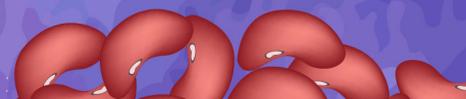


# PLANT PROTEIN

## Breakfast Recipes



# Nutri-dosa/cheela/ pancake



## Contents

High protein Soya oats pancake	04
Plant protein dosa	06
Carrot chapathi with dal tadka	08
Whole green gram and palak dosai with coconut chutney	10
Mixed dal adai with coconut-roasted dal chutney	12
Almond and flax seed flour pancakes	14
Chickpea Pancakes with Peanuts Chutney	16
Stuffed Moong Dal Dosa	18
Mix dal pancake	20
Green peas Moong Dal Chilla	22
Prathinyukt Paushtik Thalipeeth	24
Green Chilla with Almond Hummus	26

# Nutri-steam products



## Contents

Dal dumplings with peanut chutney	04
Sprouts dhokla	06
Horsegram- rice idli	08
Methi moong daal idli	10
Mung bean Ada (Cherupayar Ada)	12
Yeasted steam cake	14
Kodo millet (Varagu) puttu and Bengal gram curry	16
Vegetable Stir Fried Idli	18
Bafauri	20
Dhokla- Eataliano	22
Proteinious Dhokla	24

# Nutri-parantha/ wraps/sandwiches



## Contents

Dal stuffed kali (ragi ) roti	04
Taco-chunks	06
Veg kebab paratha	08
Wheat flour chapati with Soya granules bhurji	10
High Protein Wrap	12
Non egg omlet soya chapathi	14
Fajita Vegita	16
Spinach-bengal gram tacos	18
Soya nuggets leafy toast	20
Vegan Fuse Burger	22
Proteinwiches	24
Double dose protein roll	26
Veg Frankie	28



## Contents

Soyabean upma	04
Quinoa amaranth poha	06
Sprouts-badam ki sabzi	08
Peanut Rice	10
Rice balls with green gram masala	12
Quinoa soy milk bowl	14
Sprouted pulses kolukattai	16
Millet mint Pongal	18
Upma with finger millet and pearl millet	20
Sprouted legume salads	22
Poha upma	24



## Contents

Green gram dhal idiyappam with Tofu kadala Curry	04
High protein soya bean-based idiyappam	06
Soy sattu kebbab	08
Multi Appe	10
Grilled Tofu Skewers	12



## Contents

Pigmented vegan pizza base	04
Flaxseed and soy nachos	06
Pulses Fortified Bread	08
Methi Millet Chamchamiya	10
Fortified flat bread	12
Health Drink	14
Green Lentil apple smoothie	16
Protein Rich Pan Cake	18

# High protein soya oats pancake



## INGREDIENTS

Soya bean powder- 80 gms  
Oats- 40 gm  
Oil - 1/2 tsp  
Ginger garlic paste- 1 tsp  
Onion- 50 g (chopped)  
Carrot- 50 g (grated)  
Coriander leaves- 2-3 sprig  
Salt to taste

Recipe by- Sangeetha

## RECIPE

1. Soak the oats and soybean powder in water separately for 30 min.
2. Grind the soaked oats along with all the ingredients and salt
3. Add water to the batter if required. Batter should be of pouring consistency.
4. Heat a non-stick pan and add oil.
5. Pour the batter to make a pancake .
6. Cook on both sides till medium brown. Serve hot.



ENERGY

390 kcals



PROTEINS

19 g



FATS

9 g



CARBOHYDRATES

32 g



# Plant protein dosa



Serves  
5



Preparation  
15 mins



Cooking  
15 mins

## INGREDIENTS

Tamarind seeds - 60g  
Green gram (whole) -60g  
Black gram dhal -25g  
Cowpea - 50g  
Peas -50g  
Rice - 25g  
Carrot, Onion ,coriander- for garnish  
Oil - 1 tsp

Recipe by- Maddiseti Durga Devi

## RECIPE

1. Roast the tamarind seeds and soak for 2-3 hours separately and then remove the seed coat .
2. Soak the rice, Black gram dhal, green gram, cow pea and peas for 4 to 6 hours.
3. Grind the mixture into fine paste , add salt and leave outside for 3-4hours .
4. Heat a non-stick pan, add 1/2tsp oil and spread it evenly with wet cloth.
5. Take a ladle full of batter pour it over the surface of tava swirl as thin as possible in spiral motion by rotating laddle and make it into round shape.
6. Add onions, green chillies, cumin coriander on the top of the dosa .
7. Apply oil around the edges of the dosa. Cook until the bottom surface turns light brown and the edges start to come upward.
8. Transfer it to a plate and serve hot with groundnut and ginger chutney.



ENERGY

300 kcals



PROTEINS

22 g



FATS

11 g



CARBOHYDRATES

21 g



# Carrot chapathi with dal tadka



Serves  
1



Preparation  
30 mins



Cooking  
30 mins

## INGREDIENTS

Tomato - 20g  
Onion - 20g  
Green gram dhal - 30 g  
Cumin seed - 2g  
Green chili - 1 Nos (5g)  
Wheat flour - 60g  
Carrot - 20g  
Oil - 2 tsp (10 ml)

Recipe by- *M.S. Gargidas*

## RECIPE

### Preparation for Chapati

1. Make a soft dough by adding oil, grated carrot and wheat flour.
2. Make small balls of dough and make round shape chapati.
3. Cook the chapathi on Griddle

### Preparation for green gram Dal Tadka:

1. Soak the green gram overnight.
2. Add oil in hot kadai and then add cumin seed and green chili in the oil.
3. Add chopped onion and tomato in the kadai and fry for 5 mins.
4. Add salt, coriander powder, cumin seed powder and kasuri methi into the mix.
5. Add soaked green gram dhal and pressure cook for 10 mins.



ENERGY

360 kcals



PROTEINS

14 g



FATS

9 g



CARBOHYDRATES

50 g



# Whole green gram and palak dosai with coconut chutney



Serves  
3



Preparation  
10 mins



Cooking  
20 mins

## INGREDIENTS FOR DOSA

Whole green gram dhal- 100g (soaked)  
Onion- 50g  
Green chilli- 2 nos  
Chopped greens- 50g  
Grated carrot- 50g  
Curry leaves  
Coriander leaves  
Oil- 5g  
Salt- to taste

Recipe by- Jayalakshmi K

## INGREDIENTS FOR COCONUT CHUTNEY

Coconut- 10g  
Roasted Bengal gram dhal- 15g  
Green Chillies- 2 no.  
Salt- to taste  
Curry leaves  
Oil- 2g  
Mustard seeds

## RECIPE

### For Dosai

1. Coarsely grind the soaked green gram dhal.
2. Add chopped onion, green chillies, grated carrot, chopped greens, coriander, curry leaves. Mix well and make a thick batter.
3. Make three dosai with the batter and serve hot with coconut chutney.

### For Coconut Chutney:

1. Grind all the above ingredients with salt.
2. Crackle mustard seeds and curry leaves in oil and add it to the ground paste.



ENERGY

340 kcals



PROTEINS

16 g



FATS

9 g



CARBOHYDRATES

45 g



# Mixed dal adai with coconut-roasted dal chutney



Serves  
3



Preparation  
15 mins



Cooking  
15 mins

## INGREDIENTS FOR COCONUT CHUTNEY

Coconut- 10g  
Roasted Bengal gram dhal- 15g  
Green Chillies- 2 no.  
Salt- to taste  
Curry leaves  
Oil- 2g  
Mustard seeds

Recipe by- Santhanalakshmi.A

## RECIPE

1. Grate coconut in a bowl and add roasted chana and red chillies and grind it in a mixer.
2. To this, add a small quantity of water and grind it once again. Add more water along with salt, blend well for a better consistency.
3. Transfer the coconut chutney to a bowl and keep aside. In the meantime, put a saucepan on medium flame and heat vegetable oil in it.
4. When the oil is hot enough add mustard seeds, asafoetida and black gram dal and let them temper for a few seconds.



ENERGY

340 kcals



PROTEINS

16 g



FATS

9 g



CARBOHYDRATES

58 g



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# Mixed dal adai with coconut- roasted dal chutney

## INGREDIENTS FOR DAL ADAI

Chana dal-20gm  
Masoor dal-20gm  
Black gram dal-15gm  
Moong dal -20gm  
Rice flour-10gm  
Sooji-5gm  
Onion-10gm  
Green Chilli-5gm  
Ginger -5gm  
Salt-As required  
Oil-10 gm

---

## RECIPE (FOR MAKING BATTER)

1. Rinse and soak the lentils overnight in enough water or for 4 to 5 hours.
2. 3.Discard this water, the next day.
3. 4.Wash the lentils in clean water. Drain well.
4. 5.Then add the lentils along with chopped green chilies and ginger in a grinder jar.
5. 6.Add 1/2 cup of water while grinding the lentils. Grind till smooth. Then add rice flour, chopped onion and semolina and salt.
6. 7.Cover and allow the batter to rest for 15 minutes.

## RECIPE (FOR MAKING MIX DAL ADAI)

1. Heat a tava or thick bottomed griddle.
2. Take a ladle of the batter. Pour the batter on the tava and spread it in a round circular portion with the ladle.
3. Cook Adai on a medium flame. Spread 1/2 to 1 tsp of oil or butter or ghee on the edges and top of the Adai.
4. When the base is cooked and crisp (you can check this by lifting the Adai slightly with the spatula), turn over the Adai
5. Cook the other side till crisp and done.
6. Serve mixed dal Adai with coconut – roasted dal chutney.



# Almond and flax seed flour pancakes



## INGREDIENTS

Almond flour - 25 grams  
flax seed flour - 20 grams  
soya milk - 80 ml  
maple syrup or honey - 2 spoons  
cinnamon powder - 1 teaspoon  
salt - a pinch  
baking powder - ½ tea spoon  
vanilla extract - few drops

Recipe by- *Alla. Yashaswini*

## RECIPE

1. Take almond flour into a bowl and add dry ingredients like salt, baking powder, cinnamon powder and mix them well.
2. Add flax seed powder and soya milk into dry ingredients and mix well until it forms a batter consistency.
3. Heat oil in a griddle over medium heat.
4. Pour the batter by a large spoonful on to a griddle, and cook until bubbles form and the edges are dry.
5. Flip and cook another side until the perfect color will appear, repeat with remaining batter.



ENERGY

450 kcals



PROTEINS

16 g



FATS

20 g



CARBOHYDRATES

35.12 g



# Chickpea Pancakes with Peanuts Chutney



Serves  
4



Preparation  
20 mins



Cooking  
10 mins

## INGREDIENTS

Chickpea Flour (120gm)- 1 Cup  
Water (375ml)- 1 ½ Cup  
Carrot (finely grated)- 1  
Red Capsicum (finely chopped)- ¼  
Spring Onion (finely chopped)- 1  
Turmeric- ¼ tsp  
Cumin Seeds- ¼ tsp  
Coriander (chopped)- 2 tbsp

Recipe by- Nazia Begum

## INGREDIENTS

Salt- ¼ tsp  
Roasted Peanuts- ½ Cup  
Grated Coconut - 2 tbsp  
Green Chillies- 2  
Onion (Chopped)- 1  
Tamarind- ½ tbsp  
Cumin Seeds- ½ tsp  
Urad Dal (Split Black Lentils)- ½ tsp  
Oil- 2 tbsp

## RECIPE

1. In a mixing bowl add the chickpea flour and then slowly add the water, whisking continually, to form a smooth, lump free batter. Set aside.
2. In a frying pan heat ½ tbsp of the oil over a medium flame. Add the carrot, capsicum, pepper, onion, turmeric powder and cumin seeds. Reduce the flame to medium low and cook until softened. (around 4-5 minutes)
3. Add the carrot mixture to chickpea batter along with chopped coriander leaves and salt. Stir until fully combined.
4. Heat a non-stick frying pan over medium high heat flame. When hot add the drizzle of oil (alternatively use spray oil). Add a tablespoon of the batter to the pan and use the back of your spoon to spread it out a little (to make them thinner). Repeat it to fill the pan.

5. Cook for around 2 minutes on each side (this will vary depending on the pan, heat and how thin your pancake is). You want to look for bubble forming and your pancake should be able to be flipped easily.
6. Remove pancakes from the pan and repeat the above method with the remaining mixture.
7. Soak the tamarind in ¼ cup of water.
8. Dry roast the groundnuts and remove the skins.
9. Then put all the ingredients all together and grind into paste.
10. Fry this mixture with a tsp of oil in a pan.
11. Ready to serve.



ENERGY

355 kcals



PROTEINS

18 g



FATS

25 g



CARBOHYDRATES

23 g



# Stuffed Moong Dal Dosa



Serves  
1



Preparation  
6 mins



Cooking  
10 mins

## INGREDIENTS

Green moong dal 100g (soaked overnight)  
Tofu 100g  
Carrots 75g  
Capsicums 50g  
French beans 25g  
Spinach 20g  
Onion 20g  
Tomato 75g

Recipe by- Bidhusree Basak

## INGREDIENTS

Turmeric powder as per taste  
Chopped green chilli as per taste  
Coriander 10g  
Cooking oil- 2tsp  
Salt to taste

## RECIPE

1. Blend the overnight soaked green moong dal with a good consistency and add a little salt to it.
2. Cut the vegetables (carrots, french beans, tomato, capsicum, tomato, spinach leaves, onion and green chilli) in small sizes.
3. Put a frying pan on the gas and heat it.
4. After heating put any cooking oil on the pan according to the requirement.
5. Put the freshly cut vegetables and cook on a low flame.
6. After 2 minutes add turmeric powder, salt and tofu in small pieces to the vegetables and cook it well for another 2-3 minutes

7. After preparing the stuffing put a dosa making pan on the gas and heat it.
8. Then put a little amount of cooking oil or oil spray on it.
9. Keep the flame low and use the green moong dal paste to make dosa.
10. Cook the both side of dosa properly by flipping occasionally.
11. After preparing dosa put it on a plate then stuff it's half with the precooked vegetables stuffing and fold it.
12. Now the healthy and delicious stuffed moong dal dosa is ready. Garnish it with freshly chopped coriander and serve it with a glass of fruit juice for breakfast.



ENERGY

300 kcals



PROTEINS

32 g



FATS

10 g



CARBOHYDRATES

40 g



# Mix dal pancake



Serves  
1



Preparation  
20 mins



Cooking  
20 mins

## INGREDIENTS

Masoor dal - 1tbsp (12.3 gm)

Moong dal - 1tbsp (13 gm) + 1tbsp (6.25 gm)

Chana dal - 1tbsp (2.345 gm)

Kolai dal or Biuli dal - 1tbsp (2.345 gm)

Semolina - 1tbsp (10.4 gm) + 2tbsp (20 gm)

Onion (chopped) - 1tbsp (15 gm)

Green chili (chopped) - 1tsp (1.2 gm)

Salt - 1tbsp (14 gm)

Cooking oil - 1tbsp (3 gm)

Ajwain - 1tsp (1.2 gm)

Fresh coriander (finely chopped) - as per taste

Recipe by - Piyasa Sarkar

## RECIPE

1. Soak all the dals for about 6 to 7 hours or overnight and keep aside. Now remove the excess water from all the dals.
2. Now grind them to a coarse paste. Finish cutting and chopping of vegetables. In a bowl take dal paste. Add suji which gives a beautiful texture and crispiness to the pancake. Add chopped green chili, chopped coriander, chopped onion, salt, and ajwain.
3. Now on a heated griddle spread the dal batter and spread oil on the sides. Cook on both sides till golden and crispy brown. Keep the flame low so that the pancake gets cooked from the inside too.
4. Once cooked and crispy from both sides, serve hot with any dip or sauce.



ENERGY

328 kcals



PROTEINS

21.791 g



FATS

22.933 g



CARBOHYDRATES

44.587 g



# Green peas Moong Dal Chilla



Serves  
2



Preparation  
10 mins



Cooking  
15 mins

## INGREDIENTS

Yellow moong dal-100gm

Green peas-30gm

Green chilli- 2-3nos

Hing-a pinch

Salt- a pinch

Peanut Oil/ghee- 5gm

Chopped coriander-10gm

Grated Ginger-2gm

Water-100gm/ml ( for soaking of moong dal)

chopped onion-10gm

Recipe by- Ms Jasmin K Sheikh

## RECIPE

1. A Protein & fiber rich Breakfast: Deliciously healthy & an affordable
2. Take 100gm of yellow moong dal ,soak it in 100ml water for 3-4hrs.
3. Drain the water & remove soaked moong dal.
4. Add moong dal ,green peas, grated ginger, green chilli,coriander in a blender .
5. blend it till smooth paste ,add water if required.
6. Add chopped onion,hing & salt as per taste.
7. On a non stick tava/pan add little oil/ghee.
8. With the help of spoon add batter on pan and spread it like utappa(slightly thick), cook it from both side for 3-4 minutes.
9. Serve it with ketchup or pudina/dates chutney.
10. Healthy high protein plant based low cost breakfast is ready.



ENERGY

390 kcals



PROTEINS

26 g



FATS

6.5 g



CARBOHYDRATES

69 g



# Prathinyukt Paushtik Thalipeeth



Serves  
2



Preparation  
7 hrs



Cooking  
2 mins

## INGREDIENTS

Jowar flour: 30 g  
Soybeans: 30 g  
Green gram: 30 g  
Horse gram: 25 g  
Moth bean: 25 g  
Bengal gram flour: 24 g  
Moringa leaves: 5  
Green chilli: 2.5  
Sesame: 1.5  
Turmeric: 0.5

Recipe by - Sangram Sanjay Wandhekar

Salt: 1  
Chopped Onion: 2  
Garlic: 1  
Ajowan: 0.5  
Chopped Coriander: 1.5  
Soybean Oil: 5 g

## RECIPE

1. Select all the ingredients, clean, wash and weigh as per the recipe.
2. Soak soybean, green gram, horse gram moth beans in lukewarm water for 6hrs and 30min.
3. Wash moringa leaves and soaking it for 2hrs in 2% salt concentration solution.
4. Grind soaked soybean, green gram, horse gram and moth beans with the help of mixer.
5. Add jowar flour, Bengal gram flour and moringa leaves into the grinded material. Add water if required.
6. Add sesame seeds, turmeric powder, salt, chopped green chilli, onion, garlic, ajowan and coriander.

7. Mix well and form a dough having the consistency like thalipeeth and keep it for 10min.
8. Divide dough into balls having the weight 70g.
9. Roll out dough balls on wet muslin cloth in round shape having the diameter of 14cm and oil on that side. Transfer the dough sheet on hot pan having the temperature of 140° C.
10. Bake one side for 45 sec then turn to other side, apply oil and bake it for 45 sec and keep vessel on it for uniform baking.
11. Protein rich thalipeeth is ready. You can eat prepared thalipeeth with the coconut-mint chutney and pickle.



ENERGY

310 kcals



PROTEINS

18 g



FATS

5 g



CARBOHYDRATES

45 g



# Green Chilla with Almond Hummus



Serves  
2



Preparation  
15 mins



Cooking  
20 mins

## INGREDIENTS FOR GREEN CHILLI HUMMUS

1 bowl Chilka moong dal  
2 green chilli  
2 tsp cabbage  
2 tsp capsicum  
2 tsp paneer  
2 tsp spinach  
1 tsp salt  
3 tsp water  
oil for roasting

Recipe by-Parinda Shah

## INGREDIENTS

1 bowl cooked chickpeas  
1 tsp salt,  
2 green chilli,  
1 tsp lemon juice  
3 tsp olive oil  
2 tsp roasted sesame  
2 tsp roasted almond  
3 tsp water

## RECIPE

1. Add chickpeas & all ingredients to the mixer jar. Puree until a smooth, powder-like mixture forms. Blend until you reach desired smooth consistency.
2. Spread Hummus in a serving bowl and add a generous drizzle of olive oil. Add a few chickpeas, almond & spinach to the middle and cucumber slice to decorate.

## Instructions for Green Chilla

1. Firstly, in a large bowl soak 1 cup chilka moong dal for 4-5 hours.
2. Drain off the water and transfer to the mixi jar.
3. Add 2 chilli, 2 tsp spinach, 1 tsp salt, 3 tsp water

4. Blend to smooth paste.
5. Transfer the batter to the bowl.
6. Also add 2 tsp cabbage, 2 tsp capsicum, 2 tsp paneer (all finely chopped).
7. Mix well adding 3 tbsp of water forming thick flowing consistency chilla batter.
8. Further, pour a ladleful of batter onto a hot tawa and spread gently
9. Pour ½ tsp of olive oil over chilla.
10. Allow cooking on a medium flame for a minute.
11. Now flip the chilla and cook both sides till chilla become golden brown.
12. Finally, chilka moong dal chilla is ready to serve



ENERGY

380 kcals



PROTEINS

17 g



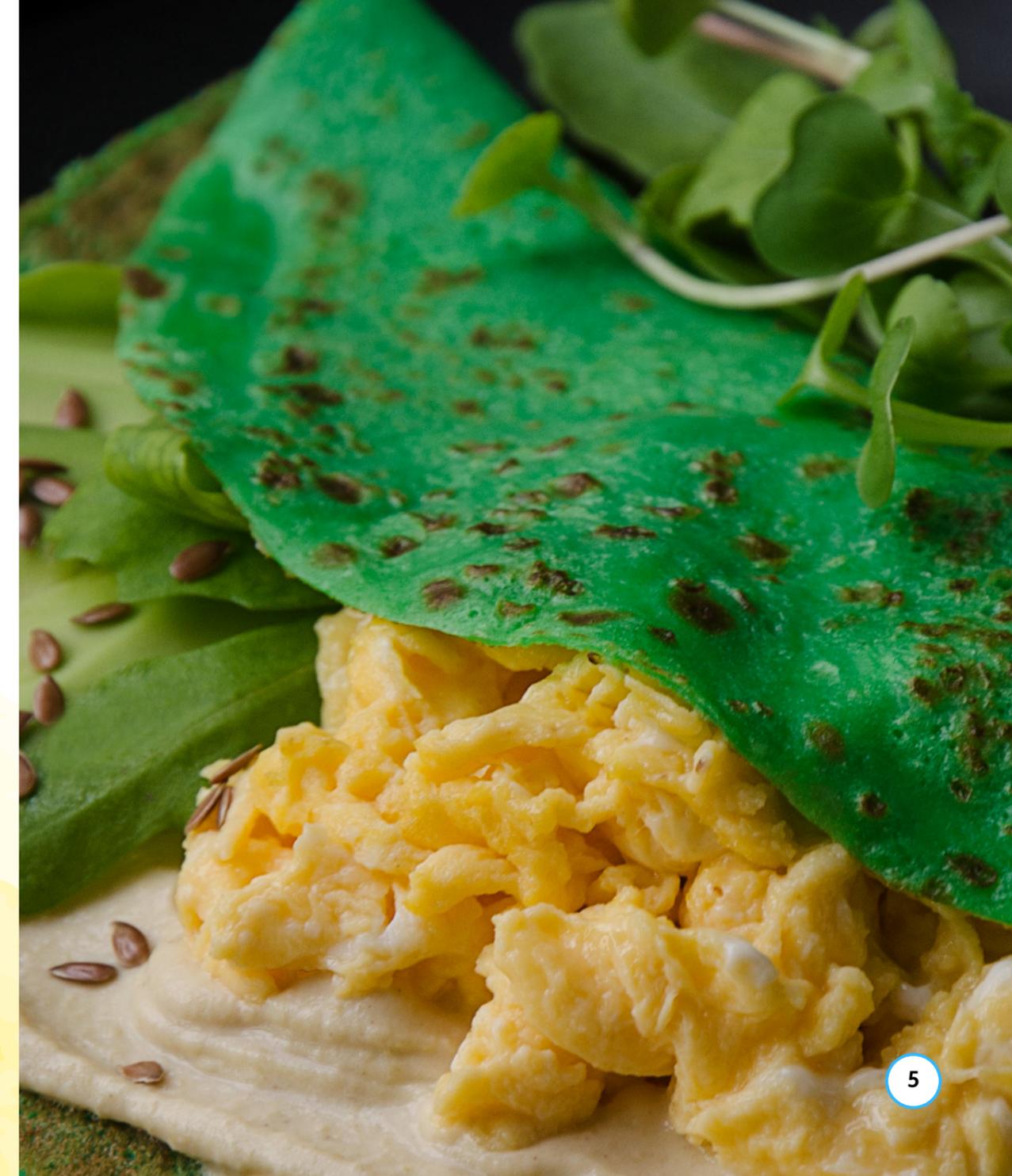
FATS

14 g



CARBOHYDRATES

55 g



# Dal dumplings with peanut chutney



Serves  
2



Preparation  
20 mins



Cooking  
30 mins

## INGREDIENTS FOR STUFFING

Chana dal - 35g  
Udad dal - 15g  
Ginger- 1 inch  
Green chillies - 2 and spices (Hing (pinch)  
Salt acc. to taste  
Kashmiri chilli powder (1 tsp)  
Turmeric powder ¼ tsp  
Garam masala ½ tsp)

Recipe by- Darshi Jain

## INGREDIENTS FOR DUMPLINGS

Whole wheat flour- 80g  
Salt as per taste

## INGREDIENTS FOR STIR FRYING

1 tbsp vegetable oil	Garlic clove (1)
Mustard seeds 1tsp	Green chilli (1)
Cumin seeds 1tsp	Udad dal- 5g
1 tbsp sesame seeds	Chana dal-5g
Kashmiri chilli powder 1/6 tsp	Curry leaves (10-15 leaves)
Pinch of Hing/Asafoetida.	Salt as per taste
For Peanut chutney- Groundnut-50g	Cumin powder ¼ tsp.

## RECIPE

1. Soak Chana dal and udad dal for overnight/ or for 4 hours.
2. Drain out the water. Coarsely blend the soaked dal with ginger, chilli and all other spices.
3. For dumplings, prepare the dough of wheat flour. Divide dough into 4 ball and roll out each ball. Put the stuffing on half side of the disc. Fold the corner inside and seal the dumplings. Prepare all the dumplings in the same manner.

4. Then boil the water in deep pan and slide stuffed dumplings into the pan to steam for 5-8 minutes. Once dumplings will get cooked, they start floating on the surface of water, take out it from the pan to cool.
5. Cut it into ½ inch lengthwise strips from each dumplings called phade.
6. Now heat the pan, add 1 tbsp oil, add mustard seed, cumin seed and hing. Let them splutter. Add all spices and phade to it. Fry the strips until they turn little crunchy & golden brown.
7. Now for peanut chutney, roast the green chilli, garlic, udad and chana dal together in ¼ tsp oil until aroma. After removing from pan, add peanut and curry leaves and fry till nice aroma arise. Put together into a blender and add cumin powder ,salt & blend all together into chutney.
8. Now serve it with hot dal ke phade.



ENERGY

375 kcals



PROTEINS

18 g



FATS

15 g



CARBOHYDRATES

43 g



# Sprouts dhokla



## INGREDIENTS

Sprouted moong- 1 cup  
finely chopped spinach- ½ cup  
Besan- 2 tbsp  
green chillies, roughly chopped- 3  
Salt to taste  
fruit salt- 1 tsp  
curry leaves- 4  
Oil- 1 tbsp  
sesame seeds- 1 tsp  
Hing- ½ tsp  
finely chopped green chillies- 1 tsp

Recipe by- *Pshwani Kumar*

## RECIPE

1. Combine the sprouted moong, spinach and green chillies and blend in a mixer using a little water to a smooth paste.
2. Transfer the paste into a bowl, add the salt, besan along with ¼ cup water and mix well to make a batter of pouring consistency.
3. Before steaming, add the fruit salt and 3 tsp of water over the batter.
4. When the bubbles form, mix gently.
5. Pour the batter into a greased 6" diameter thali and shake the thali clockwise too spread the batter in an even layer.
6. Steam in a steamer for 10 to 15 minutes or till the dhoklas are cooked.
7. Heat the oil in a small pan and add the sesam seeds, hing, curry leaves and green chillies and sauté on a medium flame for few second.
8. Pour this tempering over the Sprouts Dhoklas, cool slightly and cut into equals diamond shaped pieces.
9. Serve the Sprouts Dhokla with green chutney.



**ENERGY**

340 kcals



**PROTEINS**

16 g



**FATS**

11.4 g



**CARBOHYDRATES**

35 g



# Horsegram- rice idli



Serves  
4-5



Preparation  
14 hrs



Cooking  
20 mins

## INGREDIENTS FOR IDLI BATTER

Idli Rice- 200 g  
Horse gram -200 g  
Black gram dal - 200 g  
Fenugreek seeds - 1 tsp  
Salt to taste  
Curry leaves

Recipe by- Sushama PS

## RECIPE

1. Rinse the rice and the horse gram, black gram dhal, fenugreek seeds well.
2. Soak them in separate vessels containing water for 5 to 6 hours.
3. Making of idli batter:
4. Drain the soaked rice, horse gram and black gram.
5. Grind the rice in batches to a smooth batter consistency by adding ½ cup of water.

6. Grind the horse gram dhal by adding ½ cup water.
7. Grind the black gram dhal by adding ½ cup water. Add the soaked fenugreek seeds and 1tsp of boiled rice to the batter; this aids in fermentation and also improves the softness of idlis.
8. Mix all the ground batter together in a large vessel and mix well.
9. Cover the vessel and let the batter ferment for at least 8 hours or more if required.
10. After the fermentation is over, add some salt to this and mix well. At this stage, one may also add curry leaves to the batter.



ENERGY

140 kcals



PROTEINS

30.75 g



FATS

20.75 g



CARBOHYDRATES

96 g



---

# Horsegram- rice idli

## INGREDIENTS FOR PEANUT-COCONUT CHUTNEY

Coconut fresh –grated = 100 g

Peanuts - 80 g

Onion - 15 g

Ginger- 1 inch peeled and grated

Curry leaves - 4 to 5

Green chill - 4

Dried Red chilly - 2

Mustard seeds - 1/2 tsp

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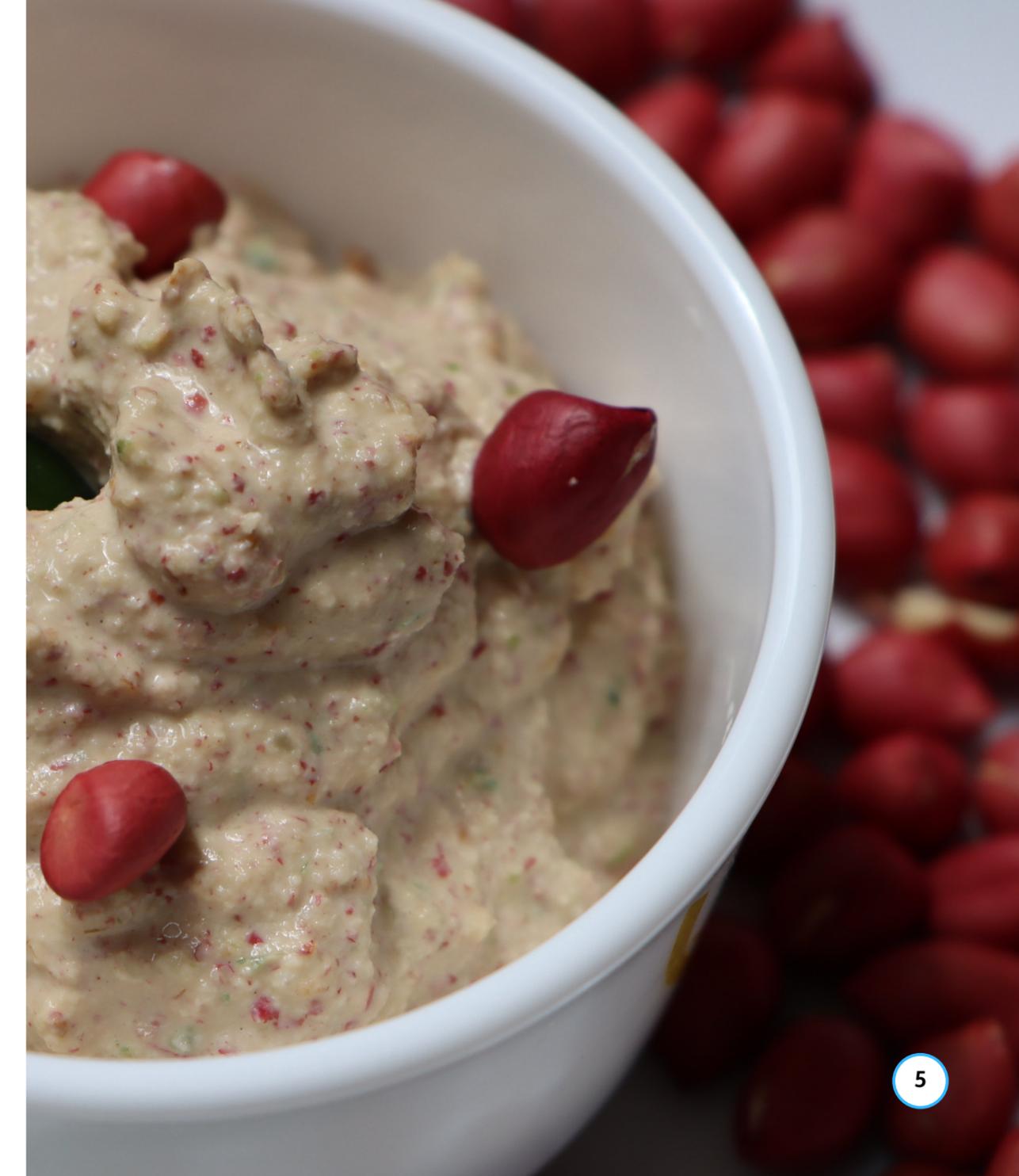
Recipe by- Sushama PS

## STEAMING

1. Grease the idli moulds
2. Pour the batter in the idli moulds and steam it until the idlis are done (for 5 to 10 mins )

## PREPARATION FOR CHUTNEY

1. Dry roast the peanuts in a pan on medium flame. Remove the skin.
2. Grate the fresh coconut.
3. In a pan, add 1 tsp oil. Add diced onion, green chillies, ginger, and curry leaves. Sauté for a couple of minutes and then switch off the flame.
4. In a grinder, add the peanuts, grated coconut, and the sautéed ingredients. Add ¼-½ cup water. Add more if required. Grind it to a smooth paste like consistency.
5. Tempering : In a pan, add 2 tsp oil, add mustard seeds when oil is hot. Add red chilly, curry leaves. Add the ground chutney to the pan , mix it well and immediately remove it from flame to prevent oil separation.
6. Serve the idlis hot with the peanut coconut chutney.



# Methi moong daal idli



Serves  
2



Preparation  
2 hrs



Cooking  
30 mins

## INGREDIENTS

Moong daal - 200gm  
Methi - 15 gm  
Curd - 55ml  
Oil - 2 tsp  
Mustard - 1/2 tsp  
Cumin seeds - 1 tsp

Recipe by- Sujeta

## INGREDIENTS

Cashew - 15gm  
Chana daal - 5 gm  
Green chillies - 2  
Ginger - 1 inch  
Curry leaves - 5-6 leaves  
Carrot - half  
Hing - 1 pinch  
Coriander - 2 tbsp

Salt - 1  
Hummus  
Chickpeas - 100gm  
Green chillies - 2  
Curd - 30ml  
Salt - to taste  
Water - 1/8cup

## RECIPE

1. Methi moong dal Idli with hummus recipe
2. Take moong dal and soak 2 hours
3. After two hours add methi and grand and make smooth better
4. Now put better in a bowl and add curd and mix well
5. Now for tadka take oil in a pan in medium flame
6. In a oil add mustard seeds, cumin seeds, chana daal, green chillies ginger, curry leaves, cashews, carrot and methi, then saute well.
7. Afet 5-7 minutes of tadka put in tha better and mixed

8. Now add salt and hing and mix well
9. Now take idli cooker and grees the trays and put better in treys
10. Put trays in idli cooker and close it for 15-17 minutes
11. You methi moong daal idli is ready served with hummus

## RECIPE FOR HUMMUS

1. Take chickpeas and shock overnight
2. After shocking boil chickpeas
3. Now chickpeas put in a grander and add curd, green chill and salt in it
4. Make a smooth better
5. Your hummus is ready.



ENERGY

334 kcals



PROTEINS

25.13 g



FATS

11.2 g



CARBOHYDRATES

48.97g



# Mung bean Ada (Cherupayar Ada)



Serves  
2



Preparation  
15 mins



Cooking  
20 mins

## INGREDIENTS

Boiled sprouted green beans - 2 Cups

Jaggery - 1 Cup

Rice flour - 3 teaspoon

Ragi Flour - 2 Cup

Salt - pinch

Cardamom- 2

Grated coconut - 1/2 cup

Recipe by- *Danish C*

## RECIPE

1. First lets prepare filling. In a sauce pan, add grated jaggery and 2 tablespoon water. Allow the jaggery to melt completely.
2. In a pan, add a teaspoon of ghee and add the boiled green gram and sauté the green gram in ghee for couple of minutes
3. Strain the jaggery juice in the pan and bring the jaggery juice to boil
4. Now add the grated coconut, Ragi flour and stir well. Add cardamom powder and Keep stirring till the mixture becomes thick. Take this filling aside.
5. In a pan add the rice flour and roast the rice flour till you get a nice aroma
6. Take the roasted rice flour in a bowl. Add boiled water little by little and mix well to make a soft dough.

## STUFFING PROCESS

1. Take banana leaf, cut out the thick stem. If we use with the steam, then while folding the leaf will tear out. We can heat the leaf slightly to prevent it from getting torn
2. Grease the banana leaf with little ghee. Make lemon size ball out of the rice dough and place in on the greased leaf. Wet your hands and spread the rice dough ball to a thin patti
3. Keep the filling on one side of the spread rice patti and fold the leaf and seal the edges

## STEAMING PROCESS

1. Steam the banana leaf filling for 3-4 mins. When you open the banana leaf, the parcels would have been cooked nicely
2. Serve the delicious green gram Ada hot an enjoy plant protein rich dish!



ENERGY

340 kcals



PROTEINS

15 g



FATS

32 g



CARBOHYDRATES

38 g



# Yeasted steam cake



## INGREDIENTS

Wheat flour - 120g  
Chickpeas flour - 50g  
Soy flour - 50g  
Sugar - 34g  
Mung beans flour - 19g  
Almond - 10g  
Cashew nut - 10g  
Raisins - 5g  
Yeast - 2g  
Soy milk - 50g

Recipe by- Anita Celin Antony

## INGREDIENTS

## RECIPE

1. Take wheat flour, chickpeas flour, soy flour and mung beans flour in a bowl, add water and mix well.
2. Add sugar and yeast into it and mix thoroughly. The batter has to be thick.
3. Now cover and let this ferment for 5 to 7 hours.
4. Grease a mould and pour the batter into it and add almonds, cashew nuts and raisins.
5. Place it into the steamer, cover and steam for 20 to 30 minutes.



ENERGY

300 kcals



PROTEINS

18.29 g



FATS

5.1 g



CARBOHYDRATES

53.24 g



# Kodo millet (Varagu) puttu and Bengal gram curry



Serves  
2



Preparation  
15 mins



Cooking  
30 mins

## INGREDIENTS

Kodo millet (Varagu) flour - 100g

Soyabean flour- 2 tbsp

White gingelly seeds- 2 tsp

**For Bengal gram curry**

Bengal gram, black (soaked)- 100 g

Onion, shallots (sliced)- 100 g

Tomato, ripe- 100 g

Red chillies (dry)- 5 nos

Curry leaves- 10 – 15 leaves

Ginger Garlic paste- 1 tbsp

Recipe by- *Nishwarya R*

## INGREDIENTS

Fresh coconut, grinded- 30 g

Red chilly powder- 2 tsp

Turmeric powder- ½ tsp

Coriander powder- 2 tsp

Salt- as per taste

Oil- 2 tsp

Coriander leaves- 1 tsp

## RECIPE

1. Firstly take 57g of Sattu Powder and 22g of Pea Flour. After this add 5g of Quinoa Flour. Mix these Flours properly.
2. After this, add 10g of Semolina. Once you mix these ingredients properly, allow this mixture to pass through sieve, so no foreign particles are present in it.
3. Mix all the ingredients properly. Further add 1.2g of salt, 1.9g of sugar, 2g of Turmeric powder, 0.5g of asafetida powder, 0.9g of Ammonium Bicarbonate, 0.7g of Sodium Bicarbonate, and 1.2g of Citric Powder
4. After addition of all the ingredients, mix it properly. Make sure all ingredients are mixed together.
5. After this mixture is ready, keep it aside for sometime. Once the mixture gets settled, add appropriated water in it to make a

smooth consistency batter.

6. Preheat the oven at 180 degree C. Then add the batter in utensil which is used to make Dhokla.
7. Now bake the batter at 180 degree C for 15-20 mins. Now on the other side, prepare the tempering, using oil, mustard seeds, curry leaves, Dry chillies, asafetida powder etc.



ENERGY

420 kcals



PROTEINS

31 g



FATS

21 g



CARBOHYDRATES

40 g



# Vegetable Stir Fried Idli



Serves  
1



Preparation  
8 hrs



Cooking  
20 mins

## INGREDIENTS

Idli rice - 2 cups  
Green gram - 2 cups  
Fenugreek - 1.5 tsp  
Onion - 1  
Bell pepper- 1  
Tomato - 1  
Chopped Green chillies - 1tsp  
Ginger - 1 tsp  
Chopped Coriander leaves - 1 tbsp  
Turmeric powder - 1/4 tsp

Recipe by- Pooja C

## INGREDIENTS

Chilli powder - 1/4 tsp  
Oil - 2 tbsp  
Cumin seeds - 1 tsp  
Salt to taste

## RECIPE

1. Soak Idli rice, green gram and fenugreek in water for four hours.
2. Grind the soaked rice and green gram into a paste separately.
3. Mix the paste together to form a batter.
4. Add salt to the batter.
5. Let the batter get fermented for four to five hours.
6. Apply oil onto idli plates. Pour the batter onto idli plates and steam them for 7 to 8 minutes to make idlis.
7. Add oil in a pan.
8. Once the oil is heated, add cumin seeds, chopped onions, green chillies, ginger, bell peppers and tomatoes.

9. Add the spices which include turmeric powder, salt and chilli powder (as per taste). Cook it for about 2 minutes.
10. Dice the prepared green gram idlis into small cubes and add them to the vegetables. Garnish with coriander leaves. Mix them well for about a minute.
11. Vegetable Stir fried Idli is ready to serve!



ENERGY

390 kcals



PROTEINS

24 g



FATS

5 g



CARBOHYDRATES

70 g



# Bafauri



Serves  
2-3



Preparation  
5 mins



Cooking  
20 mins

## INGREDIENTS

½ cups chana dal  
¼ cup rajma  
¼ cup yellow moong dal  
¼ cup green moong dal  
1 medium size finely chopped onion  
5-6 cloves garlic  
1 inch ginger  
2 green chillies  
1 tsp chilly powder  
1 tbsp ajwain/carom seeds

Recipe by- Yuthika

## INGREDIENTS

1 tsp baking soda  
1 tsp turmeric powder  
1tsp oil  
Water as required  
salt as required  
½ teaspoon Hing/asafetida  
Roasted peanuts, coarsely ground

## RECIPE

1. Soak chana dal, rajma, green and yellow moong dal for 3-4 hours.
2. Drain the water and grind it to a smooth paste.
3. Add little water while grinding if required.
4. Transfer this paste to a mixing bowl.
5. This mixture should resemble a thick lumpy paste.
6. Add finely chopped green chillies according to spice tolerance.
7. Add finely chopped or grated vegetables ( according to your choice and availability).
8. Add chopped onions (Make sure they are finely chopped)
9. Add ginger and garlic paste.

10. Add turmeric powder, chilly powder , ajwain and salt.
11. Then add oil and water, mix and prepare a thick batter.
12. Add baking soda and mix thoroughly for 2 minutes.

## STEAMING

1. Grease the steamer plate/Appam plate with oil so that the dumplings do not stick.
2. Pour a spoonful of the batter into each mould and add some peanut powder.
3. Cook until crisp and you see a nice color on medium flame.
4. Flip to cook both sides evenly and uniformly.
5. Once done, open the steamer and de-mould the bafauri carefully.



ENERGY

380 kcals



PROTEINS

23 g



FATS

28 g



CARBOHYDRATES

28 g



# Dhokla- Eataliano



Serves  
2



Preparation  
8 hrs



Cooking  
25 mins

## INGREDIENTS

Ginger-green chilli paste - ½ tsp  
Chopped coriander leaves - 1 tbsp  
Curry leaves - 5 in no.  
Palak leaves - 4 in no.  
Cumin seeds - 1 tsp  
Lemon juice - few drops  
Fruit salt or Eno - ½ tsp  
Oil - 1 tsp  
Salt - as required  
For Toppings:

Recipe by- Shraddha Parmar

## INGREDIENTS

Chopped tomatoes - 4 tbsp  
Chopped onions - 4 tbsp  
Chopped capsicum - 4 tbsp  
Chopped yellow bell pepper - 4 tbsp  
Chopped corn - 4 tbsp  
Chilli flakes - 1 tsp  
Oregano - 1 tsp  
Basil - 1 tsp  
Tomato Sauce - 1 tsp  
Black Pepper Powder - ¼th tsp  
Oil - 1 tsp  
Salt - as required

## RECIPE

1. Take the soaked moong and grind coriander, palak & curry leaves and cumin seeds with water to a semi coarse paste
2. Add ginger-chilli paste, salt, Eno or fruit salt and mix well
3. Make sure that the batter is neither too thick nor thin
4. Take about 2 cups of water in a vessel or cooker. Place a small metal stand
5. Grease a round plate with some oil
6. Pour the batter on the greased plate
7. Steam it in cooker or cover the vessel with plate for 12 to 15 minutes or till the dhokla is done
8. Cut the dhokla into round shapes or any shape with a cutter

9. Grease the pan or tawa with oil, place the dhokla on pan and bake it on both sides for 2 minutes until a crust forms on it
10. For Topping
11. Take oil in a pan, add all the ingredients except tomato sauce and mix well
12. Cook it for 5 minutes until they are slightly cooked
13. Once the mixture cools, add tomato sauce, mix well
14. Add the mixture on top of round cut dhoklas
15. Serve



ENERGY

221 kcals



PROTEINS

20.94 g



FATS

7.13 g



CARBOHYDRATES

54.35 g



# Proteinious Dhokla



Serves  
8-10



Preparation  
12 mins



Cooking  
15 mins

## INGREDIENTS

Pea Flour - 21.49 gm  
Sattu Powder (Powdered and Roasted Bengal Gram) - 37.73 gm  
Quinoa Flour - 4.51 gm  
Sodium Bicarbonate - 0.51 gm  
Sugar - 1.09 gm  
Salt - 1.02 gm  
Citric Powder - 0.87 gm  
Ammonium Bicarbonate - 0.65 gm

Recipe by- Sarvesh Mahanubhav /  
Vaishnavi Nirmal

## INGREDIENTS

Semolina - 9.93 gm  
Turmeric - 1.45 gm  
Asafetida Powder - 0.36 gm

## RECIPE

1. Take the soaked moong and grind coriander, palak & curry leaves and cumin seeds with water to a semi coarse paste
2. Add ginger-chilli paste, salt, Eno or fruit salt and mix well
3. Make sure that the batter is neither too thick nor thin
4. Take about 2 cups of water in a vessel or cooker. Place a small metal stand
5. Grease a round plate with some oil
6. Pour the batter on the greased plate
7. Steam it in cooker or cover the vessel with plate for 12 to 15 minutes or till the dhokla is done
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12. Cook it for 5 minutes until they are slightly cooked
13. Once the mixture cools, add tomato sauce, mix well
14. Add the mixture on top of round cut dhoklas
15. Serve



ENERGY

221 kcals



PROTEINS

20.94 g



FATS

7.13 g



CARBOHYDRATES

54.35 g



# Dal stuffed kali (ragi ) roti



Serves  
4



Preparation  
10 mins



Cooking  
25 mins

## INGREDIENTS

- 1 cup - Ragi flour
- 1 cup - Wheat flour
- 1/2 cup - Urad dal (Dehusked) + 1/4th cup channa dal soaked overnight
- 1/4 tsp - Fennel seeds
- 1 tsp - Red chilly powder or chopped green chillis - optional
- 1 tbsp chopped onion- optional
- 1/2 tsp garam masala
- 1/2 cup - Warm water

Recipe by- Ineshi Sharma

## INGREDIENTS

- Salt as per taste
- 1/4 tsp ajwain
- Flour for dusting
- Oil/ghee for serving

## RECIPE

1. Take the ragi and wheat flour with salt and ajwain in a large bowl, gradually add the warm water and knead a smooth and soft dough. Keep aside for half an hour.
2. Meanwhile grind the soaked Urad and chana dal with fennel seeds, garam masala and salt. You should get a coarse paste, avoid adding any water.
3. Heat a little ghee / butter in a pan, add the chili powder/green chillies/chopped onions, ground urad+chana dal paste and cook on a medium flame for few minutes until the paste gets well roasted. Let it cool completely.
4. Make medium sized balls from the dough and small sized balls from the urad dal mixture. Roll the dough as small circles, drop a ball of urad+chana dal filling in the middle, place another roti on top and seal the edges together and flatten it lightly with the rolling pin to make a thick roti.

5. Heat a tawa, drop gently the rolled rotis, cook on both sides until they get slightly browned (well toasted). Serve with oil/ ghee smeared on top.



ENERGY

404 kcals



PROTEINS

12.4 g



FATS

6 g



CARBOHYDRATES

64.4 g



# Taco-chunks



Serves  
2



Preparation  
10 mins



Cooking  
15 mins

## INGREDIENTS

Ragi flour - 50g  
Semolina - 25g  
Wheat flour - 25g  
Sprouts - 10g  
Rajma - 10g  
Black gram whole - 10g  
Sweet corn - 10g  
Fenugreek seeds - 10g  
Potato -10g

Recipe by- *Vanshika Gera*

## INGREDIENTS

Quinoa - 10g  
Salt  
Lemon  
Red chilli powder  
oil  
ajwain  
honey  
chaat masala

## RECIPE

1. Take Ragi flour, wheat flour, semolina, ajwain(1/2tsp), salt(taste), oil(1.5tsp), mix all the ingredients.
2. Add water and make a dough.
3. Take and grease stainless steel Katori and spoon, make shape accordingly.
4. Preheat the oven at 180°C for 10min and bake at 200°C for 10-12min.
5. It is now ready.

### For Mint chutney-

1. Wash mint and coriander leaves grind it to a paste add green chili, salt(taste), lemon in it.
2. Add some water for a smooth paste.
3. It is now ready.

### For filling-

1. Take fenugreek seeds and soak them in water for 2-3 days until the bitterness is gone.
2. Take black gram whole, green gram whole soak it overnight and the next day tie it in a muslin cloth for 2days, then germination takes place.
3. Boil Rajma, sweet corn, potato, quinoa.
4. Cut potato into small pieces.
5. Take a bowl put all the vegetables in it, add spices accordingly, and mix it with chutney properly.
6. serve it in the edible bowl and squeeze lemon and 6-7drops of honey on the top.
7. Taco chunks are now ready to eat, enjoy it with edible cutlery!



ENERGY

509.31 kcals



PROTEINS

20.81 g



FATS

2.67 g



CARBOHYDRATES

106.42 g



# Veg kebab paratha



## INGREDIENTS

Soyabean chunks - 20g  
Bengal gram - 25g  
Potato - 100g  
Onion - 25g  
Garlic - 15g  
Ginger - 15g  
Turmeric -5g  
Salt - 1.5g  
Ajjwain - 5g

Recipe by- Aman Yadav

## INGREDIENTS

Lemon juice - 5ml  
Chick pea - 20g  
Peanut - 10g  
Oil - 10g  
Wheat flour - 200g  
Water -100ml

## RECIPE

1. Soak chick pea ,Bengal gram ( chana ) and peanut overnight .
2. After soaking drain the water and transfer the soaked Bengal gram ,chick pea ,peanut to pressure cooker and cook it up to two whistle
3. Now after cooking take them out and grind them in a dry paste texture with the help of grinder .
4. Now to this dry paste add boiled and mashed potatoes ,turmeric, salt ,ajjwain and mix it well and form a dough.
5. Now from the dough take small portion and make a tikki like shape .

6. Now put a frying pan or tawa on heat and add little oil and saute or sallow fry this tikki .
7. Now using wheat flour and water form a dough and make medium size chapati .
8. Now on to the chapati spread the tikki and wrap it in a roll form .
9. And enjoy with chutney or any spread .



ENERGY

125 kcal



PROTEINS

6.25 g



FATS

2.6 g



CARBOHYDRATES

20 g



# Wheat flour chapati with Soya granules bhurji



Serves  
1



Preparation  
10 mins



Cooking  
10 mins

## INGREDIENTS

Wheat flour - 60g  
Soya granules - 30g  
Onion - 10g  
Tomato - 10g  
Peas - 5g  
Garlic - 3g  
Lemon juice - 5ml  
Oil - 15ml

Recipe by- Ansari Shenaz

## RECIPE

1. For wheat flour chapati preparation
2. Mix flour and salt together in a bowl. Stir in water to form a soft dough.
3. Turn dough out onto a lightly floured work surface and knead several times. Divide into 8 pieces and roll each into a ball. Roll each ball into a very thin round using a rolling pin.

Heat a griddle over medium-high heat. Cook each dough round on griddle until dough bubbles and blisters appear, about 2 minutes. Flip and cook until lightly browned on the other side.

### Instructions for Soya granules bhurji preparation

1. To make soya bhurji, heat the oil in a deep non-stick pan, add onions and garlic paste and sauté on a medium flame for 1 to 2 minutes.

1. Add the tomatoes and 2 tbsp of water, mix well and cook on a medium flame for 2 to 3 minutes, while stirring occasionally.
2. 3. Add the turmeric powder, chilli powder and garam masala, mix well and cook on a medium flame for 1 minute while stirring continuously. To prevent the masalas from burning, you can also add 1 tbsp of water while cooking. 4. Add the soya granules, green peas and salt, mix well and cook for another 2 minutes, while stirring occasionally.
3. 5. Switch off the flame, add lemon juice and mix well.
4. 6. Serve soya matar bhurji immediately.



ENERGY

400 kcals



PROTEINS

22.71 g



FATS

16.07 g



CARBOHYDRATES

60.54 g



# High Protein Wrap



Serves  
1



Preparation  
10 mins



Cooking  
20 mins

## INGREDIENTS

Wheat flour - 60 gm  
Tofu ( soya milk product ) - 100 gm  
Mushrooms - 30 gm  
Red capsicum - 20 gm  
Green capsicum - 20 gm  
Corn - 20 gm  
Onion - 15 gm  
Cumin powder - 1 tbsp  
Chillie powder - ½ tbsp  
Salt - ½ tbsp  
Garlic powder - ½ tbsp  
Cucumber - 20 gm  
Lettuce leaves - 10 gm  
Blue bell flower - 8.no

Recipe by- Duggani Mrudula

## RECIPE

1. Saute vegetables ( mushrooms/both red & green capsicum/ onion ) until soft, on a medium flame ( with out oil )
2. Crumble tofu into a bowl and mix it with all the spices mentioned ( salt/chillie powder/garlic powder/cumin powder )
3. Add tofu to the sauted veggies and heat for 5 mins or until hot.
4. Add toppings ( chopped lettuce/corn/cucumber/blue bell flower )
5. Add sauce if you need ( optional ) and Eat.
6. Have it and feel good.



ENERGY

370 kcals



PROTEINS

23 g



FATS

11 g



CARBOHYDRATES

45.5 g



# Non egg omlet soya chapathi



Serves  
1



Preparation  
15 mins



Cooking  
15 mins

## INGREDIENTS

Soya Chapati  
Soya Chunkz 1cup  
Wheat Flour  $\frac{3}{4}$  cup  
Salt for taste  
Water  
Omlet  
Besan Flour 1cup  
Onion 1cup

Recipe by- Mary Eva Jude

## INGREDIENTS

Tomato 1 tsp  
Green Chilli 1tsp  
Red Chilli Powder  $\frac{1}{2}$  tsp  
Pepper  $\frac{1}{2}$  tsp  
Masala powder  $\frac{1}{2}$  tsp  
Water  
Salt for taste.

## RECIPE

1. Boil the soya chunkz ,squeeze the water and clean it. Smash it.
2. Take wheat flour , salt ,smashed soya and water.
3. Knead it dough properly.
4. Half cook the chapati.
5. Instructions for omlette
6. Add besan flour the mix with water . Make sure that no lumps are formed.
7. Add onion, green chilli,tomato,red chilli powder, pepper, masala powder.

8. Beat it to form fluffy.
9. Grease the pan with oil add chapati , pour omlet batter.
10. Cook it properly
11. Ready to serve. Serve with sprouted green gram salad.



ENERGY

358 kcals



PROTEINS

22.4 g



FATS

54 g



CARBOHYDRATES

232 g



# Fajita Vegita



Serves

1



Preparation

15-30 mins



Cooking

30 mins

## INGREDIENTS

2 teacups of whole wheat flour  
2 teacups of dried chickpeas ( Kabuli chana )  
2 teacups of yellow gram lentils (chana dal)  
Salt, pepper to taste  
¼ tablespoon of coriander powder  
¼ tablespoon of cumin powder  
Chilli powder  
Lemongrass (not mandatory)

Recipe by- Srijita Mitra

## INGREDIENTS

100ml oil (may not require full)  
Capsicum, bell peppers - yellow, red,  
onion, tomatoes, coriander, garlic,  
Tomato puree - 100 ml  
Tomato sauce, chilli sauce, soya sauce  
Oregano, lemon (not mandatory)

1½ teacup boiled Soya chunks  
1½ teacup boiled chickpeas  
1 cup diced tofu  
Water as required

## RECIPE

1. First we need to make the tortillas or the wraps with which we will wrap our vegetas or rather a mix of vegetables, tofu, Soya chunks, chickpeas.
2. To make the dough for the wrap:
3. 2 teacups of whole wheat flour is taken in a bowl.
4. If anybody wants to have gluten free tortillas then one can skip the wheat flour altogether.
5. 2 cups of dried chickpeas(Kabuli chana) are taken & crushed to a powder in a grinder & this powder is mixed with the whole wheat flour.

6. For gluten-free diet, just take this powder in a bowl as your starting ingredient.
7. 2 cups of yellow gram lentils (chana dal) are taken & these too are also crushed in a grinder & added to the dough mixture.
8. For gluten-free diet, add this & the chickpeas flour and mix with water as much as needed. The mixture should not be too runny or too thick. It should have a flowy texture that can be spread like a dosa batter over the pan
9. Add ½ a tablespoon of iodised salt, ¼ tablespoon of coriander powder, ¼ tablespoon of cumin powder, few cuttings of lemongrass, a pinch of chilli powder (only if you like spicy) to the dough
10. Add 3 tablespoons of oil to the dough & add generous amounts of water to the



ENERGY

400 kcals



PROTEINS

20.2 g



FATS

10.7 g



CARBOHYDRATES

75.62 g



# Spinach-bengal gram tacos



## INGREDIENTS

Soya Chapati  
Soya Chunkz 1cup  
Wheat Flour ¾ cup  
Salt for taste  
Water  
Omlet  
Besan Flour 1cup  
Onion 1cup

Recipe by- Hishree Samal

## INGREDIENTS

Tomato 1 tsp  
Green Chilli 1tsp  
Red Chilli Powder ½ tsp  
Pepper ½ tsp  
Masala powder ½ tsp  
Water  
Salt for taste.

## RECIPE

1. Bail the Spinach with lean flame, and after taking it .
2. Cool it for some time. After this put it in jar and taking grind it
- 3.
4. Fry the bengal gram first after taking this to a bowl again. Fry the almond. taking this to a nut, dad kaju of 50g each
- 5.
6. Grind the two fried stems and mix it well by adding some salt and sugar as per own taste.
- 7.

8. Make the roti as we make by rushing the wheat flour by adding some salt and water
9. The half of the roti will be covered by this mixture and another half will be put on it.
- 10.
11. Heat the oil by keeping the gas fame low add that roti cover with mixture onto oil.
12. After this put it on to a plate and make the Badam chutney.
13. Preparation of Badam Chutney
14. Peanul seed oil will be fried first.
- 15.
16. Garlic and groom chillies will also be fried to remove the hardness of garlic paste.
- 17.
18. Grind the peanut seed, garlic, green



ENERGY

358 kcals



PROTEINS

22.4 g



FATS

54 g



CARBOHYDRATES

232 g



# Soya nuggets leafy toast



Serves  
1



Preparation  
20 mins



Cooking  
20 mins

## INGREDIENTS

Multigrain bread  
Peanut butter  
Soya Chunks  
Broccoli  
Ginger  
Garlic  
Olive oil  
Diced Olives  
Lettuce  
Almond

Recipe by- Anvesha Guha

## RECIPE

1. At first peanut butter was spread on the bread slice & kept aside
2. Soya chunks were washed well & added hot water & a pinch of salt with it and let it to soaked for 15 minutes then squeeze of water from it. On the other side, broccoli was cut into pieces and pressure cook with salt and little water. Then both soya chunks and broccoli were grind will in a mixer grinder.
3. Peanut butter was taken in a pan with olive oil. Then soya chunks and broccoli paste were added and ginger garlic paste were mixed with it. Then a pinch of black pepper and salt needs to be added and then cut the spring onion into small pieces and the pieces were added with it. After that the diced olives were added with them and lightly fried for sometimes low flame.
4. Peanut butter bread was placed in a serving plate and lettuce leaves were placed on it and embedded the mixture on the bread. And lastly oregano powder and crushed almond were spread on it. Soya nuggets leafy toast, the plant protein breakfast was ready to serve.



ENERGY

358 kcals



PROTEINS

22.4 g



FATS

54 g



CARBOHYDRATES

232 g



# Vegan Fuse Burger



Serves  
1



Preparation  
12 mins



Cooking  
10 mins

## INGREDIENTS

1 burger bun( 50 GM's)

40gms of seitan slices

Cabbage leaves- 5 Gms

Sliced carrots of 8 Gms

Cucumber slices5gms

Onions and tomato slices10 GM's

Handful of coriander and mint leaves

2tbsp of freshly prepared hung curd or garlic flavoured mayo

Handful of crushed nuts

Some Indian spice mix ( turmeric , black pepper, cumin powder , ginger garlic paste , soya sauce, green chillies)

Recipe by- Sritika Behera

**RECIPE**  
1. To prepare the seitan by continuous washing of starch then boil it with a flavoured broth for ten minutes then cool it and sliced it up then marrinate with a green paste ( 1 tbsp of coriander and mint leaves, turmeric , black pepper, salt ginger garlic paste for 2-3 mints) star fry on a no sticky pan till crunchy coat appears.

2. If you have allergies towards gluten it can be switched to mix gram and nuts patty where 1tbsp of gram flour , suji , poha and some crushed nuts roughly mix them star fry with a spoon full of butter.

3. Take a half slice of bun spread a spoon full of hung curd or mayo, then some steamed cabbage leaves pinch of pepper, chopped tomatoes, and the seitan patty another spoon full of burger sauce then cucumber slices, carrots , onions as well then coriander leaves another spoon full of sauce on the top with some crushed nuts and cover it with the bun lid and enjoy the yummy vegan fuse Burger.

4. This 1 serving of 120 gms gives

5.



ENERGY

310 kcals



PROTEINS

32 g



FATS

6 g



CARBOHYDRATES

28 g



# Proteinwiches



Serves  
1



Preparation  
10 mins



Cooking  
10 mins

## INGREDIENTS

1 burger bun( 50 GM's)

40gms of seitan slices

Cabbage leaves- 5 Gms

Sliced carrots of 8 Gms

Cucumber slices5gms

Onions and tomato slices10 GM's

Handful of coriander and mint leaves

2tbsp of freshly prepared hung curd or garlic flavoured mayo

Handful of crushed nuts

Some Indian spice mix ( turmeric , black pepper, cumin powder , ginger garlic paste , soya sauce, green chillies)

Recipe by- Shifa Siddique Shaikh

**RECIPE**  
1. To prepare the seitan by continuous washing of starch then boil it with a flavoured broth for ten minutes then cool it and sliced it up then marrinate with a green paste ( 1 tbsp of coriander and mint leaves, turmeric , black pepper, salt ginger garlic paste for 2-3 mints) star fry on a no sticky pan till crunchy coat appears.

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4. This 1 serving of 120 gms gives

5.



ENERGY

310 kcals



PROTEINS

32 g



FATS

6 g



CARBOHYDRATES

28 g



# Double dose protein roll



\*For hummus-

100gram - Chickpea

100gram - Sesame oil (Shini) - 4 big teaspoon

Lemon juice- full of 1 lemon

Garlic cloves(fried)- 4 to 6

Oil- 3 teaspoon

Salt-as per taste

Soya chunk stuffing

Soaked and flaked soya chunks - 250gram

Onion,tomato(chopped)-1for each

Spices-chilli,moringa powder(justtomademorenutritious)

Cuminpowder

salt(all are as per taste)

lemonjuice-1teaspoon

Rotiesformakingroll-4-5

Recipe by- Gauri Gajendra Thakur

## RECIPE

1. For hummus-

2. Pressure cooker the overnight chickpeas uptill 5-6 whistle then after cooling.

3. Add those chickpea sesame paste fried Garlic,lemon juice salt and oil add make a smooth paste if required add some water the tasty hummus is ready

4. \* f o r s t u f f i n g -  
addoilinpansauteonion,tomatoeinittthenaddflakedchunksands piceslike

5. Chilli powder,moringa powder,cumin powder,and lemon juice and salt in it garnish with coriander leaves

6. \*for roll-spread hummus all over roti and by filling the stuffing make roll of it and grill editon

7. Pan for 4 to 5 min till crisps

8. Serve with tomato sauce and TADA! Your health protein rich breakfast is ready in quicktime..



ENERGY

400 kcal



PROTEINS

25 g



FATS

20 g



CARBOHYDRATES

22 g



# Veg Frankie



Serves  
2



Preparation  
20 mins



Cooking  
20 mins

wheat flour- 60 g

tofu- 50 g

## INGREDIENTS

green gram whole -15g

moth beans -15 g

lentil-15 g

beetroot- 10 g

onion - 25 g

tomato-25 g

carrot -15 g

ghee-10 g

soy cheese-30 g

salt as per taste

spices - turmeric, chilli podwer -1/2 tsp

pepper powder, cumin powder-1/2 tsp

Recipe by- Sanyukta Pathe

## RECIPE

1. Soak the legumes overnight.
2. Prepare a dough for roti and make two rotis for Franky.
3. Boil all the sprouts.
4. Add finely chopped onion, tomato and grated beetroot
5. Make proper mixture of all vegetables.
6. Add turmeric, chilli powder, cumin powder, pepper powder.
7. Mix it well and wrap in roti properly.
8. Grill or roast it on tawa, apply ghee.
9. Grate the cheese and serve the tasty franky with sauce or chutney.



ENERGY

430 kcals



PROTEINS

21 g



FATS

17 g



CARBOHYDRATES

45 g



# Soyabean upma



Serves  
2



Preparation  
10 mins



Cooking  
10 mins

## INGREDIENTS

Soybean Powder - 3/4 cup  
Cumin - 1 spoon  
Urad Dal - 1 teaspoon  
Asafoetida  
Grated Ginger - 1/4 teaspoon  
Green Chili - 1  
Sliced Onions - 1/2 cup  
Grated Carrots - 1/2 Cup  
Finely chopped cabbage - 1/2 cup  
Oil - 2 tablespoons  
Salt - according to taste

Recipe by- Rinki

## INGREDIENTS

### For garnishing

Chopped coriander leaf - 2 tablespoons  
Lemon Pieces - 4

## RECIPE

1. Pour soybean powder into hot water for 15 minutes. Squeeze and drain and throw water.
2. Heat the oil in a nonstick pan and add cumin.
3. When the cumin starts cooking, add the flying lentils to it and fry until golden.
4. Asafoetida, Ginger, Add green chili and onion.
5. Fry until the onion is golden.
6. Add cabbage and carrots.
7. Fry for four to five minutes.
8. Pour soybean powder into the pan and mix well.
9. Add salt and mix and cook for a while.
10. Garnish with coriander leaf and lemon pieces and serve.



ENERGY

600 kcals



PROTEINS

26 g



FATS

20 g



CARBOHYDRATES

19.2 g



# Quinoa amaranth poha



## INGREDIENTS

- ½ cup boiled quinoa
- ½ cup puffed amaranth
- ½ cup peas
- ½ carrots
- ½ cup chopped spring onion
- 1 tsp ginger grated
- ½ tofu pieces
- ½ cup nutrela granules soaked in warm water for 10 minutes, drained before use
- 1 tbsp roasted peanuts
- 1 tsp jeera

Recipe by- *N. Nite*

## INGREDIENTS

- 1 tsp dhania powder
- 1 tsp mustard seeds (optional)
- 1 tsp lemon juice
- Salt to taste
- 1 tsp ghee/oil
- Fresh mint leaves to garnish

## RECIPE

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ENERGY

kcal



PROTEINS

25 g



FATS

13 g



CARBOHYDRATES

52 g



# Sprouts-badam ki sabzi



Serves  
2



Preparation  
48 hrs



Cooking  
10 mins

## INGREDIENTS

Moong dal Sprouts- 1 bowl  
Soaked almonds - 10 nos.  
Ginger - ½ tsp chopped  
Green chilli - 1 no. (cut pcs)  
Red chilli whole - 1 no.  
Black Mustard seed - 1/3 tsp  
Asafoetida powder- a pinch  
Salt - To taste  
Mustard oil - ½ tsp  
Curry leaves - 8-10 nos  
Water - As required

Recipe by- Dr. Shelvi Ngarwal

## INGREDIENTS

Lemon - ½ or ¼ lemon as per taste  
Tomato - ½ or 1 as per taste

## RECIPE

1. Heat mustard oil in a pan, add black mustard seed to crackle, add asafoetida, green chilli, ginger, curry leaves, and red chillies. Add sprouts, almonds, salt, stir it. Sprinkle some water. Cover with a lid, cook further on low flame for 3-5 minutes. Take it out in the service dish. Garnish it with a tomato and a lemon.



ENERGY

418 kcals



PROTEINS

27.5 g



FATS

11 g



CARBOHYDRATES

44 g



# Peanut Rice



Serves  
1



Preparation  
5 mins



Cooking  
10 mins

## INGREDIENTS

Rice - 1 cup  
Peanut - 100g  
Cooking Oil 2tbsp  
Red Chili 2-3  
Curry Leaves 7- 10 leaves  
chana dal - 5g  
urad dal - 5g  
Garlic 4-6 clove  
cumin - 5g  
sesame seeds - 5g  
Salt - needed amount.

Recipe by- Yuvaraj D

## RECIPE

1. Dry roast dals until golden on a medium to low heat and set aside
2. Dry roast peanuts well along with garlic until half roasted. Garlic is roasted here to remove the pungent smell.
3. Then add curry leaves and red chilies. Roast until the peanuts emit a nice good aroma.
4. Add cumin, coconut or sesame seeds at this stage and switch off the stove. Curry leaves and red chilies should become crisp.
5. Cool them completely and add to a blender or mini blender jar. You can also set aside some peanuts for garnish.
6. Powder coarse or finely to suit your taste. We like the coarse texture so powdered the chana dal and urad dal first to a fine powder. Then coarsely ground the rest of the ingredients.
7. Cook and cool the rice as you would do regularly. There are 2 ways you can make the peanut rice.

- 4.
5. 8. Heat oil in a kadai and temper with half tsp mustard seeds, 1 broken red chili, curry leaves and then hing. Later add the powder along with salt and switch off the stove. Mix the cooked and cooled rice or Cool the cooked rice completely. Add the peanut powder, salt and oil. Use either cold pressed organic sesame, peanut or olive oil. Mix well all of them.
- 6.



ENERGY

740 kcals



PROTEINS

16 g



FATS

33 g



CARBOHYDRATES

47 g



# Rice balls with green gram masala



Serves  
2



Preparation  
15 mins



Cooking  
15 mins

## INGREDIENTS

Rice flour -100g  
Greengram-80g  
Onion- 20g  
Tomato -30g  
Grated carrot -15g  
Shallot -5g  
Coconut-30g  
Ginger garlic paste-1/4 tsp  
Fennel seeds-1/4tsp  
Curry leaves-1g  
Turmeric powder- 1/4tsp

Recipe by- Anjali Nijith

## INGREDIENTS

Coriander powder-1/2tsp  
Mustard-1/4tsp  
Coconut oil -1tbsp  
Salt - to taste

## RECIPE

1. Pressure cook the green gram and keep aside.
2. To the rice flour, add hot water with sufficient amount of salt and make a dough.
3. Take small quantity of the dough, round them into small balls and make a press at the centre as shown in the picture below.
4. Repeat this procedure for the rest of the dough and steam cook it for 15 minutes.
5. Preparation for masala: blend coconut , shallot and fennel seeds together in a mixer.
6. In a pan, heat the coconut oil ,add mustards.
7. After the mustard bursts, add curry leaves, then onion and ginger garlic paste.
8. When the onion is cooked, add tomato and grated carrot , saute them well.

9. Add turmeric powder ,coriander powder and enough salt, mix them.
10. Add the coconut mixture into it , mix again.
11. Now add the cooked green gram into it.
12. Add 60ml of water, boil them .
13. Add the steamcooked rice balls into this.
14. Mix well and serve them hot.



ENERGY

908 kcals



PROTEINS

27.5 g



FATS

29.5 g



CARBOHYDRATES

133 g



# Quinoa soy milk bowl



Serves  
2



Preparation  
15 mins



Cooking  
15 mins

## INGREDIENTS

1/2 cup quinoa  
1 cup water  
2/3 cup chocolate soy milk  
1 tablespoon cocoa powder  
1 tablespoon homemade sweetener  
1 banana (sliced or mashed we made it with using sliced bananas)  
1 little pinch of salt  
Nuts for more protein

Recipe by- Ravilala Lokesh Virumala Krishna

## RECIPE

1. Make ready all the ingredients.
2. Heat the quinoa and water on stove for about 5 minutes.
3. Add in the chocolate soy milk, stir them well for uniform composition. Reduce the heat to medium-low, and heat an additional 5-7 minutes until liquid is mostly absorbed and the quinoa is soft and fully cooked. You may need to add a bit more water as per need.
4. Once the quinoa is fully cooked, remove the pan from heat and stir in the cocoa powder, sweetener and banana slices. Add a pinch of salt if you like, just to help bring out all the flavors.
5. Serve warm for a hot breakfast which is high in proteins.
- 6.
7. Changes for Recipe Variations:
8. This recipe would also be delicious with some chopped nuts,

berries, or even some peanut butter. For extra flavour, add in a sprinkling of cinnamon or a drop or two of vanilla extract. A sprinkling of cocoa will add crunch and extra chocolate flavour.

9. We should make note that this recipe is free of refined sugar, most soy milk have sugar added in. If you're looking to reduce your sugar consumption, look for an unsweetened soy milk. You can use a regular (not chocolate flavoured) soy milk in this recipe if you'd like, just add an extra teaspoon or so of cocoa powder to make up the difference.



ENERGY

325 kcals



PROTEINS

20.3 g



FATS

6.3 g



CARBOHYDRATES

43.8 g



# Sprouted pulses kolukattai

 Serves  
3-4

 Preparation  
8 hrs

 Cooking  
1 hr

## INGREDIENTS

Soya bean : 100 gms  
Chana Dhal : 100 gms  
Green mung bean : 100 gms  
Rajma : 50 gms  
Cow peas : 100 gms  
Dry red chillies : 5 Nos.  
Asafatodia : ¼ tsp  
Ginger : 5 gms

Recipe by- S. Supriya

Garlic : 5 gms  
Sunflower oil : 5 tsp  
Salt : As required  
Curry leaves : 2 sprigs

Onion : 50 gms  
Rice flour : 100 gms  
Coconut : 10 gms

## RECIPE

1. Very long recipe



ENERGY

325 kcals



PROTEINS

20.3 g



FATS

6.3 g



CARBOHYDRATES

43.8 g



# Millet mint pongal



Serves  
2



Preparation  
10 mins



Cooking  
20 mins

## INGREDIENTS

Little millet - 50 g  
Green gram dhal - 50 g  
Mint leaves - 50 g  
Corriander leaves - 25 g  
Curry leaves - 10 g  
1 green chili  
½ inch ginger  
½ tsp cumin seeds  
Oil - 1 tsp  
Salt to taste  
Cashew nut - 5 no's

Recipe by- Pooja Peernima S

## RECIPE

1. Add washed millet, washed green gram dhal to the pressure cooker.
2. Now add water and pressure cook for 2 to 3 whistles. Once pressure is released naturally, mix the cooked dhal and millet
3. Add the mint leaves, coriander leaves, curry leaves, ginger and green chili into a mixer jar. Grind the mixture into a smooth paste.
4. Heat the pan, add oil add cumin seeds, cashews and fry them for a couple of minutes.
5. Then add the mint mixture, salt and let them to boil.
6. Finally, add the cooked millet and dhal mixture to the pan and stir it well and add water to adjust the consistency.
7. Let the mint millet mixture cook for around 5 minutes and serve hot.



ENERGY

428 kcals



PROTEINS

22.5 g



FATS

9.5 g



CARBOHYDRATES

60.5 g



# Upma with finger millet and pearl millet



## INGREDIENTS

Green lentils - 1¼ cup  
Spinach - 1 cup  
Chia seeds - 2 tablespoons  
Ginger - 1 teaspoon grated ginger  
Cinnamon - 1 teaspoon ground cinnamon  
Honey - 1 teaspoon  
Ice apple - 5 pieces

Recipe by- Shaik Mohammad Hussain

## RECIPE

1. Take the cooked green lentils
2. Place cooked lentils, spinach, chia seeds, ginger, cinnamon, honey in a mixer
3. Blend on high until very smooth for 2 to 3 minutes
4. Serve it in glass
5. Cut the ice apple into small pieces and add to it
- 6.



ENERGY

340 kcals



PROTEINS

30 g



FATS

5 g



CARBOHYDRATES

70 g



# Sprouted legume salads



Serves  
4



Preparation  
15 mins



Cooking  
15 mins

## INGREDIENTS

missing

## RECIPE

1. soak Bengal gram overnight and drain. In a damp muslin cloth, add the gram in it and from a bag. Hang it over night And let them sprout. Similarly, sprout the rajma.
2. In a large bowl, add sprouted Bengal gram, sprouted rajma, sprouted beans, chopped carrot, chopped bell pepper, pea, chopped tomato, chopped cucumber, chopped capsicum.
3. Add green chillies, taster peanuts, chat masala, black pepper powder, roasted cumin powder, squeeze lemon juice and mix till well combined.
4. Transfer the prepared salads into serving bowl. Garnish with chopped vegetables and sprouted legume. Serve immediately.

Recipe by- Trisha santra



ENERGY

308 kcals



PROTEINS

17.75 g



FATS

6.4 g



CARBOHYDRATES

45.2 g



# Poha upma



Serves  
3



Preparation  
15 mins



Cooking  
10 mins

## INGREDIENTS

Rice Flakes 60 gram  
carrot 50 gm  
Beans 100 gm  
Green peas  
soyabean 20 gm  
greeted paneer 20 gm  
peanuts 13 gm

Recipe by- Dipika Pradhan

## INGREDIENTS

1 medium onion  
cooking oil 5 ml  
salt to taste  
cumin seed  
curry leaves  
green chillies  
turmeric powder.

## RECIPE

1. Rinse 2 cups thick poha in water until they soften. Use a strainer or colander to rinse these light rice flakes.. During rinsing, they will absorb water and soften.The poha flakes ideally should soften but remain in shape and intact. If the they do not become soft, sprinkle some splashes of water on them so that they absorb some extra water.
2. Now add 1 teaspoon sugar (or as required), salt as per taste, and ¼ teaspoon turmeric powder to the pohe and gently mix with a spoon or with clean hands.
3. Dry roast 2 to 2.5 tablespoons peanuts in a heavy pan until they become crunchy.
4. Heat 2 tablespoons oil in the same pan. Crackle the cumin

seeds first.Then add ½ cup finely chopped onions, Add 10 to 12 curry leaves and 1 teaspoon chopped green chillies. Sauté for some seconds chopped vegetables (carrot, Beans, green peas), boil soyabean, Saute them until they become translucent and soften. Add the roasted peanuts and stir.Add poha and mix gently.

5. Cover and steam for about 2 minutes on a low heat. Switch off the heat and let poha remain covered for 1 to 2 minute.Remove the lid and 2 to 3 tablespoons chopped coriander leaves and 2 to 3 tablespoons grated paneer. Mix gently and serve.
6. Serve poha upma with curd or sweet curd.



ENERGY

478 kcals



PROTEINS

36 g



FATS

23 g



CARBOHYDRATES

68 g



# Poha upma



Serves  
3



Preparation  
15 mins



Cooking  
10 mins

## INGREDIENTS

Rice Flakes 60 gram  
carrot 50 gm  
Beans 100 gm  
Green peas  
soyabean 20 gm  
greeted paneer 20 gm  
peanuts 13 gm

Recipe by- Dipika Pradhan

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ENERGY

478 kcals



PROTEINS

36 g



FATS

23 g



CARBOHYDRATES

68 g

