powder (hing)	1/4 teaspoon .
coconut milk	1/2 cup
khoya (mawa)	2 tablespoons
cardamom powder	1/2 teaspoon
honey	1/2 cup .
almond slices	1 tablespoon
cashew nuts (chopped)	1 tablespoon

Procedure

1. Heat a clay pot on low flame.
2. Add 1/2 cup grated carrot, 1/2 cup grated beetroot, and 1/2 cup of another grated vegetable (optional).
3. Cover with a lid and cook on low flame until vegetables are soft and slightly mushy (about 5-6 minutes) .
4. Add 1/4 teaspoon asafoetida powder and cook for 1-2 minutes .
5. Pour in 1/2 cup coconut milk and mix; simmer gently.
6. Stir in 2 tablespoons khoya and 1/2 teaspoon cardamom powder; cook until semi-solid consistency forms.
7. Add 1/2 cup honey and mix well off or on low heat as preferred; adjust sweetness to taste .
8. Fold in 1 tablespoon almond slices and 1 tablespoon chopped cashews.
9. Serve warm; texture should be semi-solid rather than runny .

Key Benefits

- Lower-calorie dessert alternative by using vegetables (~20 kcal/100 g) .
- Higher fiber content may slow glucose absorption compared to sugar-only sweets .
- Coconut milk may aid digestion as claimed in the video; adds creaminess without dairy milk .
- Semi-solid texture can increase satiety and reduce overconsumption of sweets .

Health Info

Designed as a lower-calorie, fiber-forward payasam using vegetables, coconut milk, and honey; suitable as an occasional dessert for weight and lipid management .

Cautions

- Portion control is essential due to honey and coconut milk calories .

- Consider reducing or omitting khoya to further lower calories .
- Use gluten-free asafoetida if sensitive to wheat .

Contraindications

- Nut allergy
- Coconut allergy
- Milk allergy or lactose intolerance (if using khoya) .
- Uncontrolled diabetes due to honey .

Nutrition (per serving)

- **protein:** low to moderate per serving .
- **carbs:** moderate (from vegetables and honey) .
- **fat:** moderate (from coconut milk and nuts) .
- **fiber:** higher than traditional payasam .

Notes

- Frequency: weekly
- Max Usage: 1 small bowl (. 150–200 g) per serving .

Source

<https://www.youtube.com/watch?v=VIJR4l1yFdw>

Beetroot Cutlets (Oil-Free, Baked) — Manthanhouse Kitchen

Beetroot Cutlets (Oil-Free, Baked)

Category: snacks / dasara

Therapeutic: lifestyle_and_metabolic_disorders / hypertension / high blood pressure

Details

Servings: 3-4 servings .

Prep Time: 15-20 mins .

Cook Time: 20-30 mins (bake; flip midway) .

Total Time: 40-50 mins .

Calories: ~100-160 kcal per serving .

Food Type: vegetarian snack

Food Timing: evening snack; festival prasad (Dasara) .

Food Texture: firm patties; crisp edges when baked .

Spice Level: medium

Difficulty: easy

Storage: Refrigerate cooked cutlets in an airtight container; reheat in oven for best texture (.).

Shelf Life: 1-2 days refrigerated .

Diet & Allergens

- Dietary Attributes: vegetarian, gluten-free, oil-free, baked, high-fiber, high-protein
- Allergens: legumes (bengal gram)

Ingredients

English	Amount
beetroot pieces	1 cup
soaked country bengal gram (desi chana)	1 cup

green chilies	4
ginger	1 tbsp
lemon juice	1 tbsp
honey	1 tbsp
cumin powder	1 tsp
fennel seeds	1 tsp
coriander leaves	a little

Procedure

1. In a blender, add beetroot pieces, soaked country bengal gram, green chilies, and ginger.
2. Pulse to a thick, coarse batter; avoid making it too soft or runny.
3. Transfer batter to a bowl; add fennel seeds, cumin powder, chopped coriander leaves, honey, and lemon juice.
4. Mix well to combine; the mixture should be firm enough to shape.
5. Preheat oven to 180-200°C (.) and line a baking tray with parchment paper.
6. Shape the mixture into round or cutlet-shaped patties and place on the tray.
7. Bake until one side is set and lightly browned; flip and bake the other side until done (. 10-15 mins per side).
8. Serve warm as an oil-free snack or festival prasad.

Key Benefits

- Beetroot supports nitric oxide, aiding vasodilation and healthy blood pressure (.).
- Desi chana adds folate and protein (~25% protein; .).
- Grinding with skins boosts fiber content (.).
- Baked without oil to minimize free radicals and avoid bad fat intake (.).
- Naturally sweet-spiced flavor reduces need for added fats (.).

Health Info

Suitable as an oil-free prasad during the 9 days of Dasara (.).

Cautions

- Adjust chili quantity for children or low-spice preference.
- Contains honey; not vegan and unsafe for infants.
- Legume sensitivity may trigger reactions.

Contraindications

- Infants (honey)
- Known legume/chickpea allergy

Nutrition (per serving)

- **protein:** 4-6 g per serving .
- **carbs:** 18-24 g per serving .
- **fat:** 1-2 g per serving .
- **fiber:** 3-5 g per serving .

Notes

- Frequency: alternate days
- Max Usage: 1-2 servings per day .

Source

<https://www.youtube.com/watch?v=vlmsRV8vbVc>

Jackfruit Seed Pulusu (Panasa Ginjala Pulasu) without Tamarind & Salt .

Jackfruit Seed Pulusu (Panasa Ginjala Pulasu) — No Tamarind, No Added Salt .

Category: curries / vegetable gravies

Therapeutic: lifestyle_and_metabolic_disorders / hypertension / high blood pressure

Details

Servings: 3–4 servings .

Prep Time: 15 minutes .

Cook Time: 25 minutes .

Total Time: 40 minutes .

Calories: 200 kcal per serving .

Food Type: curry/gravy .

Food Timing: lunch or dinner .

Food Texture: thick, smooth-sauced gravy with soft jackfruit seeds .

Spice Level: medium

Difficulty: easy

Storage: Refrigerate in a clean, airtight container; reheat gently before serving .

Shelf Life: Up to 48 hours refrigerated; best consumed within 24 hours for flavor .

Diet & Allergens

- Dietary Attributes: vegetarian, gluten-free, no added salt, no tamarind
- Allergens: jackfruit/latex cross-reactivity risk ., none of the 8 major allergens .

Ingredients

English	Amount
jackfruit seeds (panasa seeds)	1/2 cup (about 100 g), rinsed .
tomato paste	1 cup .
tomato pieces	1/2 cup .
raw green mango pieces	1/4 cup .
red gram (toor dal)	2 tbsp, dry roasted .
dates, chopped	1 tbsp .
mustard seeds	1 tsp .
black pepper	1 tsp .
coriander seeds	1 tbsp .
cumin seeds	1 tbsp .
honey	1 tbsp or to taste .
lemon juice	1 tbsp or to taste .
asafoetida (hing) powder	1/4 tsp .
dried red chilies	2 nos .
turmeric powder	1/4 tsp .
curry leaves	1 sprig .
water (as needed)	1/4–1/2 cup, only if required to adjust consistency .

fresh coriander leaves (cilantro), chopped

2 tbsp for garnish .

Procedure

1. Rinse jackfruit seeds and lightly crush larger ones if desired for quicker cooking .
2. Pressure cook: Add jackfruit seeds, dates, tomato paste, a splash of water (only if needed), and turmeric to a small pressure cooker; cook for about 3 whistles and let the pressure drop naturally .
3. Dry-roast masala: In a small pan, dry-roast red gram, pepper, coriander seeds, and cumin seeds on low heat until aromatic; cool and grind to a fine powder; keep aside .
4. Gravy base paste: Reserve about 30–40% of the cooked jackfruit seeds whole; blend the remaining 60–70% of cooked seeds with raw mango pieces and tomato pieces to a smooth paste; add a little water only if required to move the blades .
5. Temper: In a pan, add mustard seeds, dried red chilies, curry leaves, and asafoetida; perform a dry/water temper or use minimal oil as preferred; allow mustard to crackle and aromatics to bloom .
6. Simmer gravy: Add the blended tomato–mango–jackfruit paste to the pan; cook on low-medium heat until it gently thickens and the raw smell disappears .
7. Combine: Stir in the reserved whole cooked jackfruit seeds; simmer for a few minutes so flavors meld; adjust thickness with a splash of water if needed, keeping it a thick pulusu consistency .
8. Finish: Stir in 2 tbsp of the roasted masala powder, lemon juice, and honey; taste and balance sour-sweet-spice as desired; switch off heat and garnish with chopped coriander leaves .
9. Serve hot with steamed rice, chapathi, or pulka; keep it salt-free to align with the health-focused intent .

Key Benefits

- Salt-free preparation may support healthy blood pressure .
- Fiber from jackfruit seeds and spices supports satiety and digestion, aiding weight goals .
- Tomato and mango provide tang and antioxidants without tamarind .
- Homemade roasted masala adds depth without processed additives .

Health Info

Designed as a no-tamarind, no-added-salt gravy using natural sourness and light sweetness for balance .

Cautions

- Adjust chilies and pepper for GERD or spice sensitivity .
- People with diabetes may reduce or omit honey and dates; monitor portions .
- Those with kidney issues should consider potassium load from tomatoes and seeds .

Contraindications

- Allergy to jackfruit or latex-fruit cross-reactivity .
- Infants under 1 year due to honey content .

Nutrition (per serving)

- **protein:** 7 g per serving .
- **carbs:** 30 g per serving .
- **fat:** 7 g per serving .
- **fiber:** 7 g per serving .

Notes

- Frequency: daily
- Max Usage: Up to 1–2 cups per meal as part of a balanced plate .

Source

<https://www.youtube.com/watch?v=vMAciEjHNOQ>

Summer Coolant Drink with Cucumber, Dosakaya, Chia Seeds, and Gond Katira .

Cucumber–Dosakaya Summer Coolant with Chia and Gond Katira .

Category: smoothies_and_juices

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: 2 glasses .

Prep Time: 10 minutes active .

Cook Time: 0 minutes .

Total Time: 1 hour 15 minutes including soaking .

Calories: About 50 kcal per 500 ml serving with little or no honey .

Food Type: vegetarian beverage .

Food Timing: Mid-morning or afternoon in hot weather .

Food Texture: Smooth strained juice with soft gel-like pearls .

Spice Level: mild

Difficulty: easy

Storage: Best served immediately; keep refrigerated if holding briefly .

Shelf Life: Consume within 4–6 hours if refrigerated; gels may change texture over time .

Diet & Allergens

- Dietary Attributes: low calorie, hydrating, high fiber ., plant omega-3 ., diabetes-friendly when unsweetened .
- Allergens: chia (seed) .

Ingredients

English	Amount
Chia seeds	1 tbsp; soak in water 30–60 minutes .
Gond Katira (Tragacanth gum) pieces	3 small pieces; soak about 1 hour .
Cucumber (green)	1 medium; peeled and chopped .
Dosakaya (yellow cucumber)	1 small; peeled and chopped .
Mint leaves	6–8 leaves .
Lemon juice	1–2 tsp .
Honey (optional)	1–2 tsp or to taste .
Water	As needed for blending .

Procedure

1. Soak chia seeds and gond katira separately in sufficient water until fully swollen (about 1 hour) .
2. Peel and chop cucumber and dosakaya into pieces for blending .

3. Blend cucumber and dosakaya with a little water until smooth .
4. Strain the blended mixture to obtain a clear juice, if preferred .
5. Add the soaked gond katira and soaked chia seeds to serving glasses .
6. Add mint leaves, lemon juice, and honey if using; stir gently .
7. Pour the strained juice over the gels in the glasses, mix, and serve chilled .

Key Benefits

- Cooling and hydrating for hot weather .
- Low calorie and supportive for weight management when unsweetened .
- Provides fiber and plant omega-3 from chia seeds .
- May aid gentle detox and electrolyte balance from cucumbers .

Health Info

Intended as a natural summer coolant to support hydration with minimal calories; suitable for most adults when ingredients are well soaked and consumed promptly .

Cautions

- Ensure chia and gond katira are fully hydrated to reduce choking risk .
- Adjust or omit honey for diabetes management .
- If experiencing digestive discomfort, reduce portion size or frequency .

Contraindications

- Known allergy to seeds such as chia .
- Individuals with swallowing difficulties should avoid unsoaked or inadequately soaked gels .

Nutrition (per serving)

- **protein:** low .
- **carbs:** low to moderate depending on honey usage .
- **fat:** very low (with plant omega-3 from chia) .
- **fiber:** moderate from chia and cucumber pulp .

Notes

- Frequency: daily
- Max Usage: 1–2 glasses per day in summer, depending on individual tolerance .

Source

<https://www.youtube.com/watch?v=VSVgNf8E9gI>

Curry Leaf Spicy Curry Powder (Karivepaku Podi) .

Curry Leaf Spicy Curry Powder (Karivepaku Podi) .

Category: side_dishes / podi (spice powders)

Therapeutic: detox_focus_areas / liver

Details

Servings: Yields about 3–4 cups .

Prep Time: 10–15 minutes .

Cook Time: 15–20 minutes .

Total Time: 25–35 minutes .

Calories: Varies by serving .

Food Type: vegan

Food Timing: With rice or tiffins (idli/dosa) .

Food Texture: Dry powder

Spice Level: medium

Difficulty: easy

Storage: Store in a cool, dry, airtight container away from sunlight .

Shelf Life: 15–20 days at room temperature; longer if refrigerated .

Diet & Allergens

- Dietary Attributes: vegan, gluten-free, high in antioxidants .
- Allergens: peanuts, sesame seeds

Ingredients

English	Amount
Curry leaves	1 cup
Peanuts	1 cup
Sesame seeds	1 cup
Bengal gram (chana dal)	1 cup
Black gram (urad dal)	1 cup
Cumin seeds	2 tablespoons
Coriander seeds	2 tablespoons
Dry red chillies	5

Procedure

1. On low flame, dry roast sesame seeds until aromatic without burning; remove and cool .
2. Dry roast Bengal gram, coriander seeds, black gram, cumin seeds, and dry red chillies on low flame until crisp and fragrant; remove and cool completely .
3. Wash curry leaves well; pat dry; dry roast on low flame until leaves turn crisp and color deepens; cool fully .
4. Grind the cooled sesame seeds to a fine powder .
5. Add the roasted dals, spices, and red chillies; grind to a coarse-fine powder as preferred .
6. Add roasted curry leaves and pulse until evenly combined into a uniform powder .
7. Let the powder cool completely before bottling .
8. Transfer to a clean, dry, airtight container for storage .

Key Benefits

- Rich in vitamin A from curry leaves; supports eye health .
- Antioxidant-rich; may help reduce free radicals .
- Nut-and-seed base adds protein, healthy fats, and minerals .

Health Info

Suitable as a healthy spice powder for kids and adults; enjoy with rice or tiffins .

Cautions

- Allergens: contains peanuts and sesame; avoid if allergic .
- Do not burn spices or curry leaves as it can cause bitterness and potential irritation .
- Allow ingredients to cool before grinding to prevent moisture buildup .

Contraindications

- Peanut allergy
- Sesame allergy

Nutrition (per serving)

- **protein:** low-moderate per serving .
- **carbs:** moderate per serving .
- **fat:** moderate due to nuts and seeds .
- **fiber:** moderate .

Notes

- Frequency: daily
- Max Usage: 1–2 tablespoons per day .

Source

<https://www.youtube.com/watch?v=VZuodc5c0XY>

Aritikai Roti (Raw Banana Roti) .

Aritikai Roti (Raw Banana Multigrain Roti) .

Category: main_course / roti

Therapeutic: lifestyle_and_metabolic_disorders / weight gain

Details

Servings: 2 servings .

Prep Time: 15 minutes .

Cook Time: 10 minutes .

Total Time: 25 minutes .

Calories: 200-250 kcal per serving .

Food Type: vegetarian

Food Timing: lunch/dinner .

Food Texture: soft roti .

Spice Level: mild

Difficulty: easy

Storage: Best served fresh; dough can be refrigerated in an airtight container for up to 24 hours .

Shelf Life: Cooked rotis keep 6-8 hours at room temperature; reheat before serving .

Diet & Allergens

- Dietary Attributes: vegetarian, egg-free, high-fiber ., energy-dense .
- Allergens: gluten, sesame, dairy (ghee)

Ingredients

English	Amount
raw banana (plantain), boiled	2 medium, boiled and peeled .
ginger-green chili paste	1 tablespoon .
fennel seeds	1 teaspoon .
sesame seeds	1 tablespoon .
coriander leaves, finely chopped	2 tablespoons .
lemon juice	1 teaspoon .
multigrain flour	1/2 cup .
ghee	1 tablespoon .

Procedure

1. Boil green raw bananas until tender, then peel and grate finely .
2. In a bowl, add grated raw banana, ginger-green chili paste, fennel seeds, sesame seeds, chopped coriander, and lemon juice .
3. Add multigrain flour and ghee; mix and knead to a soft, non-sticky dough (use moisture from banana; add a sprinkle of flour if needed) .
4. Pinch a large lemon-sized portion, place on a greased board or plate, and press evenly with fingers to form a thin, flat roti .
5. Heat a tawa/griddle on medium; transfer the roti carefully onto the hot tawa .
6. Cook until the bottom side sets and gets light spots; flip and cook the other side until done. Repeat for remaining dough .
7. Serve hot with curry and/or curd .

Key Benefits

- Energy-dense and supportive of healthy weight gain in kids .
- Raw banana adds resistant starch and fiber .
- Multigrain flour increases micronutrients and fiber .
- Sesame adds healthy fats and minerals .

Health Info

A wholesome roti combining starchy vegetable and multigrain flour; suitable for active individuals and growing children seeking strength and calories .

Cautions

- Portion control for diabetics due to starch content .
- Use oil instead of ghee for dairy-free needs .

Contraindications

- Celiac disease (if flour contains wheat) .
- Sesame allergy .
- Potassium-restricted diets (consult clinician) .

Nutrition (per serving)

- **protein:** 4-6 g per roti .
- **carbs:** 35-45 g per roti .
- **fat:** 6-8 g per roti .
- **fiber:** 5-7 g per roti .

Notes

- Frequency: daily
- Max Usage: 2-3 rotis per day for children, adjust to appetite and activity level .

Source

<https://www.youtube.com/watch?v=wfPs3LmqxN8>

High-Fiber Summer Cooling Shot with Coconut Milk and Chia

Summer Cooling Shot (Coconut Milk + Chia)

Category: smoothies_and_juices

Therapeutic: digestive_disorders / digestive problems / disorders

Details

Servings: 1–2 small shots .

Prep Time: 5–10 minutes .

Cook Time: 0 minutes .

Total Time: 15–20 minutes including chia soaking .

Calories: Low–moderate per small shot depending on honey .

Food Type: beverage .

Food Timing: summer, mid-morning or evening .

Food Texture: smooth coconut milk with gelled chia .

Spice Level: mild

Difficulty: easy

Storage: Best consumed fresh; refrigerate if needed and stir before serving .

Shelf Life: Up to 6–8 hours refrigerated due to fresh coconut milk .

Diet & Allergens

- Dietary Attributes: vegetarian, dairy-free, gluten-free, high-fiber, refined-sugar-free (uses honey)
- Allergens: coconut

Ingredients

English	Amount
grated coconut	1 cup .
water	1–2 cups for blending and adjusting consistency .
chia seeds	2 tablespoons .
honey	2 tablespoons (to taste) .

Procedure

1. Blend grated coconut with water for 2–3 minutes until creamy .
2. Strain through a fine strainer or cloth to obtain fresh coconut milk .
3. Add coconut milk to a jar and stir in chia seeds .
4. Rest 15–20 minutes for chia to hydrate and gel .
5. Stir in honey to taste and mix well .
6. Serve a small cup as a cooling summer shot .

Key Benefits

- High fiber from chia supports bowel regularity .
- Cooling beverage suitable for hot weather .
- Plant-based fats; coconut milk has zero cholesterol .
- May support gut-friendly bacteria balance .
- Provides quick energy with minimal ingredients .

Health Info

Soaked chia in coconut milk offers a hydrating, fiber-rich shot that may aid digestion and provide a gentle cooling effect in summer .

Cautions

- Increase fiber gradually; ensure adequate water intake .
- Adjust or avoid honey for diabetics; consider a low-glycemic alternative .
- Avoid if allergic to coconut .

- Consult a clinician if on anticoagulants or with GI narrowing .

Contraindications

- Infants under 1 year (honey) .
- Known coconut or seed allergies .
- Severe gastrointestinal strictures where gelled seeds may pose risk .

Nutrition (per serving)

- **protein:** .
- **carbs:** .
- **fat:** .
- **fiber:** .

Notes

- Frequency: daily
- Max Usage: Up to 2–3 tsp chia seeds per day; 1 small cup per serving .

Source

<https://www.youtube.com/watch?v=WjySITVdcaM>

Brain Booster Laddu (Coconut, Nuts & Dry Fruits) .

Brain Booster Laddu .

Category: sweets / traditional sweets

Therapeutic: neurological_and_general_issues / headaches

Details

Servings: 10-12 laddus .

Prep Time: 10-15 minutes .

Cook Time: 8-12 minutes .

Total Time: 20-25 minutes .

Calories: 120-150 kcal per laddu .

Food Type: sweet (laddu) .

Food Timing: snack or dessert .

Food Texture: soft, chewy .

Spice Level: mild

Difficulty: easy

Storage: Store in an airtight container; keep refrigerated for best freshness .

Shelf Life: 2-3 days at room temperature; 5-7 days refrigerated .

Diet & Allergens

- Dietary Attributes: vegetarian, gluten-free, no-bake, naturally sweetened (if using dates/jaggery) .
- Allergens: tree nuts, coconut, sulfites (possible in some dried fruits) .

Ingredients

English	Amount
grated coconut	1 cup .
almonds	2 tablespoons .
cashews	2 tablespoons .

raisins	2 tablespoons .
apricots (dried)	5 tablespoons .
dates (seedless)	3-4 tablespoons .
cardamom powder	a pinch to 1/4 tsp .
jaggery (optional)	2-4 tablespoons, grated, to taste .

Procedure

1. Dry roast grated coconut on low flame until the raw smell leaves; warm and fragrant but not browned, then set aside .
2. Lightly roast almonds and cashews on low flame until aromatic, then cool .
3. Pulse roasted nuts to a coarse powder in a mixer; avoid making nut butter .
4. Grind dried fruits (apricots, raisins, dates) to a coarse paste or powder; do not over-grind .
5. In a mixing bowl, combine roasted coconut, nut powder, dried-fruit mixture, and cardamom; add jaggery if using, then mix well .
6. If too dry, add a little more dates paste; if too sticky, add a bit more coconut .
7. Shape into small laddus by pressing between palms; optionally roll in dry coconut for a coating .
8. Rest 10-15 minutes to set; store in an airtight container .

Key Benefits

- Provides healthy fats from coconut and nuts for energy support .
- Micronutrients like vitamin E, magnesium, and potassium from nuts and dried fruits .
- Fiber from dried fruits supports satiety and digestion .
- No refined flour; can be sweetened naturally with dates/jaggery .

Health Info

Suggested for supporting brain function in kids and older adults due to healthy fats and natural nutrients; not a medical treatment .

Cautions

- High calorie and sugar density; monitor portions .
- Adjust sweetness for diabetes; consider more dates and less jaggery .
- Avoid if allergic to nuts or coconut .

Contraindications

- Tree-nut or coconut allergy .
- Uncontrolled diabetes (limit/avoid) .

Nutrition (per serving)

- **protein:** 2-3 g per laddu .
- **carbs:** 10-15 g per laddu .
- **fat:** 8-10 g per laddu .
- **fiber:** 1-2 g per laddu .

Notes

- Frequency: daily
- Max Usage: 1-2 laddus per day for adults; adjust for children .

Source

<https://www.youtube.com/watch?v=WPVAnWNwmWw>

Dinner Salad with Sprouts, Fruits, and Vegetables (Manthan Ashram) .

Manthan Ashram Dinner Salad (Sprouts + Fruit + Veg) .

Category: salads / raw vegetable salads

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: 2 servings .

Prep Time: 10-15 minutes .

Cook Time: 0 minutes (raw) .

Total Time: 10-15 minutes .

Calories: ~200-300 kcal per serving .

Food Type: vegan .

Food Timing: dinner .

Food Texture: crunchy .

Spice Level: mild

Difficulty: easy

Storage: Best consumed immediately; if needed, refrigerate covered and add lemon just before serving to avoid sogginess .

Shelf Life: Up to 6-8 hours refrigerated; texture and color may deteriorate due to fruit juices .

Diet & Allergens

- Dietary Attributes: gluten-free, raw, high-fiber, no added sugar, whole-food plant-based .
- Allergens: coconut

Ingredients

English	Amount
mixed raw sprouts (choose 2 types like moong, chickpea) .	1.5 cups .
pineapple, chopped .	1/2 cup .
apple, chopped .	1/2 cup .
cucumber, chopped .	1/2 cup .
carrot, grated .	1/4 cup .
capsicum (bell pepper), chopped .	1/4 cup .
grated coconut .	2 tbsp .
chaat masala powder .	a pinch to 1/4 tsp .
lemon juice .	1-2 tsp .

Procedure

1. Rinse the sprouts and soak in clean water for about 5 minutes to soften; do not boil .
2. Add two types of softened raw sprouts to a mixing bowl .
3. Add chopped pineapple, chopped apple, chopped cucumber, grated carrot, and chopped capsicum .
4. Add grated coconut, sprinkle a little chaat masala, and pour lemon juice over the salad .
5. Toss gently until well combined and serve immediately for dinner .

Key Benefits

- Sprouts provide plant protein and enzymes .

- Fruits and vegetables provide fiber, vitamins, and antioxidants .
- Light dinner may support digestion and weight management .
- Hydrating, low-calorie, and satiating due to fiber .

Health Info

Intended as a light dinner combining fruits, vegetables, and unboiled sprouts; common practice at Manthan Ashram .

Cautions

- If sensitive to raw sprouts, lightly steam or reduce quantity .
- Adjust chaat masala for sodium intake .
- Citrus and pineapple may not suit those with mouth ulcers or reflux .

Contraindications

- Immunocompromised individuals should avoid raw sprouts .

Nutrition (per serving)

- **protein:** 8-12 g per serving .
- **carbs:** 35-45 g per serving .
- **fat:** 6-10 g per serving .
- **fiber:** 8-12 g per serving .

Notes

- Frequency: daily
- Max Usage: 1-2 bowls at dinner per person .

Source

https://www.youtube.com/watch?v=x3KBu_vxztl

Beetroot Carrot Soup — vitamin-rich homemade soup

Beetroot Carrot Soup

Category: soups / vegetable soup

Therapeutic: digestive_disorders / digestive problems / disorders

Details

Servings: 2 servings .

Prep Time: 10 minutes .

Cook Time: 15–20 minutes .

Total Time: 25–30 minutes .

Calories: 100–150 kcal per serving .

Food Type: vegan

Food Timing: 30 minutes before meals .

Food Texture: smooth pureed soup with corn kernels

Spice Level: mild

Difficulty: easy

Storage: Refrigerate in a closed container and reheat gently before serving. .

Shelf Life: Up to 24 hours refrigerated. .

Diet & Allergens

- Dietary Attributes: vegan, gluten-free, dairy-free, low-fat

- Allergens: corn (sweet corn)

Ingredients

English	Amount
Beetroot	1 medium
Carrot	1 medium
Tomato	1 medium
Lemon	1 (juice)
Ginger	1 small piece
Sweet corn kernels	2 tbsp
Coriander seeds	1 tsp
Cumin seeds	1 tsp
Black pepper powder	1 tsp or to taste
Coriander leaves (cilantro)	1–2 tbsp, chopped
Water	as needed .

Procedure

1. In a vessel, dry-roast coriander seeds, cumin seeds, and sliced ginger on low flame until aromatic, then remove and set aside.
2. In the same vessel, add chopped beetroot, carrot, and tomato with a little water.
3. Add back the roasted coriander, cumin, and ginger; simmer until vegetables are soft.
4. Cool slightly and blend the cooked mixture to a smooth puree.
5. Return the puree to the vessel, add sweet corn kernels, and boil for a few minutes.
6. Season with black pepper powder and add lemon juice to taste.
7. Garnish with chopped coriander leaves and serve warm.

Key Benefits

- Carrot provides vitamin A for vision and immunity. .
- Beetroot supports nitric oxide production and contains antioxidants. .
- Ginger, cumin, and coriander aid flavor and digestive comfort. .
- Low-fat, fiber-containing pre-meal soup.

Health Info

Made from the juice of beetroot, carrot, and tomato without corn flour; provides natural taste and nutrients compared to many market soups. .

Cautions

- Adjust pepper and lemon for acidity sensitivity
- Monitor portion if sensitive to natural sugars. .

Contraindications

- History of kidney stones may limit beetroot due to oxalates. .

Nutrition (per serving)

- **protein:** 2–3 g per serving .
- **carbs:** 15–20 g per serving .
- **fat:** <2 g per serving .
- **fiber:** 3–4 g per serving .

Notes

- Frequency: daily

- Max Usage: 1–2 bowls per day, depending on individual tolerance. .

Source

<https://www.youtube.com/watch?v=XCx47Im4Dnw>

Tri-color Veg Skewers (Independence Day Special) .

Tri-color Veg Skewers (Zucchini, Paneer, Carrot) .

Category: snacks / independence day

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: Makes . 4–6 skewers (2–3 servings) .

Prep Time: 10 minutes .

Cook Time: 8 minutes .

Total Time: 18 minutes .

Calories: . 160–200 kcal per serving .

Food Type: vegetarian .

Food Timing: evening snack or appetizer .

Food Texture: tender-crisp vegetables with soft paneer center .

Spice Level: mild

Difficulty: easy

Storage: Best served fresh; marinated slices can be refrigerated up to 12 hours and cooked skewers up to 24 hours in an airtight container .

Shelf Life: Cooked: ~1 day refrigerated; raw marinated: ~12 hours refrigerated .

Diet & Allergens

- Dietary Attributes: low-carb, high-protein, high-fiber, gluten-free
- Allergens: dairy, sesame

Ingredients

English	Amount
Zucchini .	1 medium (~200 g) .
Carrot .	1 medium (~100 g) .
Paneer cubes .	4 cubes (~80–100 g) .
Lemon juice .	1 tbsp .
Honey .	1 tbsp .
Sesame seeds .	1 tbsp .
Black pepper powder .	1 tsp .
Oregano (dried) .	1 tsp .
Chili flakes .	1/4 tsp .
Dried rosemary leaves .	1/2 tsp .
Coriander leaves .	1 tbsp, chopped .
Chaat masala .	1/2 tsp .
Oil (for brushing) .	1 tsp .
Salt .	to taste .
Kebab sticks .	4–6 sticks .

Procedure

1. Peel carrot and use a peeler to shave long thin slices; repeat with zucchini for uniform thin strips .
2. In a bowl, whisk lemon juice, honey, dried rosemary, oregano, black pepper, chili flakes, chaat masala, and a pinch of salt to make a quick marinade .
3. Lightly toss zucchini strips, carrot strips, and paneer cubes in the marinade to coat evenly .
4. Preheat a non-stick grill pan on low-medium heat and brush with a thin film of oil .
5. Arrange a layer of zucchini, then paneer, then carrot to mimic tri-color; place on the grill or thread onto skewers first as preferred .
6. Grill on low heat 2–3 minutes per side until vegetables soften slightly and raw smell reduces; avoid burning to keep it light and healthy .
7. Flip and grill the other side; brush with remaining marinade for extra flavor if needed .
8. Remove to a plate; sprinkle sesame seeds, extra pepper, a few drops of lemon, and garnish with chopped coriander .
9. Serve hot as tri-color skewers to celebrate Independence Day or as a fun, healthy snack any time .

Key Benefits

- Supports weight management with high protein from paneer and low-carb vegetables .
- Provides fiber for fullness and better glycemic control .
- Heart-friendly when cooked with minimal oil and modest sodium .
- Quick, flavorful alternative to repetitive salads to reduce diet fatigue .

Health Info

Paneer contributes ~23% protein by weight while zucchini and carrot add micronutrients and fiber with few calories .

Cautions

- Adjust honey or skip for stricter blood sugar targets .
- Use low-sodium seasoning if managing hypertension .
- Ensure paneer freshness; cook thoroughly to avoid food safety issues .

Contraindications

- Milk allergy or severe lactose intolerance: avoid paneer or use tofu alternative .
- Sesame allergy: omit sesame seeds .

Nutrition (per serving)

- **protein:** 14 g per serving .
- **carbs:** 12 g per serving .
- **fat:** 9 g per serving .
- **fiber:** 3–4 g per serving .

Notes

- Frequency: alternate days
- Max Usage: 1–2 servings per day depending on individual goals and tolerance .

Source

<https://www.youtube.com/watch?v=XiaipeGjXf0>

Crunchy Moong Dal (Oil-Free) Snack

Crunchy Moong Dal (Oil-Free Roast)

Category: snacks / namkeen

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: 2-3 .

Prep Time: 5-6 hours soak + 4-5 hours drying .

Cook Time: 10-20 minutes .

Total Time: 10-11 hours .

Calories: . 170 kcal per 1/2 cup roasted serving

Food Type: vegan

Food Timing: evening snack or light dinner .

Food Texture: crunchy

Spice Level: mild

Difficulty: easy

Storage: Cool completely and store in an airtight container in a dry place .

Shelf Life: Up to 1 week at room temperature if kept dry and airtight .

Diet & Allergens

- Dietary Attributes: oil-free, high-protein, high-fiber (with skin), low-sodium (if minimal chaat masala), gluten-free if pure hing used
- Allergens: legumes (moong), asafoetida (may contain wheat), peanuts/tree nuts if added (optional), nightshade (chili)

Ingredients

English	Amount
moong dal with skin (split green gram with skin)	1 cup .
water (for soaking)	as needed .
asafoetida	1/4 tsp .
Kashmiri red chili powder	1/2 tsp .
chaat masala (amchur-based, rock salt)	1/2 tsp .
almonds/cashews/peanuts (optional mix-ins)	1-2 tbsp .

Procedure

1. Soak skin-on moong dal in water for 5-6 hours .
2. Drain completely; do not wash after soaking to avoid removing skins .
3. Spread on a clean cotton cloth and air-dry 4-5 hours until surface moisture is gone .
4. Heat a non-stick pan on low flame, add a pinch of asafoetida, then add the dried moong dal .
5. Roast on low flame, stirring continuously until color changes slightly and the dal turns crisp .
6. Transfer to a bowl; add Kashmiri red chili powder and chaat masala; mix well and cool .
7. Optionally toss in a few roasted nuts; store in an airtight container once fully cooled .
8. Serve as an oil-free crunchy snack .

Key Benefits

- Approximately 25% protein for satiety and muscle maintenance .
- Skin-on dal increases fiber for slower digestion and better glucose control .

- Oil-free roasting keeps calories and fats lower vs deep-frying .
- Kashmiri chili provides color with milder heat .

Health Info

Heart-friendly, diabetic-conscious snack when roasted without oil and seasoned lightly with rock-salt-based masala .

Cautions

- Avoid deep-frying to prevent excess calories and potential rise in LDL cholesterol .
- Adjust spices for gastritis or sensitive stomachs .
- Verify gluten-free asafoetida if celiac .

Contraindications

- Legume allergy .
- Severe gastritis aggravated by chili and masala .

Nutrition (per serving)

- **protein:** 24 g per 100 g dry moong .
- **carbs:** 60 g per 100 g dry moong .
- **fat:** 1 g per 100 g dry moong .
- **fiber:** 16 g per 100 g dry moong .

Notes

- Frequency: alternate days
- Max Usage: About 1/2 to 1 cup per serving for adults .

Source

<https://www.youtube.com/watch?v=XNIvbChbAmY>

Sajja (Pearl Millet) Curd Rice with Vegetables

Vegetable Curd Rice with Sajja (Pearl Millet)

Category: main_course / flavoured rice

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: 2-3 .

Prep Time: 8-9 hours soaking + 15 minutes prep .

Cook Time: 20 minutes .

Total Time: 9-10 hours including soaking .

Calories: . 320 kcal per serving

Food Type: vegetarian

Food Timing: lunch or dinner; summer-friendly meal .

Food Texture: soft and creamy .

Spice Level: mild

Difficulty: easy

Storage: Refrigerate in an airtight container; best consumed within 24 hours; mix before serving if separated .

Shelf Life: Up to 24 hours refrigerated; quality best same day .

Diet & Allergens

- Dietary Attributes: gluten-free, vegetarian, high-fiber, probiotic, low-salt
- Allergens: dairy

Ingredients

English	Amount
sajja (pearl millet)	1 cup
curd (yogurt)	1 cup
grated carrot	1 cup
capsicum (bell pepper), finely chopped	2 tbsp
grated coconut	2 tbsp
green chili, finely chopped	1 tbsp
lemon juice	1 tbsp
honey	1 tbsp
cumin seeds	1 tsp
mustard seeds	1 tsp
cumin powder	1 tsp
pepper powder	1 tsp
dry red chili	1
coriander leaves, chopped	a little
curry leaves	few
fennel powder (optional)	a pinch
water	as needed

Procedure

1. Wash and soak sajja (pearl millet) in water for 8-9 hours.
2. Pressure cook soaked millet with water, a little lemon juice, and honey for 4-5 whistles until soft; do not add salt.
3. Cool slightly and transfer cooked millet to a mixing bowl.
4. Add curd, grated carrot, chopped capsicum, grated coconut, green chili, coriander leaves, pepper powder, and cumin powder; mix well. Optionally add a pinch of fennel powder.
5. Prepare tempering: heat a little oil on low flame; add mustard seeds, cumin seeds, dry red chili, and curry leaves; sauté briefly.
6. Pour tempering over the curd-millet mixture, mix gently, and serve.

Key Benefits

- Higher fiber and micronutrients than white rice
- Supports weight and blood sugar management
- Curd provides probiotics and a cooling effect
- Low-salt flavoring via lemon and honey
- Travel-friendly and satisfying light main .

Health Info

Eating more vegetables than millet reduces carbohydrate density while maintaining satiety; probiotic curd supports gut microbiota and may aid weight and glucose control .

Cautions

- Adjust chilies and pepper for spice sensitivity

- Use lactose-free or plant-based yogurt if lactose intolerant
- Avoid honey for infants under 1 year
- Monitor portions if on carbohydrate-restricted diets

Contraindications

- Milk allergy
- Severe lactose intolerance unresponsive to lactose-free curd

Nutrition (per serving)

- **protein:** . 9 g per serving
- **carbs:** . 55 g per serving
- **fat:** . 8 g per serving
- **fiber:** . 6 g per serving

Notes

- Frequency: daily
- Max Usage: 1-2 bowls per meal; increase vegetables and reduce millet portion for weight and sugar goals; limit honey for diabetes .

Source

<https://www.youtube.com/watch?v=Xs8Nebjds40>

. High-Protein Friendly Curd Kadhi (Buttermilk Curry) for Gut Health

. High-Protein Friendly Curd Kadhi (Buttermilk Curry)

Category: curries / vegetable gravies

Therapeutic: digestive_disorders / digestive problems / disorders

Details

Servings: . 4 servings

Prep Time: . 10 minutes

Cook Time: . 15 minutes

Total Time: . 25 minutes

Calories: . 180 kcal per serving

Food Type: . vegetarian

Food Timing: . lunch or early dinner

Food Texture: . smooth, pourable gravy

Spice Level: mild

Difficulty: easy

Storage: . Refrigerate in a covered container; reheat gently without boiling.

Shelf Life: . 24–36 hours under refrigeration.

Diet & Allergens

- Dietary Attributes: . probiotic-friendly, . gluten-free (besan-based), . low-oil, . mild-spiced
- Allergens: . dairy

Ingredients

English	Amount
Curd (yogurt)	. 2 cups, slightly sour
Water	. 2–3 cups, as needed

Lemon juice	. 1 tsp
Honey	. 2 tsp
Gram flour (besan)	. 2 tbsp
Ginger, grated	. 1 tsp
Green chilies, chopped	. 1–2 nos
Turmeric powder	. 1/4 tsp
Coriander powder	. 1 tsp
Cumin powder	. 1 tsp
Mustard seeds	. 1/2 tsp
Cumin seeds	. 1/2 tsp
Fenugreek seeds	. 6–8 seeds
Curry leaves	. 8–10 leaves
Asafoetida (hing)	. 1/8 tsp
Kashmiri red chilies, broken	. 2–3 nos
Salt (optional, minimal)	. to taste

Procedure

1. . In a pot, whisk curd with 1 cup water, lemon juice, and honey until smooth.
2. . In a small bowl, whisk gram flour with a little water to a lump-free slurry; add to the curd mix.
3. . Stir in grated ginger, chopped green chilies, turmeric, coriander powder, and cumin powder.
4. . Place the mixture in a clay pot (optional) or heavy pot and cook on low heat, stirring continuously to prevent splitting.
5. . Simmer 8–10 minutes until slightly thick and glossy; add more water to reach pourable consistency.
6. . For tempering, heat 1–2 tsp oil or ghee; add mustard seeds, cumin seeds, and a few fenugreek seeds; let them splutter.
7. . Add curry leaves, broken Kashmiri chilies, and a pinch of asafoetida; sauté briefly until aromatic.
8. . Pour the tempering over the simmering kadhi and mix gently.
9. . Adjust salt minimally if using; cook 1 more minute and turn off heat.
10. . Rest 2 minutes and serve warm with steamed rice or millet.

Key Benefits

- . Supports gut-friendly bacteria from fermented curd.
- . Added gram flour boosts protein and stabilizes the curry.
- . Asafoetida, ginger, and cumin may reduce gas and bloating.
- . Mild spicing and low oil make it easy on digestion.

Health Info

. Suitable for those seeking light, protein-enriched meals to support digestive comfort; pair with steamed rice for a balanced plate.

Cautions

- . If sensitive to dairy, opt for lactose-free curd or reduce portion size.
- . Use asafoetida sparingly if prone to reflux.

Contraindications

- . Milk protein allergy
- . Severe lactose intolerance without suitable alternatives

Nutrition (per serving)

- **protein:** . 8–10 g per serving
- **carbs:** . 14–18 g per serving
- **fat:** . 5–7 g per serving
- **fiber:** . 1–2 g per serving

Notes

- Frequency: daily
- Max Usage: . 1–2 cups per day for most adults, depending on tolerance.

Source

<https://www.youtube.com/watch?v=xZ0s8s37UNE>

. Multi-Dal Dosa with Instant Coconut & Bengal Gram Chutney

. Multi-Dal Dosa (Protein-Rich Mixed Lentil Dosa)

Category: breakfast / dosa

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: . 3–4 servings (8–10 dosas)

Prep Time: . 10 minutes active + 5 hours soaking

Cook Time: . 20–25 minutes for 8–10 dosas

Total Time: . 5 hours 40 minutes

Calories: . 200–230 kcal per dosa (plain)

Food Type: . Vegetarian

Food Timing: . Breakfast or light dinner

Food Texture: . Crispy outside and soft inside

Spice Level: mild

Difficulty: easy

Storage: . Refrigerate batter in an airtight container; keep toppings separate; stir before use

Shelf Life: . Batter 24–48 hours refrigerated; cooked dosas best consumed immediately

Diet & Allergens

- Dietary Attributes: . High protein, . High fiber, . Gluten-free, . Low refined carbs
- Allergens: . Dairy (curd), . Legumes/pulses

Ingredients

English	Amount
Green gram (whole moong)	. 1/2 cup
Black gram (urad dal)	. 1/4 cup
Bengal gram (chana dal)	. 1/4 cup
Red gram (toor/arhar dal)	. 1/4 cup
Fenugreek seeds	. 1 teaspoon
Curd (yogurt)	. 3/4 to 1 cup (for grinding)

Salt	. to taste
Cooking soda (baking soda)	. a pinch
Lemon juice	. 1 teaspoon
Onion, finely chopped	. 1/2 cup
Green chillies, chopped	. 2–3
Coriander leaves, chopped	. 2 tablespoons
Oil or ghee (for cooking)	. as needed
Banana leaf (optional, for spreading)	. 1 piece

Procedure

1. . Rinse green gram, black gram, bengal gram, and red gram together; add fenugreek seeds and soak in plenty of water for about 5 hours.
2. . Drain and add the soaked dals to a mixer jar; add curd (instead of water) and grind to a smooth, pourable dosa batter; adjust thickness with a little more curd if needed.
3. . Transfer batter to a bowl; mix in salt, a pinch of cooking soda, and lemon juice; rest for 10 minutes.
4. . Heat a tawa on medium heat; optionally rub with a piece of banana leaf for a smooth surface.
5. . Pour a ladle of batter and spread into a thin circle; drizzle a few drops of oil or ghee around the edges.
6. . Sprinkle chopped onions, green chillies, and coriander over the dosa; cover with a lid and cook on low-medium until the underside turns golden and edges crisp.
7. . Fold and cook for another 30–60 seconds; serve hot with coconut–bengal gram chutney.

Key Benefits

- . High-quality plant protein from mixed dals
- . Good dietary fiber for satiety and digestion
- . Lower glycemic impact versus refined flour dosas
- . Fermented dairy (curd) may support gut-friendly cultures

Health Info

. Mixed-legume batters provide a broader amino acid profile and micronutrients like iron, folate, and potassium compared to single-grain/refined batters.

Cautions

- . Gas/bloating possible if soaking is inadequate; add ginger or cumin to batter if needed
- . Contains dairy (curd) and legumes—check allergies
- . Use minimal oil to keep calories in check

Contraindications

- . Acute IBS/IBD or legume intolerance—introduce slowly or avoid
- . Strict dairy-free diets—replace curd with water or plant yogurt

Nutrition (per serving)

- **protein:** . 12–15 g per dosa
- **carbs:** . 22–28 g per dosa
- **fat:** . 4–7 g per dosa (with minimal oil)
- **fiber:** . 5–7 g per dosa

Notes

- Frequency: alternate days

- Max Usage: . 2–3 dosas per meal depending on individual energy needs

. Instant Coconut & Bengal Gram Chutney

Category: side_dishes / chutneys

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: . 1.5 cups (6–8 servings)

Prep Time: . 10 minutes

Cook Time: . 0 minutes

Total Time: . 10 minutes

Calories: . 60–80 kcal per 2 tbsp

Food Type: . Vegetarian

Food Timing: . Side with breakfast or meals

Food Texture: . Smooth to slightly coarse paste

Spice Level: mild

Difficulty: easy

Storage: . Store in a covered container in the refrigerator

Shelf Life: . 24–36 hours refrigerated

Diet & Allergens

- Dietary Attributes: . Gluten-free, . No added sugar, . Vegetarian
- Allergens: . Dairy (curd), . Coconut, . Legumes (bengal gram)

Ingredients

English	Amount
Fresh coconut pieces	. 1 cup
Bengal gram (chana dal)	. 2–3 tablespoons
Green chillies	. 2
Cumin seeds	. 1/2 teaspoon
Curry leaves	. 6–8 leaves
Curd (yogurt)	. 1/3–1/2 cup
Salt	. to taste
Water (as needed)	. 2–4 tablespoons

Procedure

1. . Add coconut, bengal gram, green chillies, cumin, curry leaves, and salt to a mixer jar.
2. . Grind to a coarse paste first; add a splash of water if needed.
3. . Add curd and pulse to desired smoothness; adjust salt and consistency.
4. . Serve immediately with multi-dal dosa; refrigerate leftovers.

Key Benefits

- . Healthy fats from coconut support satiety
- . Added protein from bengal gram
- . Cooling effect from curd and coconut
- . Quick, no-cook accompaniment

Health Info

. Combining coconut with bengal gram and curd balances taste with protein and fat for better satiety.

Cautions

- . Coconut is calorie-dense—watch portion size
- . Contains dairy and legumes—check allergies

Contraindications

- . Lactose intolerance—use plant yogurt
- . Hyperlipidemia—limit portion and use low-fat curd

Nutrition (per serving)

- **protein:** . 2–3 g per 2 tbsp
- **carbs:** . 3–5 g per 2 tbsp
- **fat:** . 6–8 g per 2 tbsp
- **fiber:** . 1–2 g per 2 tbsp

Notes

- Frequency: weekly
- Max Usage: . 2–4 tablespoons per meal to moderate calories

Source

<https://www.youtube.com/watch?v=y7jMBE7drng>

High-Protein Red Dal Tofu (Soy-free) .

Red Dal Tofu (Air-Fried, Soy-Free) .

Category: snacks / namkeen

Therapeutic: lifestyle_and_metabolic_disorders / thyroid

Details

Servings: Serves 2-3 .

Prep Time: 4-5 hours soaking + 10 min grinding/mixing .

Cook Time: 10 min boil + 15 min air fry .

Total Time: 6-8 hours including setting time .

Calories: . 150-200 kcal per serving depending on portion size .

Food Type: vegan

Food Timing: snack .

Food Texture: firm

Spice Level: mild

Difficulty: easy

Storage: Refrigerate set tofu pieces in an airtight container; reheat by air-frying or oven before serving .

Shelf Life: 2-3 days refrigerated .

Diet & Allergens

- Dietary Attributes: gluten-free, soy-free, high-protein, oil-free (air-fried)
- Allergens: legumes (lentils)

Ingredients

English	Amount
red lentils (masoor dal), soaked 4-5 hours	1 cup
water (for grinding and cooking)	1 cup + 1/4 cup .

beetroot puree	1 tablespoon
black pepper powder	to taste
chaat masala	to taste
chili flakes	to taste
lemon juice	a squeeze, to taste

Procedure

1. Soak red lentils for 4-5 hours; drain.
2. Grind soaked dal with about 1 cup water to a smooth paste.
3. Mix in 1 tbsp beetroot puree; add about 1/4 cup water to adjust.
4. Cook the mixture in a saucepan, stirring, and bring to a boil; simmer ~10 minutes to remove raw smell.
5. Transfer hot mixture to a bowl/tray; level and let set 2-3 hours at room temperature (or refrigerate if preferred) until firm.
6. Unmold and cut into 1-inch pieces.
7. Air-fry pieces at about 180°C/350°F for ~15 minutes until edges are slightly crisp (or use an electric oven for a few minutes to heat/crisp, timing may vary).
8. Serve hot; sprinkle pepper, chaat masala, chili flakes, and lemon juice to taste.

Key Benefits

- High-protein snack from red lentils (soy-free).
- Air-fried, oil-free preparation.
- Beetroot adds color with minimal ingredients.
- Suitable for regular inclusion to improve protein intake .

Health Info

Provides plant protein and fiber; seasonings can be adjusted for sodium and spice tolerance .

Cautions

- Use minimal chaat masala if limiting sodium.
- Introduce gradually to reduce risk of gas/bloating.

Contraindications

- Avoid if allergic to lentils.
- Consult clinician if on protein-restricted diet (e.g., advanced kidney disease).

Nutrition (per serving)

- **protein:** . 14-18 g per serving .
- **carbs:** . 25-30 g per serving .
- **fat:** . 1-2 g per serving .
- **fiber:** . 6-8 g per serving .

Notes

- Frequency: daily
- Max Usage: 1-2 cups prepared tofu pieces per day depending on individual needs .

Source

<https://www.youtube.com/watch?v=YGt3-LNVwI0>

Beetroot Ragi Idli .

Beetroot Ragi Idli .

Category: breakfast / idly

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: 3-4 servings .

Prep Time: Soak 8-10 hours + ferment overnight .

Cook Time: 10-12 minutes .

Total Time: 10-12 hours inactive + 20 minutes active .

Calories: 120-160 kcal per 2 idlis .

Food Type: vegan

Food Timing: breakfast .

Food Texture: soft, steamed .

Spice Level: mild

Difficulty: easy

Storage: Best consumed fresh; fermented batter can be refrigerated 2-3 days in a covered container .

Shelf Life: Cooked idlis keep 1 day refrigerated; re-steam to refresh .

Diet & Allergens

- Dietary Attributes: fermented, fiber-rich, low-oil, calcium-rich, no-added-salt, kid-friendly, gluten-free if using gluten-free asafoetida .
- Allergens: mustard ., asafoetida (may contain wheat/gluten) ., black gram (legume) .

Ingredients

English	Amount
Ragi (finger millet)	2 cups, soaked and ground .
Fenugreek seeds	1/2 tsp for soaking/grinding .
Beetroot (grated)	1 cup .
Mustard seeds	1/2 tsp .
Cumin seeds	1/2 tsp .
Split black gram (urad dal)	1 tsp .
Curry leaves	8-10 leaves .
Green chilies	1-2, slit .
Asafoetida	a pinch .
Oil	1 tsp for tempering .
Water	as needed for batter consistency .
Salt	not added as per video .

Procedure

1. Rinse ragi thoroughly and soak 8-10 hours with fenugreek seeds; drain and grind to a smooth batter, adding water as needed .
2. Transfer batter to a bowl, cover, and ferment overnight until slightly aerated and mildly tangy .
3. Grate beetroot and set aside .
4. Prepare tempering: heat oil; add mustard, cumin, and split black gram; fry on low until aromatic; add curry leaves and green chilies; switch off heat and add a pinch of asafoetida .

5. Mix grated beetroot and the tempering into the fermented ragi batter; do not add salt as per video .
6. Pour batter into idli moulds; optionally grease plates lightly .
7. Steam on medium heat for 10-12 minutes until firm and cooked through; rest 2 minutes before unmoulding .

Key Benefits

- Calcium from ragi supports bone health .
- Fermentation promotes beneficial gut bacteria .
- Beetroot may support vascular function and help with blood pressure .
- Whole-grain base and vegetables may moderate post-meal glucose rise compared to refined idlis .

Health Info

Suggested as a healthier alternative to white rice/rava idlis; video recommends no added salt and encourages tempering with spices and beetroot for added benefits .

Cautions

- If sensitive to legumes, monitor tolerance to urad dal .
- Use gluten-free asafoetida if avoiding gluten .
- Spice heat depends on green chilies; adjust for children and elders .

Contraindications

- Mustard allergy or legume intolerance .
- If severe gastritis, limit chili heat and tempering spices .

Nutrition (per serving)

- **protein:** 4-6 g per 2 idlis .
- **carbs:** 22-30 g per 2 idlis .
- **fat:** 2-4 g per 2 idlis .
- **fiber:** 3-5 g per 2 idlis .

Notes

- Frequency: weekly
- Max Usage: 1-2 servings (2-4 idlis) per meal, a few times per week .

Source

<https://www.youtube.com/watch?v=yH6NEaGuVdA>

High-Protein Sprouted Jonna Flakes Namkeen (Oil-Free) .

High-Protein Sprouted Jonna (Sorghum) Flakes Namkeen .

Category: snacks / namkeen

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: . 10–12 small servings

Prep Time: . 10 minutes

Cook Time: . 15–20 minutes

Total Time: . 25–30 minutes

Calories: . 120–150 kcal per 25 g serving

Food Type: . vegan

Food Timing: . evening side snack with dinner

Food Texture: . light and crunchy

Spice Level: medium

Difficulty: easy

Storage: . Store in a cool, dry, airtight container away from light.

Shelf Life: . 2 weeks at room temperature; refrigerate in humid climates.

Diet & Allergens

- Dietary Attributes: . oil-free, . sugar-free, . high-protein, . high-fiber, . vegan, . no deep-frying
- Allergens: . tree nuts (cashew), . legumes (chana dal, moong dal), . asafoetida may contain wheat

Ingredients

English	Amount
Sprouted sorghum (jonna) flakes	. 3 cups
Split Bengal gram (chana dal)	. 1/2 cup
Split moong dal	. 1/2 cup
Cashew nuts	. 1/2 cup
Curry leaves	. 1 small handful
Kashmiri red chillies, broken	. 4–6 pieces
Asafoetida (hing) powder	. 1/2–1 tsp
Turmeric powder (Lakadong preferred)	. 1/4 tsp
Dry mango powder (amchur)	. 1 tsp
Chaat masala (low-sodium if needed)	. 1 tsp or to taste

Procedure

1. . Dry-roast split Bengal gram and split moong dal separately on low-medium heat until crisp and lightly golden, then set aside to cool.
2. . Dry-roast cashews on low heat until just golden and crunchy; remove and cool.
3. . In the same pan, gently dry-roast sprouted sorghum flakes on low heat for 6–8 minutes, stirring frequently, until light, crisp, and moisture-free; transfer to a wide bowl.
4. . Dry-temper curry leaves and broken Kashmiri chillies in the warm pan until leaves turn crisp and the chillies release aroma; avoid burning.
5. . Reduce heat and let the pan cool slightly; sprinkle asafoetida and turmeric when the pan is warm (below about 60–70°C) to preserve properties and prevent scorching.
6. . Combine roasted dals, cashews, curry leaves, chillies, and the tempered spices with the roasted sorghum flakes and toss thoroughly.
7. . Once fully cooled, add dry mango powder and chaat masala, then mix very well so powders coat evenly and do not settle.
8. . Taste and adjust spices to preference; store immediately in an airtight container to retain crunch.

Key Benefits

- . High protein from pulses and sprouted sorghum supports satiety.
- . High fiber aids digestion and stable energy.
- . Oil-free preparation lowers calories and heaviness.

- . Kashmiri chilli offers color with gentler heat.
- . Travel-friendly and shelf-stable when stored airtight.

Health Info

. Suitable for weight-conscious and diabetic-friendly plans when portioned and with low-sodium seasoning; pair with a meal rather than grazing.

Cautions

- . Use gluten-free hing if sensitive to wheat.
- . Select low-sodium or salt-free chaat masala for hypertension.
- . Monitor portion size due to nuts and pulses if digestive sensitivity exists.

Contraindications

- . Known allergies to cashew or legumes.
- . Avoid during acute gastritis or IBS flare if spices trigger symptoms.

Nutrition (per serving)

- **protein:** . 14–16 g per 100 g
- **carbs:** . 58–62 g per 100 g
- **fat:** . 7–9 g per 100 g
- **fiber:** . 9–11 g per 100 g

Notes

- Frequency: alternate days
- Max Usage: . Up to 1 cup per day for adults, adjust for individual needs.

Source

<https://www.youtube.com/watch?v=YHEYEpMJmno>

Sweet Dibba Rotti (Debba Roti) with Dates and Coconut .

Sweet Dibba Rotti with Dates and Coconut .

Category: breakfast / dosa

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: 4 pieces .

Prep Time: 10 minutes active + overnight soaking .

Cook Time: 15-20 minutes per batch .

Total Time: 9-12 hours including soaking .

Calories: 250-300 kcal per piece .

Food Type: vegetarian

Food Timing: breakfast or snack .

Food Texture: crispy outside, soft inside .

Spice Level: mild

Difficulty: medium

Storage: Best eaten fresh; refrigerate leftovers in an airtight container and reheat on a tawa with a little ghee .

Shelf Life: Up to 1 day refrigerated; texture softens on storage .

Diet & Allergens

- Dietary Attributes: no refined sugar ., fiber-rich .
- Allergens: tree nuts (almonds), coconut, legumes (urad dal), dairy (ghee)

Ingredients

English	Amount
rice	1 cup, soaked overnight .
black gram (urad dal)	1 cup, soaked overnight .
fenugreek seeds	1 tbsp .
dates paste	1 cup .
grated coconut	1 cup .
coconut pieces	2-3 tbsp .
all-purpose flour (maida)	1 tbsp .
cardamom powder	a pinch to 1/4 tsp .
almond slices	1 tbsp for garnish .
ghee (for greasing)	as needed .

Procedure

1. Rinse and soak rice and black gram with fenugreek seeds overnight .
2. Drain and grind to a slightly coarse, thick batter using minimal water; do not make it runny .
3. Optionally rest the batter 5-6 hours for lightness, but this sweet version can be used fresh .
4. Fold in dates paste, grated coconut, coconut pieces, maida, and cardamom powder; mix to a spreadable thick batter .
5. Heat a heavy pan/tawa on low-medium heat and grease generously with ghee .
6. Pour a thick layer of batter (about 1 to 1.5 cm) and spread gently; sprinkle almond slices on top .
7. Cover and cook on low-medium heat until the bottom turns golden and the top sets .
8. Carefully flip or turn to cook the other side; cover again and cook until fully done and crisped outside .
9. Slice and serve hot; pairs well with chutney or a dab of ghee .

Key Benefits

- Natural sweetness from dates; no refined sugar .
- Urad dal adds protein for satiety .
- Coconut contributes healthy fats and texture .
- Soaking aids batter digestibility .

Health Info

Batter is used freshly ground for this sweet version; traditionally dibba rotti batter may be rested 5-6 hours. Dates and coconut make it a festive, nutrient-dense option compared to refined-sugar sweets .

Cautions

- Monitor portion size for blood sugar management .
- Check for nut and coconut allergies; omit almonds or coconut if needed .

Contraindications

- Tree nut allergy (almonds) .
- Coconut allergy .

- Strict vegan diets if avoiding ghee; substitute oil if required .

Nutrition (per serving)

- **protein:** moderate from urad dal .
- **carbs:** high from rice and dates .
- **fat:** moderate from coconut and ghee .
- **fiber:** moderate from dates and coconut .

Notes

- Frequency: weekly
- Max Usage: 1-2 pieces per serving for adults .

Source

<https://www.youtube.com/watch?v=YjKCT79yUac>

Lychee Fruit Juice with Coconut Water (Honey & Rose)

Lychee Fruit Juice with Coconut Water

Category: smoothies_and_juices

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: 1 glass .

Prep Time: 5-10 min .

Cook Time: 0 min .

Total Time: 5-10 min .

Calories: 80–120 kcal .

Food Type: beverage (juice)

Food Timing: mid-morning or evening .

Food Texture: liquid

Spice Level: mild

Difficulty: easy

Storage: Best consumed immediately; if needed, refrigerate in a sealed container for short holding .

Shelf Life: 4–6 hours refrigerated .

Diet & Allergens

- Dietary Attributes: vegetarian, gluten-free, dairy-free, refined-sugar-free
- Allergens: coconut, rose (pollen)

Ingredients

English	Amount
Lychee fruits	6 pieces (half dozen) .
Coconut water	200–250 ml (from 1 coconut) .
Rose petals	15–20 petals .
Honey	1 tbsp (use 1 tsp for diabetes) .
Lemon juice	juice of 1–2 lemons .

Procedure

1. Peel lychees, remove seeds, and collect the flesh.

2. Add lychee flesh to a blender with rose petals, honey, and lemon juice; blend briefly to a milky texture.
3. Pour in coconut water and pulse once to combine (do not overblend).
4. Strain if desired and serve immediately, chilled if preferred.

Key Benefits

- Electrolyte-rich from coconut water
- Low in calories compared to many fruit juices
- Portion-controlled option for diabetes when honey is minimal
- Low sodium; supportive for general wellness

Health Info

. Combining lychee with coconut water yields a refreshing, mineral-rich, lower-calorie beverage suitable for most people, including those managing blood sugar when portioned and sweetened minimally.

Cautions

- Adjust honey to taste; omit or limit for diabetes.
- Use ripe lychees; unripe fruit may upset stomach.
- Avoid if sensitive to rose petals or coconut.

Contraindications

- Coconut allergy
- Severe pollen/rose allergy

Nutrition (per serving)

- **protein:** 0.5–1 g .
- **carbs:** 18–25 g .
- **fat:** 0–1 g .
- **fiber:** 1–2 g .

Notes

- Frequency: daily
- Max Usage: For diabetes: 100–200 ml per serving with ≤ 1 tsp honey .

Source

<https://www.youtube.com/watch?v=yK5BsYVdrGg>

Almond Lassi with Dates and Honey (Summer Hydration) .

Almond Lassi with Dates and Honey

Category: smoothies_and_juices

Therapeutic: respiratory_disorders / cough

Details

Servings: 2 servings .

Prep Time: 10 minutes active + 7-8 hours soaking .

Cook Time: 0 minutes .

Total Time: 7-8 hours 10 minutes .

Calories: 650-750 kcal per serving .

Food Type: vegetarian

Food Timing: mid-morning or afternoon .

Food Texture: smooth

Spice Level: mild

Difficulty: easy

Storage: Keep refrigerated and consume the same day for best taste and safety .

Shelf Life: 6-8 hours refrigerated .

Diet & Allergens

- Dietary Attributes: refined-sugar-free, gluten-free, probiotic (curd) .
- Allergens: milk/dairy, tree nuts (almonds)

Ingredients

English	Amount
Curd (yogurt)	1 cup
Almonds	1 cup (soaked 7-8 hours, peeled)
Dates (pitted)	1 cup, chopped
Honey	2 tablespoons
Asafoetida (hing)	a pinch, optional

Procedure

1. Soak almonds in water for 7-8 hours; peel off skins.
2. Deseed dates and chop into small pieces.
3. In a blender, add soaked peeled almonds, chopped dates, and honey; blend to a smooth paste.
4. Add curd and blend/whisk until it reaches lassi consistency; adjust thickness with a little water if needed .
5. Optionally add a tiny pinch of asafoetida and blend briefly.
6. Pour into glasses and garnish with chopped dates; serve chilled.

Key Benefits

- Hydrating summer drink to reduce thirst and dehydration .
- Provides energy from dates and honey.
- Contains protein and healthy fats from almonds.
- Probiotic benefits from curd.
- Avoids refined sugar; may be gentler on the throat compared to sugar-heavy drinks .

Health Info

Rich in natural sugars, healthy fats, and protein; probiotic content may support gut health .

Cautions

- High natural sugar; portion control for diabetes.
- Allergens: dairy and almonds.
- Do not give honey to infants under 1 year.

Contraindications

- Severe nut allergy
- Lactose intolerance (unless using suitable alternatives)
- Uncontrolled diabetes

Nutrition (per serving)

- **protein:** 18-22 g per serving .
- **carbs:** 85-105 g per serving .

- **fat:** 35-40 g per serving .
- **fiber:** 8-10 g per serving .

Notes

- Frequency: daily
- Max Usage: 1 glass per serving, up to 1-2 glasses/day depending on energy needs and blood sugar control .

Source

<https://www.youtube.com/watch?v=zB79lqigN3A>

High-Protein Soya Kebabs (Oil-Free)

Soya (Meal Maker) Kebabs — Oil-Free High-Protein

Category: snacks / namkeen

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: 4 .

Prep Time: 20 min .

Cook Time: 10 min .

Total Time: 30 min .

Calories: Lower than fried versions; ~120-160 kcal per 2-3 kebabs .

Food Type: vegan

Food Timing: snack

Food Texture: firm outside, soft inside .

Spice Level: medium

Difficulty: easy

Storage: Refrigerate cooked kebabs in an airtight container; reheat by dry grilling. Kebab mixture can be refrigerated before cooking.

Shelf Life: Cooked: 2 days refrigerated .; Uncooked mixture: 1 day refrigerated .

Diet & Allergens

- Dietary Attributes: high protein, oil-free, high fiber, plant-based
- Allergens: soy

Ingredients

English	Amount
Meal maker (soya chunks)	2 cups
Gram flour (besan)	2 tbsp
Corn flour	1 tbsp
Carrot (grated)	1 medium
Onion (finely chopped)	1 medium
Lemon	1 (juice)
Green chillies	3
Ginger	1 small piece
Garlic cloves	7-8
Asafoetida (hing)	1 tbsp
Cumin powder	1 tsp

Coriander powder	1 tsp
Red chilli powder	1 tsp
Turmeric powder	pinch to 1/4 tsp .
Garam masala	to taste .
Cinnamon stick	1
Cloves	2
Cardamoms	2
Coriander leaves	few sprigs

Procedure

1. Soak soya chunks in water for 15 minutes until soft; drain well.
2. Grind masala: in a mixer add garlic, ginger, green chillies, cinnamon, cloves, cardamom, and coriander leaves; blend to a paste.
3. Add soaked soya chunks to the masala and grind to a coarse paste; transfer to a bowl.
4. Mix in onion (finely chopped), grated carrot, gram flour, corn flour, turmeric, red chilli powder, cumin powder, coriander powder, and garam masala.
5. Add lemon juice; mix thoroughly by hand to form a kebab dough.
6. Divide dough and mold around kebab sticks, pressing to shape evenly.
7. Grill on a non-stick tandoor or tawa without oil, turning to cook all sides for about 10 minutes.
8. Serve hot with a squeeze of lemon.

Key Benefits

- High in plant protein from soya chunks.
- Oil-free grilling reduces calories and fat.
- Added vegetables increase fiber and micronutrients.
- Spices add flavor and may aid digestion.

Health Info

. 48 g protein per 100 g dry soya; actual per-serving protein varies with portion size and added ingredients.

Cautions

- Contains soy; avoid if allergic.
- Asafoetida may contain wheat in some brands; choose gluten-free if needed.

Contraindications

- Soy allergy
- Intolerance to legumes or beans

Nutrition (per serving)

- **protein:** 15-20 g per serving .
- **carbs:** Moderate from flours and veggies .
- **fat:** Low due to oil-free cooking .
- **fiber:** Good amount from soya and vegetables .

Notes

- Frequency: alternate days
- Max Usage: 1-2 servings per day .

Source

<https://www.youtube.com/watch?v=ZlffGNZr6HY>

Healthy Vegan Chocolate with Peanuts and Dates (Homemade) .

Vegan Peanut-Date Chocolates (No Cocoa) .

Category: snacks / chocolates

Therapeutic: oral_and_infection_care / teeth care

Details

Servings: 20–30 small pieces .

Prep Time: 15–20 min .

Cook Time: 0 min .

Total Time: 20 min .

Calories: High energy; batch ~2000–2500 kcal .

Food Type: vegan

Food Timing: snack or dessert .

Food Texture: soft and chewy with crunchy coating .

Spice Level: mild

Difficulty: easy

Storage: Store in an airtight container; refrigerate for best texture.

Shelf Life: Up to 7 days refrigerated .

Diet & Allergens

- Dietary Attributes: vegan, dairy-free, refined-sugar-free, gluten-free, no-cocoa
- Allergens: peanuts, tree nuts (almonds, pistachios)

Ingredients

English	Amount
Peanuts	250 g
Black dates (seedless)	250 g
Date syrup	1 cup
Pistachios (chopped)	2 tbsp
Almonds (chopped)	2 tbsp

Procedure

1. Remove seeds from black dates and grind to a smooth paste.
2. Grind peanuts to a fine powder in a blender.
3. Transfer peanut powder to a bowl; add dates paste and knead until a uniform dough forms.
4. Pinch small portions and roll into bite-sized balls.
5. Dip each ball briefly in date syrup to lightly coat.
6. Roll some balls in chopped almonds and others in chopped pistachios for two flavors.
7. Let set for a few minutes; serve or refrigerate to firm up.

Key Benefits

- Refined-sugar-free sweetness from dates.
- Peanuts provide plant protein and healthy fats.
- Dairy-free and vegan-friendly.
- Simple, no-cook treat suitable for quick preparation.

Health Info

Uses whole-food sweeteners and nuts; avoid additives often found in commercial chocolates as per video claims.

Cautions

- Allergy caution for peanuts and tree nuts.
- Calorie-dense; may impact weight management if overconsumed.
- Sticky texture may adhere to teeth; brush or rinse after eating.

Contraindications

- Known peanut or tree-nut allergy
- Uncontrolled diabetes (monitor carbs and portion size)

Nutrition (per serving)

- **protein:** Peanuts ~25 g per 100 g; per piece varies .
- **carbs:** Primarily from dates and date syrup; per piece varies .
- **fat:** From peanuts; predominantly unsaturated fats .
- **fiber:** Present from dates and nuts; per piece varies .

Notes

- Frequency: weekly
- Max Usage: 1–2 pieces per serving for adults; adjust for children .

Source

<https://www.youtube.com/watch?v=Zqll3GleFUM>

Mint Green Chutney (Pudina Roti Pachadi) with Dates & Raisins

Mint Green Chutney with Dates & Raisins (Pudina Pachadi)

Category: side_dishes / chutneys

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: 6–8 tablespoons (serves 3–4) .

Prep Time: 15–20 min .

Cook Time: 0 min (no cooking) .

Total Time: 20–25 min .

Calories: Lower than nut/coconut chutneys; depends on dried fruits used .

Food Type: chutney/condiment

Food Timing: Side for breakfast, lunch, or dinner .

Food Texture: Smooth, spreadable .

Spice Level: medium

Difficulty: easy

Storage: Refrigerate in a clean, airtight glass jar; use a dry spoon each time .

Shelf Life: Up to 2 days refrigerated (best day-1) .

Diet & Allergens

- Dietary Attributes: vegan, vegetarian, gluten-free, no added oil, no refined sugar
- Allergens: none common .

Ingredients

English	Amount
mint leaves	1 large bunch, picked and rinsed .
dried dates	1/2 cup, deseeded and chopped .
seedless raisins	1/4 cup .
green chilies	3 nos, chopped .
lemon	1 no, juice .
hot water (for soaking)	as needed, 15 minutes soak .

Procedure

1. Deseed and finely chop dried dates .
2. Combine chopped dates and seedless raisins; soak in hot water for 15 minutes, then drain .
3. Rinse mint leaves thoroughly; roughly tear or chop. Chop green chilies .
4. Add soaked dates and raisins to a mixer jar .
5. Add mint leaves and green chilies; squeeze in lemon juice .
6. Grind to a smooth chutney; stop, scrape sides, and grind again for uniform texture .
7. Adjust consistency with a spoonful of soak water if needed; serve fresh .

Key Benefits

- Rich in antioxidants from mint .
- Good folate content supports general health .
- No-cook method preserves heat-sensitive nutrients .
- Lower calorie than peanut/coconut chutneys .
- Naturally sweetened with dates and raisins (no refined sugar) .

Health Info

Suitable with phulka, rice, dosa, and whole wheat bread; a light, herb-forward side .

Cautions

- Spiciness may need adjustment for children or sensitive stomachs .
- Use moderate portions due to dried fruit sugars .

Contraindications

- Active gastritis/ulcer or severe GERD (avoid/reduce chilies) .
- Mint or citrus allergy .

Nutrition (per serving)

- **protein:** low .
- **carbs:** moderate (from dried fruits) .
- **fat:** minimal .
- **fiber:** moderate (mint and dried fruits) .

Notes

- Frequency: daily
- Max Usage: 1–2 tbsp per meal, especially for diabetes/weight management .

Source

<https://www.youtube.com/watch?v=ZS7w3NT9sM0>

Homemade Multigrain Veg Noodles (.)

Homemade Multigrain Veg Noodles (no MSG, low-oil) .

Category: main_course / chaat items

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: . serves 2–3

Prep Time: . 20 minutes

Cook Time: . 15 minutes

Total Time: . 35–40 minutes

Calories: . 320–380 kcal per serving

Food Type: vegetarian .

Food Timing: . lunch, dinner, or evening snack

Food Texture: . soft-chewy strands with tender-crisp veggies

Spice Level: mild

Difficulty: easy

Storage: . Refrigerate leftovers in an airtight container and reheat in a pan with a splash of water.

Shelf Life: . 24 hours refrigerated

Diet & Allergens

- Dietary Attributes: . high fiber, . no MSG added, . lower oil, . contains dairy, . contains gluten
- Allergens: gluten, dairy

Ingredients

English	Amount
Multigrain flour	1 cup
Buttermilk	1 cup
Water	as needed .
Asafoetida	a pinch
Lemon	1, divided
Honey	1 teaspoon
Cumin seeds	1 tablespoon
Ginger slices	1 tablespoon
Green chillies	2, slit
Oregano	1 tablespoon
Grated cabbage	1 cup
Red capsicum slices	1 cup
Yellow capsicum slices	1 cup
Green capsicum slices	1 cup
Turmeric powder	a pinch
Chaat masala	1/2 teaspoon
Tomato sauce	2 tablespoons
Coriander leaves	2 tablespoons, chopped
Cloves (optional)	2 .

Procedure

1. . In a bowl, combine multigrain flour with buttermilk to make a soft dough; rest 10 minutes.
2. . Divide and roll into very thin chapati sheets using a rolling pin.

3. . Stack lightly floured sheets and cut into thin noodle-like strips; separate strands.
4. . Bring a pot of water to a boil; add a pinch of asafoetida, a squeeze of lemon, and honey; add the fresh noodle strips and cook for about 5 minutes until just tender; drain well.
5. . Heat a non-stick pan on low; add cumin seeds (and optional cloves), ginger slices, green chilies, and oregano; sauté briefly until aromatic.
6. . Add grated cabbage and the red, yellow, and green capsicum slices; cover and cook on low for 4–5 minutes to soften while keeping slight crunch.
7. . Sprinkle turmeric and chaat masala; add tomato sauce and mix to coat the vegetables.
8. . Add the boiled noodles; toss gently to combine and heat through; finish with lemon juice and chopped coriander leaves; serve hot.

Key Benefits

- . Higher fiber compared to refined maida noodles due to multigrain flour.
- . More micronutrients and antioxidants from mixed colored vegetables.
- . Lower oil and no added MSG compared to typical street noodles.
- . Balanced flavors using spices, lemon, and herbs to limit excess salt.

Health Info

. Suitable as an occasional main or snack; supports weight management when portion controlled and paired with more vegetables.

Cautions

- . Contains gluten and dairy; adjust chili heat for children; avoid giving honey to infants under 1 year; choose no-added-sugar, low-sodium tomato sauce if needed.

Contraindications

- celiac disease
- severe gluten sensitivity
- dairy allergy or lactose intolerance

Nutrition (per serving)

- **protein:** . 10–12 g/serving
- **carbs:** . 55–65 g/serving
- **fat:** . 5–8 g/serving
- **fiber:** . 6–8 g/serving

Notes

- Frequency: weekly
- Max Usage: . Up to 1 serving per day for adults, adjust to energy needs.

Source

<https://www.youtube.com/watch?v=ZVcXkY4U-Dk>

Vegetable Omelette (Egg-free Besan Omelette) .

Vegetable Omelette (Besan Chilla Style) .

Category: breakfast / chilla

Therapeutic: lifestyle_and_metabolic_disorders / hypertension / high blood pressure

Details

Servings: 2 servings .

Prep Time: 10-15 minutes .

Cook Time: 8-10 minutes .

Total Time: 20-25 minutes .

Calories: 180-220 kcal per serving .

Food Type: vegetarian (egg-free) .

Food Timing: breakfast or snack (tiffin) .

Food Texture: soft, pan-fried .

Spice Level: mild

Difficulty: easy

Storage: Best consumed immediately; cooked omelette can be refrigerated in an airtight container and reheated on a pan .

Shelf Life: Up to 1 day refrigerated for cooked omelette; batter up to 1 day refrigerated .

Diet & Allergens

- Dietary Attributes: high fiber ., lower carb vs many refined snacks ., vegetarian, egg-free, gluten-free (besan is naturally gluten-free) .
- Allergens: dairy (yogurt) ., legumes (chickpea/besan) ., asafoetida (may contain wheat) .

Ingredients

English	Amount
Gram flour (besan)	1 cup
Yogurt	2 tablespoons
Cumin seeds	1 teaspoon .
Carom seeds (ajwain)	1 teaspoon
Turmeric powder	1 teaspoon
Black pepper powder	1 teaspoon
Ginger, finely chopped	1 small piece
Carrot, finely chopped	1
Onion, finely chopped	1
Tomato, finely chopped	1
Capsicum, finely chopped	1
Beans, finely chopped	4
Coriander leaves, finely chopped	1 teaspoon .
Lemon (juice)	1 tablespoon .
Asafoetida (optional)	a pinch .
Water	as needed to make batter .
Ghee (for greasing)	as needed .

Procedure

1. In a bowl, add gram flour, cumin seeds, carom seeds, turmeric, black pepper powder, and yogurt; mix well .
2. Add water gradually to form a smooth, pourable batter without lumps .
3. Finely chop ginger and all vegetables; add them to the batter along with chopped coriander and lemon juice; optionally add a pinch of asafoetida; mix well .
4. Heat a non-stick pan and lightly grease with ghee .
5. Pour a ladleful of batter and spread gently into an omelette shape; cover and cook on medium heat until the top sets .

6. Flip and cook the other side until golden spots appear; serve hot .

Key Benefits

- Cholesterol-free since egg is not used .
- High fiber from vegetables and gram flour .
- Provides plant protein from besan .
- Suitable for vegetarian breakfast or snack .

Health Info

Presenter notes that a hen egg contains about 220 mg cholesterol and it is concentrated in the yolk; those with heart or cholesterol concerns are advised to avoid yolk .

Cautions

- If sensitive to legumes (chickpea), avoid or start with a small portion .
- Use lactose-free yogurt or skip yogurt if lactose intolerant .
- Reduce pepper/hing if you have acid reflux or gastritis .
- Limit ghee for low-fat needs .

Contraindications

- Chickpea allergy .
- Dairy allergy .

Nutrition (per serving)

- **protein:** 8-10 g per serving .
- **carbs:** 20-25 g per serving .
- **fat:** 6-8 g per serving (with ~1 tsp ghee) .
- **fiber:** 4-6 g per serving .

Notes

- Frequency: daily
- Max Usage: Up to 3–4 omelettes per day as mentioned in video .

Source

https://www.youtube.com/watch?v=zw5CMNV9_Lw