



CONQUERING MY OWN EVEREST





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BHUTANESE EMA DATSHI



Ingredients

1. Bell peppers, capsicum 1-2
2. Broccoli
3. 1 red onion , sliced
4. 1 tomato , sliced
5. 3 cloves garlic , crushed
6. 1 tablespoon unsalted butter
7. Cheese, 3-4 slices
8. Salt to taste
9. 1 cup water (to cook the veggies)

Instructions

1. Heat a pan and add butter.
2. Add the sliced onion, tomato, veggies and chillies.
3. Give them a quick toss and the water.
4. Season them with salt. Cover and cook until the peppers become tender.
5. Add cheese, cream as you would like the consistency.

How to make it Healthier

1. You can add your choice of veggies and cheese to this recipe, add oregano and basil to have a cheesy pasta like taste.



GREEN SALAD



Ingredients

Lettuce or Butter Crunch Lettuce : 3 cups
Spring Mix: 2 cups
Cucumber: 1/2 cup
Bell Pepper: 1/2 cup
Broccoli: 1 cup
Tomato: 1/2 cup
Chopped Almond: 2 Tbsp
Chopped Walnut: 2 Tbsp
Pumpkin Seeds: 2 Tbsp
Chia Seeds: 1 to 2 Tsp
Black Pepper: As per taste
Himalayan Pink Salt: As per taste
Extra Virgin Olive Oil: 1 Tbsp
Raw Unfiltered Organic Apple Cider Vinegar: 1 to 2 Tbsp
Shredded Cheese: 1/4 cup
Lemon Juice: As per taste
Nutritional Yeast: 1/2 to 1 Tbsp

Instructions

1. Add everything and mix together.

How to make it Healthier

1. You can choose more or less types of greens according to what suits your body.



SOM TAM – THAI GREEN PAPAYA SALAD



Ingredients

1. Raw papaya
2. Ginger
3. Garlic
4. Onions
5. Carrot
6. Beans
7. Tomato
8. Salt
9. Soya sauce
10. Chilly paste
12. Chopped coriander
13. Lemon juice

Instructions

1. First peel and cut the raw papaya thin like noodles.
2. Take ginger, garlic, onions, crush in a mortar pestle.
3. Take a bowl and add carrot, beans, add crushed ginger, garlic, onion paste, add thin slices of tomato, papaya, salt, Soya sauce, red chilly paste, chopped coriander, lemon juice, and crush the vegetables.
4. And then add crushed peanuts and mix it well ready the salad.

How to make it Healthier

1. DO NOT use honey, brown sugar or any sweetener to make this, it is super delicious without sweetness as well.
2. Please use soy sauce in extreme moderation, very little and very rarely, or skip it altogether.



CHINESE STIR FRIED VEGETABLES



Ingredients

1. Oil/Butter (2 Tbsp)
2. Garlic (1 Tbsp)
3. Ginger (1 Tsp)
4. Green Chili (2 Pieces)
5. Onion (1 Large)
6. Bell Pepper (1 Cup)
7. Mushrooms (1 Cup)
8. Broccoli (1 Cup)
9. Water (2 Cups)
10. Chili Garlic Sauce (1 Tbsp)
11. Tomato Paste (1.5 Tbsp)
12. Soy Sauce (1 Tsp)
13. Salt To Taste
14. Besan (2 Tbsp)
15. Water (4-5 Tbsp)
16. Spring Greens (1 Cup)
17. Sesame seeds (2 tbsp)

Instructions

1. Take a frying pan and add 2-3 tbsp of oil/butter.

How to make it Healthier

1. Please do not use babycorn or corn. Please use soy sauce in extreme moderation, and rarely.
2. AVOID cornflour and tomato sauce, use besan and tomato paste in place of these.
3. If you add paneer instead along with veggies, you also get an interesting chilli paneer recipe.

2. Once the oil heats up add 1-1.5 tbsp of chopped garlic, 1 tbsp of chopped ginger and 2 slit green chillies.
3. Stir till the garlic turns slightly brown.
4. Then add about 1 cup of onions (diced and petals separated) and 1 cup of green bell peppers (capsicums) and 1 cup of mushrooms. Stir for 20 seconds.
5. Now add 1 cup of broccoli. Stir all of these veggies for about 10 seconds.
6. Add about 2 Cups of water to the veggies and allow the water to boil.
7. Once the water starts boiling add 1 tbsp of chilli garlic sauce, 1.5 tbsp of tomato paste and 1 teaspoon of soy sauce. Add salt according to taste. Mix it well and allow the sauce to boil.
8. In the meantime Take 2 tbsp of besan in a separate bowl and add 4-5 tbsp of cold water.
9. Mix this well till the besan is completely dissolved and add this to the vegetables.
10. Mix all of this well and let it cook for about 15 secs on a high flame. Finally add some finely chopped spring greens, mix and serve



CHEESY MUSHROOMS



Ingredients

1. 200 grams button mushrooms
2. 2 tbsp ghee/butter/sesame oil/olive oil
3. 3 medium onions finely chopped
4. 50 grams butter
5. 6-7 garlic cloves finely chopped
6. 100 ml heavy cream
7. 2 tbsp all purpose flour
8. salt to taste
9. 1 tsp black pepper powder
10. 1 tsp paprika
11. 2 tsp dry basil, 2 tsp dry thyme
12. Fresh parsley/coriander for garnish

Instructions

1. Wash the button mushrooms and pat them dry.
2. Heat oil in a pan. Add the finely chopped onions and cook till they turn brown and translucent. Set them aside.
3. In the same pan, heat butter. Add the button mushrooms into the pan and fry for a minute in low flame.
4. Add the finely chopped garlic to the mushroom and stir. Keep the flame at low.
5. Pour in the cream into the pan and mix well. Keep the flame at low at all times to avoid burning.
6. Add cheese into the pan and mix well till there are no lumps.
7. Season with salt, black pepper powder and paprika. As soon as the gravy starts to thicken, add hot water or stock and stir well. Add the fried onions and mix well. Cover and let it cook for ten to fifteen minutes. Keep the flame at low throughout.
8. Take the lid off and garnish with thyme, basil and fresh coriander or parsley. Give it one last stir and done!

How to make it Healthier

1. Do not use any kind of flour for the sauce, use cream/milk/cheese, it turns out as an amazing tasty sauce.



SAUTEED VEGETABLES



Ingredients

1. 6-7 button mushrooms, sliced
2. ½ medium red, green, yellow capsicum, cut into triangles
3. 1 medium carrot, sliced
4. ¼ medium broccoli, separated into florets
5. 6-8 French beans, diagonally sliced and blanched
6. 1 tablespoon oil/ghee/butter
7. 1 tablespoon chopped garlic
8. Salt to taste
9. Crushed black peppercorns to taste
10. 1 teaspoon red chilli flakes
11. 100 grams paneer, cut into ½ inch cubes
12. ½ tablespoon light soy sauce
13. Spring onion greens for garnishing

Instructions

1. Heat oil in a non-stick wok. Add garlic and sauté for 30 seconds. Add mushrooms and sauté for 1-2 minutes.
2. Add red capsicum, yellow capsicum and green capsicum and sauté for 1 minute. Add carrot and broccoli and sauté for 1 minute. Add French beans and sauté for 30 seconds. Add salt, crushed peppercorns and chilli flakes and sauté for 30 seconds.
4. Add paneer and sauté for 30 seconds. Add soy sauce and sauté for 1 minute. Serve hot garnished with spring onion greens.

How to make it Healthier

1. You can choose more or less types of greens and veggies according to what suits your body.
2. Please do not use babycorn or corn. Please use soy sauce in extreme moderation, and rarely.
3. AVOID cornflour and sweet sugary sauces, use besan and tomato paste in place of these.



THAI GREEN CURRY



Ingredients

For the paste:

- 1 tbsp. Coriander Seeds
- 2 cloves
- 2 tbsp black pepper
- 2 Stalks of Lemongrass
- 5-6 Garlic Cloves
- 1½" Ginger
- 3 Chopped Green Chillies
- 1 Chopped Onion
- ½ cup Coriander Leaves
- ½ cup Thai Basil
- 1 Kaafir Lime Leaf
- 1 tsp. Vinegar
- Salt to taste

For the curry:

- Red, Green Bellpeppers
- Broccoli
- Mushrooms
- 2 cups Coconut Milk
- 1 tbsp. Besan

How to make it healthier

1. Skip the baby corn, use besan and not cornflour
2. You can also skip Galangal and Kaafir lime leaves, or instead use some lime zest.

Instructions

The Paste

1. Dry roast coriander seeds, cloves and peppercorns for a minute and grind them.
2. Then add chopped lemongrass stalks, garlic, ginger, galangal, green chillies, onion, coriander leaves, thai basil, kaafir lime leaf, vinegar and salt to the grinder and grind all these ingredients to a fine paste.

The Curry

1. Heat a tablespoon of oil in a pan and add in 5-6 tsp. of the green paste and cook it for a minute. Once cooked push the paste on one side of the pan.
2. Heat some oil in the free space of the pan and saute the bellpeppers, and broccoli in it mixing in the paste afterwards.
3. Then add the mushrooms and salt. Pour half the quantity of coconut milk in the cooked ingredients.
4. In the remaining half add besan and mix it well and then pour it in the pan.
5. Let all this cook for 2-3 minutes and add some bruised kaafir lime leaves and salt as required.
6. Once the curry starts to boil turn the flame off.



BURMESE KHAO SUEY & ZUCCHINI NOODLES



Ingredients

2 cups spiraled zucchini
1/2 cup mixed sprouted beans (or any sprouted beans)
1/2 cup coconut milk
1/2 cup water
1 teaspoon Besan
1/2 teaspoon turmeric powder
1/2 teaspoon red chili powder
1/2 teaspoon coriander powder
3 shallots (onions) - chopped
1" ginger root chopped
2 cloves garlic chopped
1 tablespoon fried garlic
1 tablespoon fried onions
1 tablespoon chopped cilantro
1 tablespoon spring onion copped
1 tablespoon chopped chives (garlic)
1 lime sliced

How to make it healthier:

1. Add sliced almonds, walnuts and peanuts for the crunch and also protein content.
2. You can also substitute cabbage and zucchini as noodles if you want or cook it without the noodles as a soup.
3. You can also add boiled eggs or chicken to it if you prefer.

Instructions

1. Peel, cut & spiralize zucchini - 4 cups. Slice It Using A Peeler instead of spiralizing if you want
2. Heat oil in a pan & stir-fry zucchini. Keep it aside.
3. Make coconut blend: Add coconut milk, water, chickpea flour & whisk till no lumps.
4. Chop shallots (onions), ginger & garlic. Blend into paste.
5. Heat oil in a wok or a pan. Add onion blend & stir-fry. Add turmeric, chili powder, sprouted beans, coconut milk blend - (coconut milk + water + chickpea flour), Coriander powder & salt to taste.
6. Simmer for 7-8 minutes or until it reaches the consistency you desire.
7. Assemble: in a serving bowl, add zucchini noodles, coconut curry, spring onion, chives (optional), fried garlic, fried onion, cilantro & squeeze lime slice. Enjoy.



CAULIFLOWER RICE



Ingredients

1. 1 Cauliflower
2. 100 grams Mushrooms
3. 50 grams Parmesan cheese
4. 50 ml Heavy Cream
5. 10 grams garlic
6. 1 Tbsp Butter
7. 1 Tsp Chopped Parsley
8. Salt & Pepper to Taste

Instructions

1. Prep the cauliflower. Cut the florets from the main stalk and then wash and drain.
2. Using your food processor, rice the cauliflower, you can also grate it or try with a normal mixer as well.
3. Heat the butter and olive oil in a non stick pan and once melted add in the cauliflower rice, season with salt and give it a good mix.
4. Spread the rice evenly around the pan, turn the heat down to low and cover and cook for about 7-8 minutes or till the cauliflower is nice and tender.
5. Make sure you remove the lid every 2 minutes and give everything a good stir to make sure nothing sticks or burns. This is very important. Once the cauliflower has cooked long enough and is tender, serve with your favourite Curry.

How to make it Healthier

1. For cheesy cauliflower rice, add the fresh cream and grated parmesan cheese when rice is half cooked and mix well.
2. For making poha/masala rice, Add in the cumin seeds, onion and ginger garlic paste, tomatoes and any veggies you'd like in your rice and cook with seasonings.



BHUTANESE JAJU/SPINACH SOUP



Ingredients

1. Spinach
2. 1/2 Onion
3. 1 tomato
4. 1-2 chillies
5. 1-2 garlic cloves
6. 1 small ginger
7. 1/2 cup milk/cream
8. Oil and salt to taste

Instructions

1. Wash and finely chop the spinach into small pieces as shown above. Cut onions, tomato and chillies into small pieces followed by garlic and ginger. Garlic and Ginger can be mashed in a pestle if you have one.
2. Take half a pot of water, and put on heat. Sprinkle some salt and 2 spoonful of cooking oil in the hot water. Add onion, garlic, ginger, followed by tomato and spinach.
3. Now add half glass of milk and stir for a while.
4. Let it boil for 3 minutes and when its dark green and milky remove from the heat. Don't let the water dry, its better served cooked in more water.
5. Your Jaju is ready to be served.

How to make it Healthier

1. You can also add cheese for a more creamy texture and having it as one complete meal.
2. You can also add some more veggies like mushroom and bell peppers and enjoy it as Ema Datshi too.



BESAN KADHI



Ingredients

For kadhi:

1. 1 cup curd / yogurt (sour)
2. ¼ cup besan / gram flour / chickpea flour
3. ½ tsp turmeric / haldi
4. ½ tsp kashmiri red chilli powder / lal mirch powder
5. 3 cup water
6. 1 green chilli (slit)
7. ¾ tsp salt
8. 2 tbsp coriander (finely chopped)

For tempering:

9. 2 tbsp oil
10. 1 tsp mustard / rai
11. ½ tsp cumin / jeera
12. ¼ tsp methi / fenugreek seeds
13. pinch of hing / asafoetida
14. few curry leaves
15. 2 dried red chilli
16. ¼ tsp turmeric / haldi
17. ¼ tsp kashmiri red chilli powder / lal mirch powder

Instructions

1. Firstly, in a large mixing bowl take 1 cup sour curd and ¼ cup besan.
2. Also add ½ tsp turmeric and ½ tsp chilli powder.
3. Whisk smooth. Additionally add 3 cup water and whisk well. Pour the besan mixture into large kadai keeping flame on low.
4. Keeping the flame on low, stir for 5 minutes. Once the kadhi comes to a boil add in 1 green chilli and ¾ tsp salt. mix well.
5. Continue to boil for 15-20 minutes on medium flame stirring occasionally.
6. Now prepare the tempering by heating 2 tbsp oil.
7. Once the oil turns hot, add in 1 tsp mustard, ½ tsp cumin, ¼ tsp methi, pinch of hing, few curry leaves and 2 dried red chilli. 8. Also add ¼ tsp turmeric and ¼ tsp chilli powder. Allow to splutter. Now pour the tempering over kadhi.
9. Also add 2 tbsp coriander leaves and mix well. Finally serve dahi kadhi with hot steamed rice or roti.

How to make it Healthier

1. If you want to add besan pakoda, please limit the amount and fry in ghee, do not add potatoes.
2. Make sure to cook the kadhi on low to medium flame stirring well, else the besan mixture might curdle.



PALAK PANEER SAAG



Ingredients

1. 200 grams Spinach
2. 200 grams Paneer
3. 50 grams Onion
4. 5 grams garlic
5. 5 grams Ginger
6. 1 Green Chilly
7. 1/2 tbsp Cumin Seeds
8. 50 ml Heavy Cream
9. 1/2 Tsp Tumeric Powder
10. 1/2 Tsp Red Chilli Powder
11. 1/2 Tsp Cumin Powder
12. 1/2 Tsp Coriander Powder
13. 1/2 Tsp Garam Masala
14. Salt to Taste
15. 20 grams Ghee or Olive Oil to cook

Instructions

1. Heat the ghee in a deep frying pan.
2. Fry the cumin seeds, ginger, garlic, green chilly and onions for 2-3 minutes.
3. Add in the spinach leaves or any other greens you have, season with salt and cover and cook for 2 minutes.
4. Turn off the gas and blitz everything in the food processor, add water if required to blend smoothly.
5. Heat ghee in the same pan and add in the tumeric, red chilli powder, cumin powder, garam masala and coriander powder.
6. Once the masalas have been cooked out pour in the pureed spinach, cover and cook for 2-3 minutes.
7. Add in the fresh cream and the paneer and cook for a further 1 minute.
8. Garnish with some fresh cream and cheese (optional).

How to make it Healthier

1. Do not use any sugary sauces if you want to season it, home made sauces without sugar is great.
2. You can add different types of greens for the curry, like beet tops, lettuce, carrot tops, spinach, kale etc
3. Always take care of which greens suit you while consuming a variety of greens in saag together.



EGG SHAKSHUKA/INDIAN MASALA EGGS



Ingredients

1. Ghee 1 tbsp
2. Jeera 1 tsp
3. Onions 3/4th cup (chopped)
4. Green chillies 2-3 nos. (chopped)
5. Ginger garlic paste 1 tbsp
6. Tomatoes 1 cup (chopped)
7. Salt to taste
8. Fresh coriander 1 tbsp (chopped)
9. Haldi powder ½ tsp
10. Lal mirch powder 1 tbsp
11. Dhaniya powder 1 tbsp
12. Fresh cream/malai 2 tbsp
13. Eggs 4 nos.
14. Salt & pepper to taste

Instructions

1. Set a pan on medium heat, add oil, jeera, onions, green chillies and ginger garlic paste, sauté until onions turn translucent.
2. Add chopped tomatoes, salt to taste and powdered spices, mix and cook well until the tomatoes are mushy.
3. Add around 40-50 ml water to avoid the masalas from burning and cook for 2-3 minutes.
4. Low down the heat, now add fresh cream, mix well and cook for a minute.
5. Now make some cavity or space with spatula or egg in the masala and directly break eggs in the pan, sprinkle some salt & pepper over it, cover and cook on low flame until the egg whites are cooked, keeping the egg yolk slightly runny, you can choose to keep the yolks cooked as per your preference.
6. Finish with some freshly chopped coriander leaves.

How to make it Healthier

1. You can also add cheese slices/shredded cheese on top at the end with some more seasoning to make it even more tasty.
2. DO NOT have this with breads, eggs are super nutritious and pretty good meals as it is. Cook with ghee or unsalted butter.



TAWA PANEER



Ingredients

1. 200 grams Paneer
2. 1 Tsp Ginger Garlic Paste
3. 1 Tsp Salt
4. 1/4 Tsp Tumeric
5. 1/2 Tsp Red Chilli Powder
6. 1/2 Tsp Coriander Powder
7. 1/2 Tsp Cumin Powder
8. 2 tbsp Melted Butter/Ghee
9. Coriander and Lemon for garnish

Instructions

1. Mix the ginger garlic paste, salt, chilli powder, tumeric, coriander & cumin powder and half the melted butter/ghee together.
2. Chop paneer into bite size pieces and mix with the paste.
3. Heat the remaining ghee/butter/oil in the pan.
4. Fry the paneer for 1-2 minutes of each side till nice and golden brown.

How to make it Healthier

1. You can also add onion, tomatoes and some green veggies to make this dish fuller.
2. Please make sure of using only olive oil/ghee/butter/sesame oil/mustard oil, AVOID refined and vegetable oils.



DAL CHEELA



Ingredients

1. Ginger, chopped
2. 2 Green Chillies, chopped
3. Moong Dal, washed & soaked
4. Water as required
5. Salt to taste
6. Turmeric powder
7. Red Chilli powder
8. Oil for greasing
9. Coriander leaves

Instructions

1. In a mixer jar add ginger, green chillies, moong dal, grind well without water.
2. Add some water to the mixture and grind it coarse.
3. Take the mixture out in a bowl, add water, salt, turmeric powder, red chilli powder and mix well.
4. Heat oil in a pan, take a laddle full of batter and make a disc-like shape.
5. Sprinkle some coriander leaves, spread some oil, flip the chilla and let it cook on both sides.

How to make it Healthier

1. You can add egg to the batter of the mix to increase the protein content even more for a filling breakfast!
2. You can stuff your cheelas with paneer as well to complete the meal with some salad.
3. You can make this cheela with soaking and grinding any legumes/dal.



BESAN VEGETABLE CHEELA



Ingredients

1. Besan – 1 cup
2. Ginger and chili paste or chopped – 2 tsp
3. Coriander chopped – ¼ cup
4. Lauki grated – 1 cup
5. Carom seeds (Ajwain) – ¼ tsp
6. Salt according to taste – 1 tsp
7. Water – ¾ cup

Instructions

1. Measure all ingredients and keep it aside.
2. Add besan in a bowl.
3. In 2 parts add water.
4. Mix well and try to ensure the consistency is thick.
5. Add all other ingredients.
6. Heat cast iron or iron Tawa. If not then only use non-stick Tawa.
7. Spread a scoop of batter evenly on hot Iron / Cast Iron Tawa.
8. Spread some oil/ghee/butter.
9. Cover and cook. Flip when cooked.
10. Again cover and cook till done. Same way prepare all chillas.
11. Serve hot Chilla with homemade curd, pickle, or chutney of your choice.

How to make it Healthier

1. Add mooli, gajar, tomato, beetroot or any left over fiber from your green juice to the batter or as topping to add more nutrients and taste.
2. You can even add other green grated vegetables to make this, it is an amazing way to include greens in a tasty way.



BESAN EGG CHEELA



Ingredients

1. ½ cup gram flour (besan)
2. 4 eggs
3. Salt to taste
4. 3-4 fresh coriander sprigs, chopped
5. ½ teaspoon garam masala powder
6. ¼ teaspoon turmeric powder
7. 1 teaspoon red chilli powder
8. Ghee/Butter as required
9. 50 grams cheese, grated
10. Green/Chilli chutney for serving

Instructions

1. Take besan in a bowl. Add salt, ¾ of chopped coriander sprigs, garam masala powder, turmeric powder and chilli powder and mix well. Break in eggs and whisk well to make a semi-thick smooth batter.
2. To prepare one cheela, heat 1 teaspoon oil in a non-stick pan. Pour a ladleful of batter, spread to make a thick disc, reduce heat, cover and cook from one side for 2 minutes.
3. Spread some cheese on top, cover and cook for 2 minutes.
4. Garnish with some chopped coriander sprigs and serve hot with chutney.

How to make it Healthier

1. Add mooli, gajar, tomato, beetroot or any left over fiber from your green juice to the batter or as topping to add more nutrients and taste
2. Do not use excessive besan, 3-4 spoons with 2 eggs is enough for 2-3 chillas depending on how thick you prefer.



COCONUT ROTI



Ingredients

1. 5 tbsp Coconut Flour
2. 1 tbsp Psyllium Husk/Isabgol
3. 1/4 tsp Salt
4. 2 tsp Olive Oil
5. 1 tbsp Yoghurt/Dahi
6. Warm Water (add gradually)

Instructions

1. Mix the dry ingredients, add the oil and add water gradually to get a dough like consistency.
2. Leave the dough to rest for 20 mins.
3. Cut the dough into 4 even pieces.
4. Roll each piece in a ball, place this ball between two pieces of parchment/butter paper.
5. Press the ball with your hand to squeeze it between the paper and start rolling.
6. Roll your bread as thin as you like – keep in mind that they puff a bit when cooking. So thin is ok!
7. Peel off the top piece of paper.
8. Optional – use a lid or any round shape to cut out beautiful round flatbread and keep the outside dough to reform more bread.
9. Flip over the flatbread onto a hot non-stick pan, peel off the last piece of paper carefully to release the bread.
10. Cook 2-3 minutes on both sides.

How to make it Healthier

1. Be careful of the amount of rotis you eat, since this has some significant amount of GL too..
2. Also, this isn't a recipe which can be consumed on a daily basis, please have these on a lesser frequency.



MASALA PEANUT CHAAT



Ingredients

1. Roasted Peanuts – 2 Cups
2. Oil – 1 tsp
3. Curry Leaves – 10 nos
4. Red Chilli Powder – ¼ tsp
5. Turmeric Powder – A pinch
6. Asafoetida/Hing Powder – A pinch
7. Black Pepper Powder – ¼ tsp
8. Salt – ½ tsp
9. Tomato (finely chopped) – ½ Cup
10. Onion (finely chopped) – ½ Cup
11. Coriander Leaves (finely chopped) – 2 tbsp
12. Lemon Juice – 1 tbsp

How to make it Healthier

1. You can also add paneer/tofu to your peanut chaat to have a fuller meal.
2. Some salad dressing with sauted greens also tastes very well in combination, adding mushrooms is a great idea too.
3. No need to fry the peanuts again if they're already boiled/roasted.

13. Chaat Masala – 1 tsp

Instructions

1. Heat up the oil on low heat and add the chilli powder, turmeric powder, Hing powder, pepper powder.
2. Add the curry leaves and saute for 30 seconds on low heat. Add the peanuts to this mixture and cook for 1 minute.
3. This is the masala peanuts for the dish. Transfer it into a bowl.
4. To this bowl, add the chopped onions, chopped tomatoes and chopped coriander leaves. Add the lemon juice and chaat masala. Mix well. Adjust salt to taste.



SEEDS MIX PROTEIN POWDER



Ingredients:

1. 50 grams Almonds
2. 25 grams chia seeds
3. 50 grams pumpkin seeds
4. 30 grams Walnuts
5. 50 grams sunflower seeds
6. 50 grams peanuts
7. 50 grams flax seeds
8. 30 grams sesame seeds

Procedure:

1. Roast all the seeds and nuts, one by one or all together, as you wish.
2. Let them cool down a little and blend it into a fine powder.
3. Make sure you don't blend it for very long, since nuts/seeds can release oils, keep checking while you blend.
4. Your home made super nutritious protein powder is ready.

How to make it healthier:

1. DO NOT use soy beans, soy protein or any other soy product.
2. Do not store seed mix powder for more than 15-20 days at once, it loses nutritional value due to oxidation. Hence, only prepare the powder for few weeks at a time.
3. You can add some berries and also make a very healthy yummy milkshake with the powder.
4. Make sure, you do not take more than 25g of protein at one go.



CHOCOLATE PEANUT BUTTER FAT BOMBS



Ingredients

1. 60 grams Cocoa Butter
2. 30 grams Peanut Butter (Natural and with no added sugar)
3. 1 Tbsp Unsweetened Cocoa Powder
4. 1 Tbsp Erythritol (Powdered)
5. a pinch of salt

Instructions

1. Melt the cocoa butter in bursts of 30 seconds in the microwave. You can also use a double boiler.
2. Add in the peanut butter and mix well. If the peanut butter is too thick or not mixing, then microwave for 30 seconds and blend together.
3. Sift in the powdered erythritol and cocoa powder and mix well.
4. Taste for sweetness and add in a pinch of salt.
5. Pour into molds or cupcake liners and put in the fridge/freezer to set.
6. Enjoy.

How to make it Healthier

1. You can always use only butter instead of cocoa butter and skip the sweetener if it suits your taste.



STRAWBERRY CREAM



Ingredients

1. 5-6 medium strawberries
2. 1 cup malai/ cream

Instructions

1. Dice or slice strawberries. Leave them whole if you prefer.
2. Pour cream over bowlful of strawberries.
3. Serve and enjoy!

How to make it Healthier

1. You can add strawberry/any other berry in malai and make mousse as well from this. Your personal choice to blend it as well, it tastes super yummy with crushed/cut up strawberry.
2. Although any sweetener is not required but if you wish to serve it to your kids, you can add any keto sweetener like xylitol/erythritol/stevia and any other fruit as well for kids.



BADAM KESAR HALWA



Ingredients

1. Badam/almond – 100 gms
2. Fresh cream – 40 ml
3. Water – 40 ml
4. Ghee – 25 ml + 25 ml
5. Sweetener – 50 gms
6. Salt – a pinch
7. Saffron – to enhance color

Instructions

1. Soak 100 gms of badam(almonds) in hot water for 30 mins.
2. Peel the skin and grind it to coarse paste.
3. Take 40ml of fresh cream and add 40 ml of water. This is our diluted milk. In a heavy bottomed pan, add our diluted milk. Stir and boil the milk. Add our grinded coarse badam paste. Mix without lumps.
4. Stir continuously for 10 mins till the badam paste coagulate with milk and slightly thickens.
5. Add saffron and stir for 10 mins on medium high flame.
6. Add 25 gms of ghee and stir continuously for 10 mins on med low flame.
7. Add pinch of salt and stir well. Once the raw smell of badam leaves, add 50 gms of sweetener. Mix well so that sweetener dissolves with badam-ghee mixture.
8. Keep stirring for 5 mins and then add another 25 gms of ghee. Stir continuously for 10 mins in low flame.
9. Turn off once the halwa starts leaving the sides and glaze of the ghee is visible on top. Garnish with chopped badam(almonds).

How to make it Healthier

1. You can also use almond flour instead of blanched almond paste, by simply grinding the almonds and using as it is.
2. You can cut down on sweetener and add some raisins for the natural sweetness.
3. You can also use milk directly instead of cream for utilising the natural sweetness of milk



CHIA SEED PUDDING



Ingredients:

1. 100 ml unsweetened almond milk/coconut milk/regular milk
2. 3 tbsp chia seeds
3. 2 tbsp unsweetened natural peanut butter
4. 1 teaspoon vanilla extract
5. Sweetener if required
6. a pinch salt

Optional topping:

Sugar-Free Whipped cream and 1 tbsp unsweetened peanut butter mixed with 1/2 tbsp coconut oil

1. Blend all the ingredients for a minute or two
2. Refrigerate for 15-20 mins
3. Add the whipped cream/malai or berries on top

How to make it healthier:

1. Instead of blending, you can also add the ingredients to milk, mix and soak the seeds for 2-3 hours in it, freeze and add some berries to top off.
2. If you don't want to use milk, you can also dilute the malai/cream and soak seeds in that
3. Please also note, do not consume more than 3 tbsp seeds in a day and also consume peanut butter moderation.



COCONUT COOKIES



Ingredients

1. 2 cups dessiccated coconut
2. 1 tbsp coconut flour
3. Sweetener as you like, (xylitol, erythritol or stevia)
4. 1 tsp baking powder
5. 6 tbsp butter
6. 1 egg
7. 1 tsp vanilla extract
8. 3 tbsp cream/malai

Instructions

1. Preheat oven to 350°F.
2. Mix the dessiccated coconut, coconut flour, baking powder and set aside.
3. In a bowl add butter and sweetener and mix with a hand mixer.
4. Add vanilla extract, egg and cream and keep mixing.
5. Add the dessiccated coconut, coconut flour and baking powder mix and continue to mix in with a hand mixer.
6. When ingredients are well combined, take a heaping spoonfull of the dough, roll into a ball and flatten. Place on a butter paper or parchment paper on a baking sheet.
7. You should be able to make 16 cookies about 2 inches in diameter and 1/2 inch thick.
8. Bake in over at 350°F for 20 minutes until golden brown in color.
9. When done, let it sit for 20 minutes to cool to room temperature before serving.

How to make it Healthier

1. You can also mix almond flour into the dry ingredients and skip coconut flour.
2. You can also add lil nuts to make your cookies super crunchy. 3. Don't forget to cool them off properly to retain the crunch.