



Yogic Aahar Recipes

Cook your way to health and joy



By Swasth Yog Institute

Dedication

Peace, Love, Joy for All

May our body, energy, mind and emotions be in harmony (Yog)
May we be aligned with our true self
May each of us feel – “I’m free to be me”
May we all live fully and freely

This book is dedicated to the countless, selfless Yogis
who undertook the hardest journey of all – the journey inwards –
and shared its fruit - Yog - with the world, for the world.

ॐ सर्वे भवन्तु सुखिनः
सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु
मा कश्चिद्दुः भाग्यभवेत् ।
ॐ शान्तिः शान्तिः शान्तिः ॥

Om Sarve Bhavantu Sukhinah
Sarve Santu Niraamayaah |
Sarve Bhadraanni Pashyantu
Maa Kashcid-Duhkha-Bhaag-Bhavet |
Om Shaantih Shaantih Shaantih ||

Meaning:

- 1: Om, May All be Happy,
- 2: May All be Free from Illness.
- 3: May All See what is Auspicious,
- 4: May no one Suffer.
- 5: Om Peace, Peace, Peace.

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BREAKFAST

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RAJMA TIKKI

Zero oil Rajma Tikki

is a healthy snack made using a variety of vegetables, peanuts and rajma beans. With no oil, iodized salt replaced by rock salt, and using homemade chutney instead of store-bought ones, it's a healthy anytime snack.

Replacing / Substituting

Fast food snacks

Main Ingredient :	Rajma
Meal :	Breakfast / Snack
Cuisine :	Indian
Sub-Cuisine :	Punjabi
Prep Time :	20 min
Cook Time :	20 min
Serving Size :	12 Pieces
Difficulty :	Low

Ingredients

- ½ cup red kidney beans (rajma), soaked overnight and cooked
- 1 medium potato, with skin, steamed
- 1 small carrot, finely chopped and steamed
- ¼ cup green capsicum, finely chopped
- ¼ cup red bell pepper, finely chopped
- ¼ cup yellow bell peppers, finely chopped
- 1 medium sized onion, finely chopped
- 2-3 cloves garlic, finely chopped
- 2-3 tablespoons coriander, finely chopped
- ¼ cup roasted peanuts, roughly crushed
- 1 small green chili, finely chopped
- Juice of 1 medium lemon
- Rock salt (for taste)

Directions

- Grind the cooked rajma without any water into a coarse paste
- Finely chop the potato with skin and then mash it
- Add all the other ingredients and mix it into a coarse but even mixture
- Make small lemon sized ball of the mixture
- Flatten each ball slightly to form cutlets
- Roast them on a tawa till done

Tips: Boil the potatoes & Rajma and keep the chopped veggies ready ahead of time to save time during making





Replacing / Substituting

Roles made from refined flour

Ingredients

- 4 wheat chapatis
- ½ cup finely chopped french beans
- ½ cup finely chopped green capsicum
- ½ cup finely chopped carrot
- ½ cup finely chopped green peas
- ½ cup finely chopped coriander leaves
- ½ cup finely chopped onion
- ½ cup finely chopped tomato
- Rock salt (for taste)
- ½ tsp red chilli powder
- 2 cups water

MIX VEGETABLE WRAP

Mixed Vegetable Wrap

A refreshing & healthy vegetable wrap that is easy, and perfect for a quick meal. – font needs to change to match rest of document

Main Ingredient :	Common Vegetables
Meal :	Breakfast
Cuisine :	Indian
Sub-Cuisine :	-
Prep Time :	15 min
Cook Time :	15 - 20 min
Serving Size :	2 Adults
Difficulty :	Medium

Directions

- Take a kadhai/wok, add water, and bring water to boil
- Put all finely chopped vegetables, except onion, tomato and coriander leaves, into the water and boil
- Sieve boiled vegetables to remove excess water
- Add red chilli powder, salt, onion, tomato and coriander leaves and mix properly
- Place a chapati on a flat surface, add the mixture into it, and roll the chapati

Tips: Serve with a green chutney or homemade tomato ketchup





Replacing / Substituting

Fast food snacks

Ingredients

- 2 cups brown poha
- 1 finely chopped onion
- ½ cup peanuts
- 1-2 tbsp oil
- 1 finely chopped potato
- Rock salt (for taste)
- Pinch of turmeric powder
- Pinch of mustard seeds
- Pinch of red chilli powder
- Juice of ½ lemon (for taste)
- Some chopped coriander leave (garnish)

KANDE POHE

Kande Pohe

or poha is a traditional snack made from beaten or flattened rice which is light, healthy & flavourful.

Main Ingredient :	Brown Poha
Meal :	Breakfast
Cuisine :	Indian
Sub-Cuisine :	Maharashtrian
Prep Time :	15 min
Cook Time :	5 -10 min
Serving Size :	2-3 Adults
Difficulty :	Low

Directions

- Rinse the poha in water and set aside for the poha to soften for 15 mins
- Take a kadhai/wok and, add oil and heat on stove
- Add mustard seeds, chopped onion
- Mix and cook for 2-3 min till onion becomes brownish and potatoes become soft
- Add the soaked and softened poha and mix well
- Add salt, red chilli powder and turmeric powder and mix
- Turn off the flame
- Squeeze little amount lemon all over the poha and mix well

Tips: You can also use coriander leaves & freshly grated coconut for garnish while serving



Replacing / Substituting

Fried chips, packet food

Ingredients

- 3-4 papad
- 1 finely chopped onion
- 1 finely chopped tomato
- 1 finely chopped green chilli
- Pinch of rock salt (for taste)
- Juice of ½ lemon
- Pinch of red chilli powder (optional)

CHATPATA PAPAD

Chatpata Papad

is a very popular fast food snack across India of roasted papad topped with onions, tomatoes and spices.

Main Ingredient :	Papad
Meal :	Breakfast/Snacks
Cuisine :	Indian
Sub-Cuisine :	North Indian
Prep Time :	5 min
Cook Time :	5 -7 min
Serving Size :	1 – 2 Adults
Difficulty :	Low

Directions

- Roast papad, make a cone out of it while its still soft, and keep in a glass
- Take a bowl and add finely chopped vegetables, salt, red chilli powder
- Squeeze a lemon into mixture
- Mix well
- Take the papad cone & fill with the mixture

Tips: You can add boiled sweet corn to the mixture.





Replacing / Substituting
Fast food snack

Ingredients

- 1 cup soaked green gram (moong dal)
- 1 finely chopped green chilli
- ½ cup finely chopped coriander leaves
- Pinch of rock salt (for taste)
- Water (as required)

MOONG DOSA

Moong Dosa

prepared with protein rich green moong dal instead of rice and urad dal is healthier and easier to prepare than traditional dosa.

Main Ingredient :	Green Garam (Moong Dal)
Meal :	Breakfast
Cuisine :	Indian
Sub-Cuisine :	Andhra Pradesh
Prep Time :	8 hours of soaking
Cook Time :	15 - 20 min
Serving Size :	2 Adults
Difficulty :	Low

Directions

- Grind soaked green gram, green chili and coriander leaves by adding water in small batches and prepare a dosa batter
- Transfer the mixture to a bowl
- Add salt and mix well
- Take a tawa/ pan and place it on stove
- Put some batter on tawa and spread it like a dosa, while on low flame
- Roast on low-medium flame from both sides

Tips: Serve dosa with homemade green chutney or tomato ketchup and homemade sambhar





POPCORN

Popcorn

(popped corn, popcorns or pop-corn) is a quick & easy snack made in a variety of flavours from corn kernel.

Replacing / Substituting

Fried chips, namkeen, etc

Main Ingredient	:	Corn
Meal	:	Breakfast/ Snack
Cuisine	:	Indian – American?
Sub-Cuisine	:	-

Prep Time	:	-
Cook Time	:	10 min
Serving Size	:	2 Adults
Difficulty	:	Low

Ingredients

- 1 cup corn (makai ke daane)
- ¼ tbsp oil
- Pinch of rock salt (for taste)
- ½ tsp turmeric powder

Directions

- Take a pressure cooker and pour oil into it
- Place cooker on medium flame to heat the oil
- Add corn kernels and stir
- Add salt and turmeric powder
- Remove whistle from cooker lid and cover cooker with the inverted lid.
- Keep cooker on low flame for a few minutes until the sound of corn kernels popping stops
- Turn off the flame and open the cooker
- Transfer the popped corn into a bowl and serve

Tips: You can prepare different flavours of the popcorn at home



RAVA DOSA

Rava Dosa

is an aromatic thin crispy pancake typically served with a green chutney.

Replacing / Substituting
Instant junk food

Main Ingredient : Semolina
Meal : Breakfast
Cuisine : Indian
Sub-Cuisine : South Indian

Prep Time : 20 min
Cook Time : 15 - 20 min
Serving Size : 2 Adults
Difficulty : Low

Ingredients

- 1 cup **soaked** semolina (rava/suji)
- 1 cup rice flour
- 1 -2 green chillies (for taste)
- ½ cup finely chopped coriander leaves
- Rock Salt (for taste)
- Water (as per required)

Directions

- In a bowl, mix soaked semolina, rice flour, green chillies, and coriander leaves by adding water in small batches
- Mix well & set aside for 15 mins for the batter to rise
- Heat a pan
- Pour some amount of batter on it and spread like dosa on low flame
- Roast on low-medium flame from side

Tips: Serve dosa with homemade green chutney or coconut chutney



Replacing / Substituting

Fried snacks

Ingredients

- 3-4 leftover Rotis
- 1 tablespoon Oil
- Rock salt (for taste)
- 1 finely chopped green chilli (optional)
- Pinch of mustard
- Pinch of turmeric powder
- 1 finely chopped onion
- 1 finely chopped potato
- 1 tomato
- 2 teaspoons boiled peas (optional)

ROTI KA POHA

Roti Ka Poha

Make healthy & delicious Roti ka Poha from leftover rotis for breakfast or a tea time evening snack.

Main Ingredient : Roti
Meal : Breakfast
Cuisine : Indian
Sub-Cuisine : Maharashtrian

Prep Time : 10 min
Cook Time : 10 min
Serving Size : 2 Adults
Difficulty : Low

Directions

- Cut the leftover rotis into small pieces and grind them into flakes
- Heat oil in a pan. Add the mustard seeds and peanuts. Fry until they are brown
- Add the chopped green chilli and curry leaves and saute for a minute
- Add the chopped onion and mix well
- Add turmeric powder and salt and fry until onions are translucent
- Add the tomatoes, cover the pan with a lid and let it cook over a low flame for 2 minutes.
- Add the prepared roti flakes and some salt and mix well
- Turn off the flame and add the lemon juice and coriander leaves. Mix until everything is well combined.
- Serve hot.

Tips: You can add green peas also if you like



SPICY PEAS

Spicy Matar

is a quick, easy, healthy & delicious snack.

Replacing / Substituting

Fried Snacks, junk fast foods

Main Ingredient : Peas
Meal : Breakfast
Cuisine : Indian
Sub-Cuisine : North Indian

Prep Time : 15 min
Cook Time : 5 min
Serving Size : 2 Adults
Difficulty : Low

Ingredients

- 1 cup soaked peas (matar)
- 2 tsp oil
- Pinch of mustard seeds
- 4-5 washed curry leaves
- Red chilli powder (for taste)
- 1 finely chopped green chilli
- Rock salt (for taste)
- Pinch of turmeric powder
- 1 finely chopped onion (optional)
- Chopped coriander leaves (garnishing)

Directions

- Take a wok/kadhai add oil in it and heat it
- Add mustard seeds, curry leaves and chopped green chilli. Mix well
- Add soaked peas and mix it well
- Add salt, red chilli powder, turmeric powder. Mix it well
- Transfer to a bowl and garnish with fresh coconut & coriander leaves



Replacing / Substituting *Fried Food*

Ingredients

- 2 cups boiled chickpeas (chana/chole)
- 2 boiled potatoes (medium)
- 1 finely chopped onion
- 1 finely chopped tomato
- 3 tbsp of chopped coriander leaves
- Green chutney
- Tamarind sweet chutney
- Rock salt (for taste)
- 1 tsp black pepper
- 1 finely chopped green chilli
- Juice of a lemon

ALOO CHANA CHAT

Aloo Chana Chat

is a simple yet delicious street food/snack loved by all. One of the easiest snacks to make, it almost requires no prior cooking experience. So try yours now.

Main Ingredient :	Potato & Chickpeas
Meal :	Snack/ Salad
Cuisine :	Indian
Sub-Cuisine :	Street Food
Prep Time :	10 min
Cook Time :	20 min
Serving Size :	2-3 Adults
Difficulty :	Low

Directions

- Mix boiled chickpeas and potatoes in a medium size bowl
- Then add green and tamarind sweet chutney in it
- Add finely chopped onion, tomato and green chilly
- Mix all of them very well
- Add salt, black pepper and lemon juice
- Mix very well so that everything gets mixed properly
- Garnish with coriander leaves and serve

Tips: Boil the chick peas and potatoes and let them cool for a couple of hours before making the chat for best results



Replacing / Substituting

Fast food, fried snacks

Ingredients

- 2 cups puffed rice (murmure)
- ½ cup peanuts
- 1 finely chopped onion
- 1 finely chopped tomato
- Rock salt (for taste)
- Pinch of red chilli (for taste)
- 1 finely chopped green chilli
- Some finely chopped coriander leaves
- Homemade green chutney (optional)
- Homemade tamarind chutney
- Juice of ½ lemon

BHEL PURI

Bhel Puri

is a crispy, sweet, tangy, spicy mixture of many edibles

Main Ingredient	:	Puffed Rice (Murmure)
Meal	:	Breakfast
Cuisine	:	Indian
Sub-Cuisine	:	-
Prep Time	:	10 min
Cook Time	:	5 - 10 min
Serving Size	:	2 Adults
Difficulty	:	Low

Directions

- Add puffed rice , peanuts, chopped onion, green chilli to a medium sized bowl and mix it well
- Add salt, red chili, coriander leaves and tamarind chutney. Mix it well
- Squeeze lemon in it. And give a final mix
- Garnish it with some coriander leaves
- Bhel is ready to be served

Tips: Add some chopped fresh raw mango or amchur to add a tangy taste



SUJJI KA CHILLA

Suji ka Chilla

is an easy pancake or dosa recipe which tastes so delicious as it is, or with any chutney of your choice

Replacing / Substituting

Refined flour pancakes

Main Ingredient : Semolina (Suji)
Meal : Breakfast
Cuisine : Indian
Sub-Cuisine : -

Prep Time : 15 -20 min
Cook Time : 15 - 20 min
Serving Size : 1 -2 Adults
Difficulty : Low

Ingredients

- 1 cup semolina (suji/rava)
- 1 finely chopped onion
- 1 finely chopped tomato
- 1 finely chopped green chilli
- Oil
- Rock salt (for taste)
- Pinch of red chilli powder
- Water (as per required)

Directions

- Take a medium bowl and add semolina in it
- Add water in it in small batches and mix it well
- Prepare a batter and then add finely chopped vegetables
- Mix it. Your semolina batter is ready
- Take a pan and place on the stove
- Add 2-3 drops oil on it and spread it with spoon
- Take small amount of batter and spread it on the pan like dosa
- Roast it on both sides like a dosa and its ready to be served

Tips: Serve it with homemade green chutney or ketchup





Replacing / Substituting

Replace 1 cup suji with ½ cup & ½ cup jowar flour to make it more healthier breakfast

Ingredients

- 1 cup soaked semolina (rava/suji)
- Rock salt (for taste)
- ½ cup finely chopped tomato
- ½ cup finely chopped onion
- Red chilli powder
- 1 tbsp oil
- Pinch of cumin seeds(optional)
- Pinch of mustard seeds
- 1 chopped green chilly (for taste)
- 4-5 curry leaves
- Water (as required)
- ½ cup finely chopped coriander leaves

UPMA

Upma

Rava **upma** (Suji **upma**) is nutritious, tasty and very easy to make at home by mixing and cooking roasted rava (suji, semolina) and sautéed vegetables in water

Main Ingredient :	Semolina (Suji)
Meal :	Breakfast
Cuisine :	Indian
Sub-Cuisine :	-

Prep Time :	10 min
Cook Time :	25 min
Serving Size :	2 Adults
Difficulty :	Low

Directions

- Take a wok/Kadhai and put semolina in it
- Roast on medium flame for few minutes
- Pour roasted semolina on a plate
- Take same wok, add oil, and heat
- Add mustard seeds, curry leaves and chopped vegetables except coriander leaves
- Mix well so that all things get evenly mixed
- Add roasted semolina and mix
- Add little amount of water to make it a little wet
- Mix well
- Garnish the upma with coriander leaves and serve

Tips: Garnish the upma with fresh coconut to enhance the taste. Adding green peas, carrots etc.



SPROUTS CHAT

Sprouts Chat

Moong **sprouts salad** is a very easy, tasty as well as a very healthy salad recipe

Replacing / Substituting

Fried snacks, junk fast foods

Main Ingredient :	Green Gram Beans
Meal :	Breakfast
Cuisine :	Indian
Sub-Cuisine :	-

Prep Time :	10 min
Cook Time :	5 - 10 min
Serving Size :	2 -3 Adults
Difficulty :	Low

Ingredients

- 2 cups sprouted green gram beans
- 1 small finely chopped onion
- 1 small finely chopped tomato
- 1 small finely chopped cucumber
- ½ cup finely chopped coriander leaves
- Rock Salt (for taste)
- Cumin powder (optional)
- Red chilli powder (per taste)
- 1 finely chopped green chilli (optional)
- 1 finely chopped potato (optional)
- Juice of ½ lemon
- ½ cup finely chopped coriander leaves (for garnish)

Directions

- Steam the moong sprouts for 5 mins.
- Take a medium mixing bowl & take the sprouts in it.
- Add finely chopped onion, tomato, cucumber, green chilly in it. Mix it
- Add salt, red chilli powder, cumin powder in it and mix it
- Squeeze lemon all over the sprouts and mix it well.
- Garnish sprouts with some finely chopped coriander leaves. Serve it

Tips: You can also use lemon slices for garnishing.

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SWEETS

*A treasure for your health and joy, to be shared with all!
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Replacing / Substituting
Sugar filled sweets

ANJEER BARFI

Anjeer Barfi

is made of dried figs and nuts, an easy guilt free sweet that is sugar free and can be prepared under 30 minutes.

Main Ingredient :	Figs ('Anjeer')
Meal :	Sweet
Cuisine :	Indian
Sub-Cuisine :	Gujarati
Prep Time :	20 min
Cook Time :	5 min
Serving Size :	8-9 pieces
Difficulty :	Low

Ingredients

- ¾ cup of chopped figs (anjeer)
- ¾ cup chopped dates (for taste)
- ¾ cup chopped dry fruits (almonds, cashew nuts, pista)
- 2-3 tbsp of water
- 1 and ½ tsp of cardamom powder
- Oil (as we are not using non-stick pan)

Tips: If you are using within a day then no need to keep barfi refrigerated. If you are not using within a day then refrigerate and consume within a week

Directions

- Take a kadhai/wok and place it on the stove top
- Put chopped dry fruits except figs and dates. Roast them till they become crunchy
- After roasting keep the mixture aside in a plate
- Now take the same vessel, add figs (anjeer) and add 3 tbsp. of water to soften the figs
- When figs become soft, add dates and cardamom powder and cook on low flame for 3-4 minutes.
- Add 1-2 drops of oil so it doesn't get sticky on the bottom of the vessel
- After 3-4 minutes the mixture gets sticky. The mixture should become quite soggy and thick
- Now add roasted dry fruits in the mixture. Mix well.
- If the mixture doesn't get dry, then cook for 2 more min.
- Grease the tray or plate with a few drops of oil properly and on rolling pin (belan)
- Place the mixture on it
- Spread it with the rolling pin on the greased plate tray
- Keep aside for cooling.
- Once it gets cool, cut the barfi into pieces and it is ready



COCONUT BARFI

Coconut Barfi

as its name suggest is a traditional sweet made of freshly grated coconut along with jaggery.

Replacing / Substituting
Sugar filled desserts & sweets

Main Ingredient : Coconut
Meal : Sweet
Cuisine : Indian
Sub-Cuisine : Konkan, Maharashtra

Prep Time : 15 min
Cook Time : 15 - 20 min
Serving Size : 5-6 Adults
Difficulty : Low

Ingredients

- 1 cup grated coconut
- 1 cup jaggery
- ¼ tsp of cardamom powder
- ½ tsp ghee (for greasing)
- Some chopped dry fruits (pista or cashew nuts) - optional

Tips: Store the barfi in an air tight container

Directions

- Take a pan and grease it with ghee and add chopped pista or cashews in it
- Roast them on medium flame and keep aside on a plate
- If you choose not to use pista and cashew, start from the next step
- Now take the same pan and add grated coconut and jaggery
- Stir on medium flame till the jaggery melts
- Grease a plate or tray with ghee
- When mixture bubbles and leaves the side of pan, place immediately on greased plate or tray
- Spread the mixture in the plate/tray evenly
- Add the roasted pista and cashew on top
- Cut mixture in desired shape while it is warm
- Keep the mixture aside and let it cool
- Break the barfi into small pieces after barfi cools down
- Your coconut barfi is ready to serve.



BASIL PUDDING

Basil Pudding / Mango Chia

is a healthy dessert made using fresh ripe mangoes, coconut milk & chia or basil seeds.

Replacing / Substituting

Dairy milk, sugar

Main Ingredient : Mango & Basil Seeds

Meal : Dessert

Cuisine : Indian

Sub-Cuisine : -

Prep Time : 40 min

Cook Time : -

Serving Size : 4 glasses

Difficulty : Low

Ingredients

- 2 ripe mangoes
- ½ cup basil/chia seeds
- 2 cups Coconut milk
- 3tbsp raw honey / jaggery (you can add more if you like it sweeter)

Directions

- Add the flesh of one mango to a blender to make a puree & dice the other mango
- Add basil seeds, coconut milk, pureed mango & jaggery to a mixing bowl
- Add the diced mango & mix it in, saving a few chunks for the topping.
- Place the mixture in the fridge for 15 mins, then bring it out & stir, then put it back in the fridge for another 15 mins.
- Spoon it out into 4 serving glasses, top with the remaining chunks of mango & serve it.

Tips: You could even layer it by pouring one layer of the mix & one layer of the diced mangoes.



GUD POHA

Gud Poha

This mouth-watering poha recipe is nutritious and wholesome and can be had for breakfast or as a snack or as a dessert. The best thing about this poha recipe is that it doesn't need cooking at all!

Main Ingredient : Jaggery and Poha
Meal : Dessert
Cuisine : Indian
Sub-Cuisine : Maharashtrian

Prep Time : 5 min
Cook Time : 10 min
Serving Size : 5 Adults
Difficulty : Low

Replacing / Substituting

White Poha and Sugar filled deserts

Ingredient

- 1 cup grated coconut
- 1 cup flattened brown rice (poha)
- ½ cup finely chopped jaggery
- 1 tsp cardamom powder
- 1 tsp dry fruits (garnishing)

Directions

- Wash poha thoroughly in a bowl
- Take a bowl and put grated coconut, cardamom powder and jaggery into it
- Mix properly
- Add the mixture to the poha
- Mix it well
- Your gud poha is ready
- Garnish with dry fruits and serve

Tips: If the poha is soaked beforehand, the dish will be ready in 5 minutes



MANGO PAPADUM

Mango Papadam/ Aam Papad

is a tasty, delicious dessert recipe made with mango & jaggery.

Replacing / Substituting
Dessert's sugar with jaggery

Main Ingredient : Mango
Meal : Dessert
Cuisine : Indian
Sub-Cuisine : -

Prep Time : 5 min
Cook Time : 10 min
Serving Size : 5 Adults
Difficulty : Low

Ingredient

- 2 large mangoes
- ¼ cup jaggery
- ¼ tsp cardamom powder

Tips: You can store mango papad for 1-2 months if kept in a refrigerator.

Directions

- Wash both mangoes
- Peel both the mangoes and cut them into pieces
- Mix mango pieces and jaggery in a wok/kadhai, place on gas, and bring to a boil.
- Cook mixture for 7-8 minutes after that while stirring continuously.
- Grease a plate or tray with a few drops of ghee, pour the mango mixture on it, and spread it out (thinly)
- Keep the tray or plate in sun to dry.
- Once the mixture is dried take a knife and cut the mango papad into piece
- Your mango papadum (aam papad) is ready to serve.



MODAK

Modak

is a famous sweet with a filling of jaggery & coconut.

Replacing / Substituting

Sweets that include sugar such as rabdi, gajar ka halwa, etc.

Main Ingredient : Rice flour, coconut

Meal : Sweets

Cuisine : Indian

Sub-Cuisine : Maharashtrian

Prep Time : 45 min

Cook Time : 45 min

Serving Size : 3-4 Adults

Difficulty : Medium

Ingredient

- ½ kg rice flour
- 2 cups grated coconut
- 1.5 cup jaggery (powdered)
- 2.5 cups water
- 4 - 5 crushed green cardamoms (choti elaichi)
- 1 tbsp crushed almonds and cashews
- 2 tsp oil
- Steamer – this isn't an ingredient?

Tips: You can make variations in the filling by adding banana or mango.

Directions

- Mix the grated coconut and powdered jaggery
- Add crushed dry fruits and green cardamoms, and stir it on the low flame
- Once all ingredients are mixed well, turn off the gas
- Take another medium size bowl, add water to it and less than a pinch of salt and boil it.
- Add rice flour and stir the mixture properly on a low flame
- Turn off the flame.
- Cover the rice flour with a plate and keep it aside for 10-15 minutes
- Start moulding the modaks when the rice flour is still warm by making a poori & putting the filling into it.
- Take a steamer, add water, and place on gas (would it be simpler to ask to follow steamer instructions?)
- Place the strainer on the steamer
- Now put the modaks on it and steam them for 20 mins. Your modak is ready to serve.



Replacing / Substituting
Aerated drinks

Ingredient

- 2 cups of water
- 1 cup of Nachni sattu (ragi flour)
- ½ cup finely chopped jaggery
- Finely chopped dry fruits (almond, cashews, walnuts)

Tips: You can also make the nachni sattu (ragi flour) mixture by adding soy milk for consistency – not consistency.

NACHNI SATTU

Nachni Drink

is a very nutritious, made during summer to cool & hydrate the body.

Main Ingredient : Nachni (Ragi)
Meal : Sweets
Cuisine : Indian
Sub-Cuisine : Maharashtrian recipe

Prep Time : 5 min
Cook Time : 10- 15 min
Serving Size : 2-3 Adults
Difficulty : Low

Directions

- Take a wok/kadhai, add water, place it on the stove top and bring to a boil
- At the same time, take a bowl and add nachni sattu (ragi flour) to it
- Add small amount of water and mix well to avoid clumps
- Once water boils, put the ragi mixture into it
- Stir for 5 minutes
- Your ragi mixture is ready
- Now take ragi mixture in a bowl
- Add jaggery to it and mix well
- Add finely chopped dry fruits
- Mix well
- Your nachni sattu sweet dish is ready.



PALM SWEETS

Date Ke Laddoo

is a very healthy and nutrition rich **laddoo**.

Replacing / Substituting

Sweets with sugar

Main Ingredient : Dates
Meal : Sweets
Cuisine : Indian
Sub-Cuisine : -

Prep Time : 10 min
Cook Time : 15 min
Serving Size : 2 Adults
Difficulty : Low

Ingredient

- 250g of dates
- 2 tbsp. finely chopped dry fruits
- 250g dry coconut

Tips: You can coat the laddoos with dry coconut powder.

Directions

- Remove seeds from dates
- Blend dates and dry fruits in a mixer/ blender
- Blend the dry coconut in a mixer/blender and then roast it (little bit)
- Mix all the ingredients properly
- Take small amount of mixture in hand and shape into a ball
- Continue the process with remaining mixture
- Your palm sweets (dates ke laddoo) are ready to serve.



PEANUT LADDOO

Peanut Jaggery Laddoo

Healthy & tasty peanut laddoos made from 2 ingredients

Main Ingredient : Peanut & Jaggery
Meal : Sweets
Cuisine : Indian
Sub-Cuisine : Maharashtrian

Prep Time : 5 min
Cook Time : 20 min
Serving Size : 5 + Adults
Difficulty : Low

Replacing / Substituting
Desserts with sugar

Ingredient

- 2 cup peanuts (moongphalli)
- ½ cup jaggery (chopped)
- Green cardamoms (elaichi) paste
- 1 cup water (required accordingly – I don't understand what this means)

Tips: You can use peanut pieces instead of crushed peanuts as a variation

Directions

- Take wok/ kadhai, add peanuts, and roast them
- Take a bowl, put roasted peanuts into it, and crush them coarsely (little bit)
- Take a wok/kadhai, add 2 tbsp of water, add chopped jaggery, and stir on medium flame till the jaggery melts.
- Cook the mixture for 5 - 10 mins
- Now turn off the flame and add green cardamoms and crushed peanuts, and stir it properly
- Keep the mixture aside and let it cool a little
- Grease your hand with a drop of water and start shaping the mixture into balls
- Your Peanut –Jaggery laddoo is ready to serve



PUFFED RICE CHIKKI

Murmure Ki Chikki

Quick & easy rice crisps made in jaggery.

Replacing / Substituting
Chips and packet snacks

Main Ingredient :	Puffed Rice (Murmure)
Meal :	Sweets
Cuisine :	Indian
Sub-Cuisine :	Maharashtra & Punjab
Prep Time :	5 min
Cook Time :	20 min
Serving Size :	4-5 Adults
Difficulty :	Low

Ingredient

- ¼ cup grated jaggery (gur)
- 1 and ¼ cup puffed rice (murmura)
–
- A pinch of cardamom (elaichi) powder
- 1tbsp Ghee (for greasing)

Directions

- Take a wok/kadhai and roast the puffed rice (murmure) in it on a slow flame till they are crisp (kurkura)
- Turn off the flame and keep the roasted puffed rice aside to cool
- Take a wok /kadhai and add jaggery with a little amount of ghee
- Heat the jaggery on a low flame while stirring continuously
- Once the jaggery turns a golden brown in colour, turn off the gas
- Add the roasted murmure and cardamom powder to the jaggery and mix well for 3 to 4 minutes or until all murmure are covered with jaggery
- Take a tray and grease it with ghee evenly
- Place the mixture on the tray and spread it evenly
- While the mixture is warm, make cuts with knife.
- When the mixture cools to room temperature break, it into pieces.
- Your puffed rice candy is ready to serve.

Tips: Keep in an air tight container and store in a cool and dry place



Replacing / Substituting
*Sugar filled cough drops or
chocolates*

Ingredient

- 250gm ginger
- ½ kg jaggery
- ¼ tsp cardamom powder
- ½ cup of water

AALE PAK

Aale Pak

Passed down through the generations, one of the most commonly known benefits of ginger is it helps you to digest your food easily and reduces flatulence.

Main Ingredient : Jaggery
Meal : Sweets
Cuisine : Indian
Sub-Cuisine : Maharashtrian

Prep Time : 10 min
Cook Time : 15 - 20 min
Serving Size : 2 - 3 Adults
Difficulty : Low

Directions

- Peel ginger and grind it.
- Chop jaggery finely.
- Take a wok and boil jaggery in it.
- Once the jaggery melts, add ginger paste.
- Cook the mixture for 2-3 minutes till it gets oily
- Add cardamom powder
- Take a plate, grease it with 1-2 drops of oil, and spread it
- Pour the mixture on plate
- Once it cools, cut into desired shapes with a knife.
- Aale Pak is ready



Replacing / Substituting
Murabba that includes sugar

APPLE MURABBA

Apple Murabba

has many health benefits, such as enhancing immunity of the body & is a common remedy in Indian households. It is a powerhouse of nutrients.

Main Ingredient	:	Jaggery
Meal	:	Sweets
Cuisine	:	Indian
Sub-Cuisine	:	Maharashtrian
Prep Time	:	10 min
Cook Time	:	15 - 20 min
Serving Size	:	2 - 3 Adults
Difficulty	:	Low

Ingredients

- 4 Apples (small size and of good quality)
- 200gm of jaggery (for syrup)
- ½ tsp of cardamom powder
- 1 cup of water (for syrup preparation)
- 1 lemon (juice)

Tips: If the syrup appears too thin (chashni zyada patli hai), after 2 days cook it for few more minutes and if syrup is too thick, then add a little water and cook till the first boiling bubbles appear.

Apples should be soaked in the syrup completely if you want to use for a longer time.

Directions

- Wash apples properly and peel with a peeler
- After peeling, keep the apples in a bowl filled with water to avoid blackening
- Take a steel vessel (medium size bhigoni) and add enough water to cover the apples completely
- Place this vessel over a flame & when the water starts boiling, place the apples in it
- Cook the apples till they become slightly soft (10-15 mins.)
- Turn off the flame once the apples have turned soft.
- Take out soft apples from water and keep in a bowl.
- Use the boiled water for preparing syrup.
- Take another small vessel and put water in it.
- Add jaggery and boil till the jaggery melts.
- Put apples in the vessel and cook till syrup reaches a thicker consistency. Now check the syrup by taking a few drops of it between your thumb and forefinger and stretching it.
- If there is a formation of threads (ek taar), your syrup is ready
- Turn off the flame
- Keep the apples in the syrup to retain sweetness. (font changed)
- Mix lemon juice and cardamom powder in syrup and mix well.
- Keep apples soaked in syrup for around 2 days and stir once a day
- After 2 days your apple murabba is ready to be served.



DRY FRUIT CHIKKI

Dry Fruit Chikki

is a nutritious version of a sweet loaded with dry fruits, healthy seeds, and iron-rich jaggery.

Replacing / Substituting

Sugar filled sweets and chocolates

Main Ingredient : Dry Fruits

Meal : Sweets

Cuisine : Indian

Sub-Cuisine : -

Prep Time : 15 min

Cook Time : 35 - 40 min

Serving Size : 4 Adults

Difficulty : Medium

Ingredient

- 1 cup mixed nuts (3 dry fruits of your choice such as almonds, cashew nuts, etc.)
- ¼ cup white sesame
- ¾ cup jaggery
- 2 tsp ghee (greasing)

Directions

- Cut dry fruits into thin slices
- Heat a wok/kadhai, add white sesame to it, and roast on a medium flame till they splutter.
- Turn off the flame and keep the wok aside to cool
- Add a tsp of ghee in the wok and put all chopped dry fruits in it and roast them for 1 or 2 mins.
- Keep the wok aside to cool.
- Grease a tray with a drop of ghee and also grease the rolling pin (belan) that you will use for spreading the mixture
- Then take another wok, heat water in it, and add jaggery to it
- Boil the mixture till the jaggery melts while stirring continuously
- Once syrup is ready, turn off the flame and add the mixture of roasted dry fruits to it and mix properly.
- Pour the mixture over the tray and with the help of the rolling pin, spread the mixture
- While the mixture is warm, cut into the shapes you desire
- Allow it to cool.
- Your dry fruit chikki is ready to serve

Tips: You can use a mix of dry fruits or even one dry fruit like cashew or almond & make the chikki.



Replacing / Substituting *Sugar filled desserts*

Ingredient

- 2 cups wheat flour
- ½ tsp salt
- 1 tbsp oil

Materials For Stuffing :

- 1 cup Chana dal
- ½ cup jaggery
- Cardamom powder (of 3-4 cardamoms)
- Oil (for roasting)

Tips: To make a healthier version you can make the puran poli with coconut oil

PURAN POLI

Puran Poli

is a sweet flatbread stuffed with a sweet lentil filling made from skinned split bengal gram (chana dal) and jaggery.

Main Ingredient :	Jaggery
Meal :	Sweets
Cuisine :	Indian
Sub-Cuisine :	Maharashtrian
Prep Time :	2 hours
Cook Time :	1 hour
Serving Size :	2 - 3 Adults
Difficulty :	Medium

Directions

- Sieve the wheat flour
- Heat oil and pour it on flour
- Add salt
- Make a dough by adding water in small batches
- Take a small amount of dough and roll it
- Add stuffing in it
- Form into the shape of chapatti
- Take a pan and place chapatti on it
- Roast chapati (like paratha)
- Puran poli is ready

Directions for Stuffing

- Soak dal in water for 2 hours
- After soaking, boil it
- Once it gets soft, sieve it to remove excess water
- Grind it without adding water
- Add jaggery and cardamom powder in it
- Mix well



ROASTED CHANA DAL CHIKKI

Roasted Chana Dal Chikki

This dish is tasty, flavourful, and very easy to prepare. It is perfect for any occasion.

Replacing / Substituting
Desserts or sweets filled with sugar

Ingredient

- 2.5 cups of roasted chana dal
- 2 cups of chopped jaggery

Tips: Keep in an air tight container in a cool and dry place. You might want to add little smooth (what is this?) or dry ginger if you like the flavour.

Main Ingredient	:	Roasted Chana Dal
Meal	:	Sweets
Cuisine	:	Indian
Sub-Cuisine	:	-
Prep Time	:	5 min
Cook Time	:	20 min
Serving Size	:	5+ adults
Difficulty	:	Low

Directions

- Take a wok and heat on high flame
- Add jaggery in it mix it and cook it on high flame for around 2 minutes and stir it continuously – mix with what?
- Lower the flame and stir the jaggery for 3 minutes till it melts and changes colour
- Turn off the flame and stir jaggery for few seconds
- Add roasted chana dal and mix them properly
- Grease a tray with a tsp of ghee and also grease the rolling pin (belan)
- Put the mixture into the greased tray and flatten it with the greased rolling pin
- Then immediately cut the chikki into equal pieces with a knife while the mixture is still warm
- After cutting into pieces, keep it aside to cool.
- Now break the chikki into pieces
- Your chikki is ready to serve.



Replacing / Substituting

Sugar filled sweets

Ingredient

- 1 cup semolina (rava/sooji)
- 1/3 tsp cardamom powder
- ½ bowl jaggery
- 1 glass of water
- ½ cup of dry fruits finely chopped (almonds, cashews, raisins)

Tips: You can dry roast the dry fruits before adding to the sheera for additional crunchiness

SHEERA

Sheera

Sooji halwa is one of the easiest and simplest desserts to make.

Main Ingredient	:	Rava
Meal	:	Sweets
Cuisine	:	Indian
Sub-Cuisine	:	Maharashtrian
Prep Time	:	15 min
Cook Time	:	20 min
Serving Size	:	3 - 4 Adults
Difficulty	:	Low

Directions

- Take a wok/kadhai and put semolina in it
- Stir on low flame till it turns a light brownish colour
- Take another wok and add water and jaggery in it
- Stir the jaggery mixture on low-medium flame till jaggery melts
- Now add the cardamom powder, jaggery and water mixture to the semolina
- Stir the mixture for 10-15 mins
- Turn off the flame and garnish with dry fruits
- Your sheera sweet is ready to serve



TIL KE LADDU

Til ke Laddu

healthy, delicious and simple recipe of laddoos prepared with sesame seeds, jaggery, peanuts and desiccated coconut.

Replacing / Substituting
sweets that include sugar such as
rabdi, gajar ka halwa etc.

Main Ingredient : Sweet Sesame
Meal : Sweets
Cuisine : Indian
Sub-Cuisine : Maharashtrian

Prep Time : 15 min
Cook Time : 40 min
Serving Size : 3 - 4 Adults
Difficulty : Medium

Ingredient

- ½ kg sweet sesame
- 250 gms jaggery
- Pinch of green cardamom powder
- Peanuts, raisins or coconut flakes (optional)
- 2 tbsp of water

Tips: The mixture can also be flattened in a tray and cut into pieces

Directions

- Take a wok/kadhai, put sweet sesame in it, and roast for ~5 mins (don't over-roast, otherwise it will become hard)
- Take a bowl, put the roasted sweet sesame into it, and keep it aside and let it cool
- Blend the roasted sweet sesame a little bit in a mixer/blender
- Take a wok, add water and heat
- Once water is heated, add jaggery and mix till the jaggery becomes liquid
- Add a pinch of green cardamom powder and mix
- Turn off the flame and then add roasted sweet sesame, (peanuts, raisins or coconut flakes optional) in the jaggery and mix it well until the mixture thickens
- Grease your hand with 2-3 drops of water and start shaping into balls
- Til ke laddoos are ready to serve

DRINKS

*A treasure for your health and joy, to be shared with all!
Compiled by Swasth Yog Institute
Recipe credit - Swasth Yog Institute, Picture credit - aura.ganic*



COCONUT MILK

Coconut Milk

is a traditional milky-white liquid extracted from the grated pulp of mature coconuts.

Main Ingredient	:	Coconut
Meal	:	Drinks
Cuisine	:	Indian
Sub-Cuisine	:	Maharashtra & South India

Replacing / Substituting
Cow's milk

Prep Time	:	-
Cook Time	:	10-15 min
Serving Size	:	2 Adults
Difficulty	:	Low

Ingredients

- 1 fresh coconut, grated
- 1 cup of water

Directions

- Take a fresh coconut and grate it.
- Blend the grated coconut in a mixer by adding half glass of warm water
- Take a bowl & place a strainer (chalni) on it
- Spread a muslin cloth on the strainer to get a double strainer effect and strain the blended grated coconut
- Coconut milk will collect in the bowl below
- Strain the blend completely until all the milk is squeezed out
- Blend the strained grated coconut by adding half glass of warm water again
- Strain the blended mix again to extract more milk
- Your coconut milk is ready. The milk will be thin in consistency

Tips: For thicker coconut milk, blend the grated coconut with very little water or squeeze the fresh grated coconut directly



PALAK SOUP

Spinach Soup

is a healthy one pot liquid meal prepared with palak leaves and other spices.

Replacing / Substituting
Cold drinks, Canned beverages

Main Ingredient : Spinach
Meal : Drinks
Cuisine : Indian
Sub-Cuisine : Maharashtrian recipe

Prep Time : 15 min
Cook Time : 10-15 min
Serving Size : 3-4 Adults
Difficulty : Low

Ingredients

- 250gm spinach (palak)
- 2 tomatoes
- Small ginger piece
- 1 tsp chopped coriander leaves
- ½ lemon
- ¼ tsp black pepper powder
- ¼ tsp black salt
- Water (as per required)

Tips: Add sweet corn to enhance the taste of the soup

Directions

- Chop spinach, tomatoes and ginger into small pieces
- Put the chopped ingredients in a vessel and place in on the stove
- Add 1 cup of water and bring the mixture to a boil.
- After one boil, continue to keep the mixture on the stove for 2-3 minutes more
- Take the vessel off the stove and let it cool down
- Blend the cooled down mixture in a mixer/blender
- Add 3 cups of water to the blended mixture and mix it
- Strain the mixture with help the of a strainer in another vessel
- Now add black pepper,black salt in it and boil the mixture for 2-3 minutes
- Your spinach (palak) soup is ready to serve



SOY MILK

Soy Milk

is a plant-based drink used as a replacement for dairy milk

Replacing / Substituting
Cow's milk

Main Ingredient : Soya bean (yellow)
Meal : Drinks
Cuisine : Indian
Sub-Cuisine : -

Prep Time : 8 hours of soaking
Cook Time : 30 min
Serving Size : 5 Adults
Difficulty : Medium

Ingredients

- 200 grams of yellow soyabeans
- 3 cups of water (for soaking)
- 3-4 cups of water (for blending)
- Cotton cloth (for filtering)

Directions

- Soak 200 gms of soyabeans in 3 cups of water overnight
- Strain and rinse the soyabeans
- Remove the skin of the soyabeans
- Blend the soaked soyabeans in a mixer/blender by adding water little by little
- Blend it into a smooth mixture
- Strain the blended mixture with the help of thin cotton cloth and squeeze out the milk in a bowl
- Then heat the milk for around 15 to 20 minutes by stirring frequently
- Then cool the milk and store it.
- Your soya milk is ready

Tips: You can refrigerate soy milk for 3-4 days



TANGY SATTU DRINK

Tangy Sattu Drink

is a healthy drink made using sattu.

Replacing / Substituting

Cold drinks and protein shakes

Main Ingredient : Sattu
Meal : Drinks
Cuisine : Indian
Sub-Cuisine : -

Prep Time : 5 min
Cook Time : 30 min
Serving Size : 1 ½ Glasses
Difficulty : Low

Ingredients

- 3 tbsp Sattu (baby chickpeas roasted & grounded)
- ½ tsp amchur powder (raw mango powder)
- ½ tsp jeera powder (cumin seeds)
- 2-3 mint leaves, chopped
- Few strands of fresh coriander leaves, chopped
- ½ freshly squeezed lemon juice
- 11/2 glasses of water
- Pinch of jaggery(optional)
- ½ green chilli, chopped and deseeded
- Pink salt to taste

Directions

- Take a mixer/blender, and blend all the ingredients except chilli, water, ice(optional)
- Then add chilli & mix it with the help of a spoon.
- Serve Sattu drink in a glass and enjoy.

Tips: Have the Sattu drink post Yogic Vyayaam or Workout



THANDAI

Soya Thandai

is a delicious, traditional, cooling Indian recipe served as a Drink.

Replacing / Substituting
Cow's milk

Main Ingredient : Almond and fennel (saunf)
Meal : Drinks
Cuisine : Indian
Sub-Cuisine : -

Prep Time : 15 min
Cook Time : -
Serving Size : 2- 3 Adults
Difficulty : Low

Ingredients

- 10 almonds (soaked in water)
- 1 tbsp raisins (soaked in water)
- 1 tbsp fennel (saunf) (soaked in water)
- 10 black peppercorns (soaked in water)
- 4 cardamoms (elaichi) (soaked in water)
- 1 and ½ soy milk
- 1-2 cups of water (as per required)
- 1 tbsp jaggery

Tips: You can use unpeeled soaked almonds as well as we need to sieve the mixture.

Directions

- Peel the almonds
- Take a mixer /blender and put all the ingredients in, except the milk and 2 cups of water
- Blend the mixture by adding little amount of water into a paste
- Take a medium sized steel vessel and strain the paste with strainer to get a liquid in the vessel
- Add water in the strained liquid and mix it very well
- Then add soya milk in it and mix it thoroughly
- Take a glass and serve thandai in it



TOMATO CURRY

Tomato Curry

is a flavourful, simple and delicious side dish.

Replacing / Substituting
Curd Curry (?)

Main Ingredient : Tomato
Meal : Drinks
Cuisine : Indian
Sub-Cuisine : Kerala Drink

Prep Time : 10 min
Cook Time : 10 min
Serving Size : 3 Adults
Difficulty : Medium

Ingredients

- 2 tbsp oil
- ¼ tsp mustard seeds
- Some curry leaves
- 2 chopped tomatoes (large size)
- 1 chopped onion (in slice form)
- 1 green chilly
- ¼ tsp turmeric powder
- 1 tsp red chilli powder
- 1 tsp coriander powder
- 1 and ½ cup of coconut milk (medium size cup)
- A pinch of salt (for a taste)
- Some coriander leaves chopped (optional)

Tips: You can use chopped coriander leave for garnishing

Directions

- Heat 2 Tsp oil in a wok/kadhai
- Add mustard seeds and wait for them to splutter
- Add curry leaves, onion and green chillies in it
- Sauté and stir the mixture till the onions become light brown in colour
- Add in chopped tomatoes and stir it on medium flame till the mixture becomes a little thick and reaches the consistency of a sauce/ ketchup
- Add turmeric powder, red chilli powder and coriander powder
- Stir the curry thoroughly
- Add in the coconut milk and stir until thoroughly mixed
- Add salt for taste.
- Lower the flame and stir for around 1 min
- Turn off the flame and keep the curry aside for cooling
- Transfer the tomato curry into a bowl
- Tomato curry is ready to serve



Replacing / Substituting
Cold Drinks, Coffee

Ingredients

- 1 – Beetroot (medium size)
- 4-tomatow (small size)
- 2-Carrots
- Some fresh mint leaves for taste (optional)

Tips: Mint leaves can be used as decorative item also.

VEGETABLE JUICE

Vegetable Juice

Beetroot, tomato, carrot juice is a great way to quench thirst and get instant energy and nutrition

Main Ingredient :	Tomato, Beetroot, Carrot
Meal :	Drinks
Cuisine :	-
Sub-Cuisine :	-
Prep Time :	20 min
Cook Time :	-
Serving Size :	1 Adults
Difficulty :	Low

Directions

- Cut all three vegetables into small pieces.
- Add some fresh mint leaves (Optional)
- Add all three cut ingredients in a blender and blend into a juice
- Serve it in a glass with some fresh mint leaves to garnish



Replacing / Substituting
Cold Drinks , Coffee

WATERMELON JUICE

Watermelon Juice

A delicious, thirst quenching & refreshing **juice** for the summers to beat the heat naturally and keep us hydrated.

Main Ingredient	:	Watermelon
Meal	:	Drinks
Cuisine	:	World cuisine
Sub-Cuisine	:	-
Prep Time	:	10 min
Cook Time	:	-
Serving Size	:	5 Adults
Difficulty	:	Low

Ingredients

- 1 Kg - Watermelon
- Some fresh mint leaves for taste

Directions

- Deseed & Cut the watermelon into small pieces
- Put some mint leaves for taste (Optional)
- Put the small pieces of watermelon and some mint leaves (Optional) in a blender and blend it for few seconds.
- Pour the juice into glasses
- Garnish using mint leaves
- Watermelon juice is ready to be served

Tips: A variation to this drink can be taking water melon & musk melon in half-half quantity. The picture shared above is of the variation.



Replacing / Substituting

Cold Drinks, Cold Coffee

Ingredients

- 6-8 kokum (sweet kokum)
- 1 cup fresh coconut milk
- 1 cup of hot water
- 1 tsp ginger
- 1-2 green chilies
- Pinch of asafetida
- Pinch of rock salt (for taste)
- Coriander leaves for garnishing

SOL CURRY

Sol Curry

Solkadhi is a type of drink, an appetizer originating from the Indian subcontinent, usually eaten with rice or sometimes drunk after or along with the meals.

Main Ingredient	:	Kokum
Meal	:	Drinks
Cuisine	:	Indian
Sub-Cuisine	:	Goan, Maharashtra (Konkan)
Prep Time	:	20 min
Cook Time	:	10 min
Serving Size	:	2 Adults
Difficulty	:	Medium

Directions

- Soak kokum in hot water .
- Add a pinch of salt and asafetida to it
- Keep the mixture aside for 3-4 hours
- Blend the coconut milk, ginger and green chilies in a mixer/ blender
- After 3-4 hours take out the kokum from hot water
- Add the blended mixture to the kokum water
- Stir it thoroughly until pink colour appears
- Once pink colour appears your sol curry is ready
- Put the sol curry in the glasses and garnish with coriander leaves
- Sol Curry is ready to be served

Tips: You can serve sol curry with ice or normal also



IMLI SHARBAT

Imli Sharbat

An ultimate summer drink to cool you down & Promotes gut health.

Replacing / Substituting
Cold Drinks , Cold Coffee, Iced tea

Main Ingredient : Tamarind
Meal : Drinks
Cuisine : Indian
Sub-Cuisine : Maharashtrian recipe

Prep Time : 30 min
Cook Time : 15-20 min
Serving Size : 3 Adults
Difficulty : Low

Ingredients

- ½ cup tamarind (imli)
- Pinch of black pepper (for taste)
- 1 tsp of black salt
- 100gm jaggery
- 4 cups of water

Tips: You can garnish with fresh coriander

Directions

- Soak tamarind in water for 30 minutes
- Squeeze tamarind juice out and remove the pulp
- Add 2 cups of water to the tamarind juice and boil it for around 5 mins
- Add jaggery and black pepper and salt
- Stir it continuously and add 2 cups of water
- Heat the mixture on low flame
- Boil it for 2-5 minutes
- Turn off the flame and keep the sharbat aside
- Let the sharbat cool
- Imli Sharbat is ready to serve

