

# Surekha's COOK BOOK

100+  
Wholesome Recipes



# MENU



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# INTRODUCTION

Diabetes - the disease that makes you say goodbye to all the delicious, calorie-filled food. It sure came as a blessing and a curse in our family. A curse because I didn't know what it was, and I had to stop prepping all the good food I was used to. Blessing, because in the process of changing the diet and discovering new food, we forget about the disease and got lost in eating healthy, delicious food.

This book is not an ordinary cookbook and a diet plan; it is rather a philosophy of self-care and natural healing.

I want to dedicate this work to my loving husband, my ever-hungry kids, who are also always ready to be an experimental ginny pig for every new recipe I try, and my late pita ji, an Ayurvedic doctor who gave me the values and ethics for always opting to use natural ingredients to heal and rejuvenate the body. He wanted me to follow his footsteps and became a doctor, but the ickiness of

surgery kept me away from this dream! Life has its way of getting around, and years later, now, I am a certified health coach from Cornell University and a certified Functional Medicine Practitioner from The School of Applied Functional Medicine. In addition, I have explored various other dimensions of alternative healing such as Ayurveda, Traditional Chinese Medicine, Yoga and Asanas, Meditation, Pranic healing, Plant-based nutrition, Acupuncture, and Chinese Herbs to explore further new ways of managing one's overall well-being.

So if you are looking for some delicious and healthy recipes to make you forget about your greasy burgers and fries, please get your hands on this book. It's filled with love, expertise and a whole lot of flavour and nourishment.

Embark on your journey towards health and wellness.

Lots of love,  
**Surekha**



# SOUPS



# CREAMY HOT BROCCOLI SOUP



Preparation time: 5 minutes



Cooking time: 10 minutes

## INGREDIENTS

- Broccoli-120 gm
- Coconut -15 gm
- 1 cloves of garlic
- Salt and pepper
- 1 1/4 cup Water from steamer
- Optional fresh chopped coriander

## METHOD

- Chop and Steam broccoli and the coconut meat for 7-8 minutes.
- Blend both of them with water from the steamer.
- Dry roast the garlic and pour the mixture over it.
- Add salt and pepper, mix well.
- Cook for 4-5 minutes.
- Optional Garnish with chopped coriander.





# CARROT SOUP



Preparation time: 5-10 minutes



Cooking time: 15 minutes

## INGREDIENTS

- 4 small carrots with skin Or (2 big carrots)
- Raw fresh coconut 1x2 inch (15 gm)
- Salt and pepper
- 1 1/4 cup water from steame

## METHOD

- Steam the carrots and coconut for 7-8 minutes.
- Once cooked, blend them with steamed water, until you get the creamy smooth texture.
- In a heated pan pour the liquid and add salt and pepper.
- Cook for 1-2 minutes.
- Garnish with chopped coriander.





# CHEESY, CREAMY CAULIFLOWER SOUP



Preparation time: 5 minutes



Cooking time: 10 minutes

## INGREDIENTS

- 1 1/2 cup (140 gm) fresh/frozen Cauliflower
- 2x2 inch fresh coconut
- Salt and pepper as per taste
- Fresh chopped coriander for garnishing

blended paste add salt and pepper.  
Cook for 1-2 minutes.  
Garnish with fresh coriander  
Serve hot!

## CALORIES

- Cauliflower -35 cal
- Coconut -100 cal
- =135 cal approx.

## METHOD

### PREPARATION

Wash and chop the cauliflower florets and slice the coconut.

### COOKING

Steam the above veggies for 10 minute.

\*Add the cauliflower stems to the boiling water of the steamer, use this water as a vegetable broth.

Blend the steamed cauliflower and coconut with the water( from the steamer) till you get the creamy texture.

Heat a sauce pan and pour the



# CREAMY TOMATO AND BOTTLE GAURD SOUP



Preparation time: 5-10 minutes



Cooking time: 15 minutes

## INGREDIENTS

- 4 small tomatoes with skin
- 1 cup- Ghiya( bottle gourd)
- Raw fresh coconut 2x2 inch
- 1 1/4 cup water from steamer
- Salt and pepper as per taste
- 1/2tsp Roasted cumin powder

## METHOD

### PREPARATION

Slice the tomato, Fine chop the bottle gourd ( it might remain hard after steaming), Slice the coconut

### COOKING

Steam all of them for 10-12 minutes.

Once cooked, blend them with water (from steamer)until you get the creamy smooth texture.

In a heated pan pour the blended liquid and add the spices.  
Cook for 4-5 minutes.

Garnish with chopped coriander.

You can replace fresh coconut with 3-4 soaked cashews.

Blend them with everything.

\*Never add both of them, pick one.

Tips to complete the meal.

Add any one of these/ drink two bowl of this soup.

Add 3-4tbs of cooked quinoa/rice/any millets to the soup.

Mash and spread an Avocado on a slice of sourdough bread, garnish with chopped onion, tomato, basil, lemon juice, salt and pepper.

### CALORIES

- Serving -2 person
- 4 tomatoes -80 cal
- 1 cup ghiya -22 cal
- Coconut -100 cal
- Total= 155 cal approx.





# AROMATIC SPINACH ALMOND SOUP



Preparation time: 5 minutes



Cooking time: 15 minutes

## INGREDIENTS (2 PERSON)

- 1 cup Spinach
- 8-9 overnight soaked Almonds
- 1- clove of Garlic
- 2- large mushroom / soaked 10-12 lotus seeds (fox nut/ makhana)
- Salt and pepper

## METHOD

### PREPARATION

Wash the spinach and mushroom.  
Slice the mushroom Or if you are using lotus seeds then soak them in water for 10 minutes.  
Fine chop/crush the garlic.  
Chop the coriander

### COOKING

Steam the spinach and almond for 5 minutes.  
Add them in the blender with water from the steamer.  
Blend till you get the smooth creamy paste.

In a heated pan dry roast the

chopped garlic, add the mushroom cook for 4-5 minutes.

Now pour the blended purée over it cook for 4-5 minutes.

Garnish with coriander.

If you are adding lotus seeds then take them out from the water and squeeze softly.

Throw them in ready soup and cook for 1 minutes.

### CALORIES

- 1 cup spinach -7 calories
- 9 almonds -70 calories
- 10 lotus seeds/fox nut -1 calorie
- Total =80 calories approx





# FLAVORFUL HOT AND SOUR VEG SOUP



Preparation time: 5 minutes



Cooking time: 15 minutes

## INGREDIENTS ( 2 SOUP BOWL)

- 1/2 carrot
- 4- French beans
- 1 piece mushroom
- Small pieces of Cabbage
- 1cm Ginger
- 2 small cloves of Garlic
- 1- spring onion
- 1- green chilly
- 1tbs chopped Coriander
- 1tsp soya sauce
- 1tsp white vinegar
- 1tsp chilly sauce
- Salt and pepper as per taste
- 1tbs Tapioca powder

vegetables. Sauté them for 3-4 minutes and stock water ( vegetable broth)/ water.

Now add salt, pepper, Vinegar, chilly sauce and soya sauce.  
Cook for 5 minutes.

Meanwhile prepare the tapioca paste. Take 2 tbs of water and mix tapioca powder in it and make a smooth paste. Pour the paste over the boiling soup water and mix well.  
Cook for another 2 minutes.

Garnish with coriander.  
Adjust the salt and pepper, Serve Hot.

## METHOD

### PREPARATION

Fine chop all the vegetables and keep aside

### COOKING

Dry roast the ginger and garlic, and cook for 2-3 minutes.  
Add green chilly and rest of the

### CALORIES

- Serving =2 persons
- 1/2 Carrot-10 cal
- 1 mushroom-5 cal
- 5 french beans -9 cal
- Cabbage, spring onion -5 cal
- Tapioca starch-35 cal
- Total calories = 70 calories approx





# MEXICAN CHILLY BEAN SOUP



Preparation time: 5 minutes



Cooking time: 15 minutes

## INGREDIENTS ( 2 SOUP BOWL)

- 1/4 cup Cooked kidney beans
- 1/4 each Bell pepper -2 type chopped
- 1-Spring onion chopped
- 1big clove of Garlic/2 small
- 1tsp Basil chopped
- 1 tbs Coriander chopped
- 2-3 slices of Beet root
- Salt, black pepper and red chilly powder.

vegetables and kidney beans.  
Add spices and mix.  
Cook for another 4-5 minutes.  
Take out the beetroot and garnish with the chopped coriander.

\*beetroot is only to give bright red colour to the soup.

## CALORIES ( 2 SOUP BOWLS)

- 3 medium tomatoes-60 cal
- 1/4 cup cooked kidney beans -45 cal
- Rest of the vegetables -20cal
- Total =125 cal approx

## METHOD

### PREPARATION

Chop all the vegetables.

\*Overnight soak the kidney beans and cook in the morning for 1hour.

### COOKING

Dry roast the garlic

Add tomato paste and the beet root slices cook for 5 minutes.

Now add rest of the chopped



# PROTEIN RICH MUNG SPROUTS SOUP



Preparation time: 5 minutes



Cooking time: 15 minutes

## INGREDIENTS

- 1 cup Mung sprouts
- 1 cup Spinach
- 1 1/2 Coconut 15gm
- 1 clove of garlic
- 10 Cherry tomatoes
- 1tbs Fresh chopped coriander
- Squeeze of lemon before serving
- Salt and pepper as per taste
- 1/2tsp Dry roasted cumin powder

## METHOD

Slice the coconut, chop all the veggies.

Steam mung beans, spinach and coconut for 10 minute.

Add steamed veggies and water from the steamer to the blender. Blend till you get the creamy liquid.

Dry roast the fine chopped garlic.

Pour the blended paste over the roasted garlic, add salt, pepper and roasted cumin powder.

Cook for 4-5minutes.

Now add cherry tomatoes and cook for 1 more minute.

Squeeze lemon juice over the ready soup and garnish with fresh coriander.

Serve hot!

### CALORIES (SERVING -2)

- 1 cup Mung bean sprouts -30 cal
- 1 cup spinach -7 cal
- 1 -1/2 inch coconut (15gm)-50 cal
- 10 cherry tomatoes( 47 gm)-9 cal
- Total = 98-99 calories approx







# SOUP MONTH

(Under 100 calories approx)

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# YUMMY CREAMY CABBAGE SOUP



Preparation time: 5 minutes



Cooking time: 15 minutes

## INGREDIENTS ( 2 SOUP BOWL)

- 1 cup - Cabbage
- 1 small potato with the skin
- 1tbs onion chopped
- 1x2 inch (15 gm ) fresh coconut
- 1 small bay leaf
- Salt & pepper

## METHOD

Chop the cabbage, potato & coconut.  
Steam them for 10 minute.

Add steamed veggies & water from the steamer to the blender. Blend till you get the creamy texture liquid.

Dry roast the fine chopped onion & the bay leaf.

Pour the blended paste over the roasted onion, add salt & pepper, Cook for 1-2 minutes, Serve hot!

### CALORIES (SERVING -2)

- 1 cup Cabbage -22 cal
- 1 small potato 70 gm -55 cal
- 1x1/12 inch Coconut 15gm -50 cal
- 1tbs Onion-4 cal
- Total calories =135 calories approx



# LUSCIOUS BEET AND TOMATO SOUP



Preparation time: 5-7 minutes



Cooking time: 15 minutes

## INGREDIENTS

- 1 medium-size beetroot
- 3-4 red tomatoes with the skin
- 1tbs onion chopped
- 1x2 inch (15 gm ) fresh coconut
- 1 small bay leaf
- 1tsp Ginger chopped
- 1 Clove of garlic/ if small then 2
- Fresh coriander for garnishing
- Salt & pepper

roasted mixture, add salt & pepper.  
Cook for 1-2 minutes.  
Serve hot!

### CALORIES (SERVING -2)

- 1 beetroot 200gm -86 cal
- 3-4 tomato 250 gm -45 cal
- 1x1/12 inch Coconut 15gm -50 cal
- 1tbs Onion-4 cal
- Total calories =185 calories approx

## METHOD

Chop the beetroot, tomatoes, carrot & slice the coconut. Steam them for 10 minutes.

Add steamed veggies & water from the steamer to the blender. Blend till you get the creamy texture liquid.

Dry roast the finely chopped onion, ginger, garlic & bay leaf.

Pour the blended paste over the





# IMMUNITY BOOSTER GREEN PEA SOUP



Preparation time: 5 minutes



Cooking time: 10-15 minutes

## INGREDIENTS (2 SOUP BOWLS)

- 1 1/2 cup - Green peas fresh/ frozen
- 1tbs onion chopped
- 1clove of garlic/ 2 if small
- 1x2 inch (15 gm ) fresh coconut
- Salt & pepper as per taste
- 1/4tsp Cumin seed powder
- Powerful blender
- 1tbs Chopped Coriander leaves
- 1 tsp optional chopped Basil leaves
- A squeeze of lemon (optional)

Dry roast the finely chopped onion & garlic. Pour the blended liquid over it and add salt & pepper.

Cook for 4-5 minutes.

Garnish with coriander & basil.

Squeeze lemon juice optional

In case you don't like coconut, you can replace it with soaked almonds (8 piece for 2 servings)

I like the taste of coconut

## METHOD

Slice the coconut

Steam the green peas & coconut for 10 minutes.

Add steamed pea, coconut & water from the steamer to the blender.

Blend till you get the creamy-textured liquid.

### CALORIES (SERVING -2)

- 1 1/2 cup green peas-175 gm
- 1x1/12 inch Coconut 15gm -50 cal
- Total calories =225 calories approx



# RICH CREAMY MUSHROOM SOUP



Preparation time: 5 minutes



Cooking time: 10-15 minutes

## INGREDIENTS (2 SOUP BOWLS)

- 125 gm mushroom (4 big buttons)
- 2tbs whole wheat flour
- 10 overnight/5-6hrs soaked almonds with skin
- 2-small garlic cloves / one big
- 1 tbs Onion
- 1- bay leaf
- \*2 cup stock water
- Finely chopped coriander
- Cooked slices of mushroom

## METHOD

### PREPARATION

Chop the onion, garlic & coriander.

Slice the mushrooms

Dry roast the flour

Prepare the stock/ vegetable broth)

\*If in a rush, use plain drinking water.

(Heat the water, add washed Vegetable waste like Broccoli &

cauliflower stems, French beans, green pea pods, and add one bay leaf.

Cook for 5-10 minutes, and strain)

Cooking the soup

Dry roast the finely chopped onion, garlic & bay leaf in a deep saucepan.

Add the mushrooms & cook for 3-4 minutes until softened.

Please take out the 1/4 cup cooked mushroom & keep it aside.

Blend the wheat flour with 1/4 cup stock water.

Pour it in the saucepan.

Cook the mixture at low flame for 2-3 more minutes.

Mix well with the wooden spatula, as it might start curdling.

Prepare the almond milk: Blend the almonds with little stock water to make them smooth & creamy milk.

Add 1/4 cup of saved, cooked mushrooms to the blender over the milk, blend again, till you get the creamy texture.

Add this thick mixture to the saucepan, mix well.



Now pour in the rest of the stock water.  
Add salt & pepper.

Cook for another 4-5 minutes.  
Take out the bay leaf before serving.

Garnish with chopped coriander & sliced/ chopped mushroom.

For garnishing, either pick up 2-3 mushrooms from the saucepan/ spare the mushroom slices in the beginning, and cook them separately.  
Serve hot!



# WHOLESOME MINISTRONE SOUP



Preparation time: 10 minutes



Cooking time: 15- 0 minutes

## INGREDIENTS

- 4 Tomatoes (3 blend+1 chopped)
- 1- Carrot
- 5-6 French beans
- 1/2 stick Celery
- 2 Garlic cloves
- 1tbs Onion
- 3-4 Basil leaves
- 1/2 tsp Oregano or as per taste
- 1/2 tsp Basil or as per taste
- Salt & pepper as per taste
- Choice of pasta -4-5 piece(I am using quinoa pasta)
- Basil leaves
- Vegan cheese( optional)

## METHOD

### PREPARATION

Chop all the veggies

Prepare the vegetable stock: Boil the water, add all the vegetable waste, cook for 7-8 minutes—strain & use.

Cook the beans & pasta keep them aside.

## MAKING OF SOUP

In a deep saucepan, dry roast the garlic, onion & celery.

Once they look slightly brown, add the chopped tomatoes, Cook for 2-3 minutes. Once tomatoes shrink a bit, pour the blended tomato paste.

Cook for 5 more minutes.

Pour the vegetable stock into the saucepan, mix well.

Now, throw the vegetables & dry herbs in the saucepan. Add salt & pepper. Cook for 10 minutes at low heat so that every mix together.

Add in cooked beans & pasta, cook for 1 more minute.

Garnish with basil leaves & choice of cheese.

### CALORIES (SERVING -2)

- 4 Tomatoes (350gm)- 63 cal
- 1 Carrot ( 75 gm) -30 cal
- French Beans (25 gm)-8 cal
- 1/4 cup Black eat beans -32 cal
- Quinoa pasta-15 cal
- Total cal 150 cal approx





# HEALTHY YELLOW MUNG LENTIL (DAL) SOUP



Preparation time: 5 minutes



Cooking time: 15 minutes

## INGREDIENTS

- 1/2 or 1/4 cup yellow mung lentil
- (Depending how thick you like)
- 1 tbs Finley Onion chopped
- 1tbs finely celery chopped
- 1 garlic clove minced
- 2tbs fresh coriander chopped
- \*Optional
- 2tbs of finely chopped capsicum
- 1/8tsp of turmeric powder
- 1/2tsp roasted cumin powder
- Salt & pepper
- Lemon juice to sprinkle
- Chopped fresh coriander leaves
- Salt & pepper

## METHOD

### PREPARATION

Wash & rinse the dal (lentil)  
Soak the dal for overnight/ for an hour.

In a pressure cooker add 2 cup water, lentil & salt.

Cook in the pressure cooker, switch off after one whistle.

Once cool down, blend the lentil & water until you get the creamy smooth texture.

(If you want bit chunky, keep 1/4 cup cooked dal aside & blend rest of it, mix in later in the saucepan)

Dry roast the garlic, onion & celery in a heated saucepan for 2 minutes.

Pour the dal paste over it, mix well.  
Add salt, black pepper & cumin powder.

Cook for 5-6 minutes, add coriander leaves.

Garnish with coriander leaves.  
Squeeze lemon juice before serving

### CALORIES (SERVING -2)

- one soup bowl Yellow lentil 90 calories
- Rest 2-4 calories
- 95 calories approx





# THICK CREAMY LEEK AND POTATO SOUP



Preparation time: 5-6 minutes



Cooking time: 10-15 minutes

## INGREDIENTS (2 SOUP BOWL)

- 1 leek
- 2 small potatoes with the skin
- 2 small cloves of garlic/ 1 big
- Vegetable Stock water
- 2 bay leaf
- 6-7 Soaked Cashew
- Salt and pepper as per taste
- 1/2 tsp Thyme
- Dried/ fresh thyme
- Fresh chopped coriander

## METHOD

### PREPARATION

Cut the leek half length wise and rinse each half thoroughly. As sometimes grit stuck inside the leek. Chop the leek, potato, garlic and coriander.

To prepare the stock water, add 2 1/2 cup water in the bottom steamer pot, add the waste of vegetables & bay leaf in it.

On the top vessel add chopped leek, potato & the cashews. Heat for 10 minutes.

Steaming of the veggies & stock preparation will finish simultaneously

Strain the stock water. Add steamed veggies & stock water to the blender.

Blend till you get the creamy textured paste.

Heat a sauce pan, dry roast the finely chopped garlic & the bay leaf. Pour the blended paste in the saucepan add salt, pepper & thyme. Cook for 3-4 minutes.

Garnishing: Fresh Chopped coriander, Fresh thyme or dried thyme. Serve hot!

### CALORIES (SERVING -2)

- 1 leek- 50 cal
- 2 small potato 150 gm -120 cal
- 6-7 cashews 15 gm - 75 cal
- Total calories =245



# EASY & DELICIOUS THAI STYLE TOM YUM SOUP



Preparation time: 10 minutes



Cooking time: 15-20 minutes

## INGREDIENTS

- Chopped vegetables-
- 1/4 cup Broccoli
- 1/2 Carrot
- 2- Mushroom
- 4 French beans
- A piece of Zucchini
- 1/2 Celery stick
- 1 Spring onion/ 2-3 inch leek
- 1/2 Lemon rind
- Veggies for Red paste: 2 slice Beet root, 1 big Tomatoes, 1tbs raisin
- Veggies for Thai curry paste: 1/2 tbs Ginger, 3 small garlic clove / 2 big clove, 1/2 celery stick, Basil 4-5 leaves
- 3- Red dried chilly
- 2x2 inch piece of raw coconut ( 1 cup milk)
- 2 inch cube of organic Tofu
- Salt & pepper
- Garnishing - Basil leaves

## METHOD

### PREPARATION

Chop all the vegetable in same size.

Make Thai curry paste: Soak the red dried chilly for 1-2 hrs.

In a blender, add all the ingredients under Thai curry along with red dried chilies & little water. Blend to get creamy textured paste.

Make red paste: Add all ingredients under red paste in a blender. Blend to get creamy paste.

Make coconut milk: Slice the coconut, mix water, blend till you get creamy milk. Strain it with muslin cloth, keep aside.

### COOKING

Pour the Thai curry paste in the heated saucepan, cook for 3-4 minutes. Add in all the chopped vegetables in the saucepan.

Add 1 1/2 cup water.

Cover with lid and cook for 5 minutes.

Add in the red tomato paste.

Cook for another 2-3 minutes.

Pour the coconut milk, add tofu cubes, salt & pepper. Cook for 3 -4 minutes more.

Adjust the taste & serve hot.

Garnish with chopped basil.



### CALORIES

- 2 mushroom -8
- 1 tomato -22
- Tofu (45 gm)-35 cal
- Coconut (35 gm)-120 cal
- Rest of the veggies-15 cal
- Total =200cal approx



start  
somewhere.



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# THICK CREAMY LEEK AND POTATO SOUP



Preparation time: 5-6 minutes



Cooking time: 10-15 minutes

## INGREDIENTS (2 SOUP BOWL)

- 1 leek
- 2 small potatoes with the skin
- 2 small cloves of garlic/ 1 big
- Vegetable Stock water
- 2 bay leaf
- 6-7 Soaked Cashew
- Salt and pepper as per taste
- 1/2 tsp Thyme
- Dried/ fresh thyme
- Fresh chopped coriander

## METHOD

### PREPARATION

Cut the leek half length wise and rinse each half thoroughly. As sometimes grit stuck inside the leek. Chop the leek, potato, garlic and coriander.

To prepare the stock water, add 2 1/2 cup water in the bottom steamer pot, add the waste of vegetables & bay leaf in it.

On the top vessel add chopped leek, potato & the cashews. Heat for 10 minutes.

Steaming of the veggies & stock preparation will finish simultaneously

Strain the stock water. Add steamed veggies & stock water to the blender.

Blend till you get the creamy textured paste.

Heat a sauce pan, dry roast the finely chopped garlic & the bay leaf. Pour the blended paste in the saucepan add salt, pepper & thyme. Cook for 3-4 minutes.

Garnishing: Fresh Chopped coriander, Fresh thyme or dried thyme. Serve hot!

### CALORIES (SERVING -2)

- 1 leek- 50 cal
- 2 small potato 150 gm -120 cal
- 6-7 cashews 15 gm - 75 cal
- Total calories =245





# EXOTIC SWEET CORN & SPINACH SOUP



Preparation time: 10 minutes



Cooking time: 15-20 minutes

## INGREDIENTS

- 115gm fresh Spinach (around 1 1/2-2 cups)
- 9 -10 overnight soaked almonds
- 1/2 cup Fresh/ frozen Corns
- 2tbs onion
- 1/2tsp Jaiphal(Nutmeg)
- Salt & pepper
- Garnishing: Steamed corns

## METHOD

### PREPARATION

Wash and steam the Spinach and almonds for 5 minutes.

Steam the corns for 15-20 minutes.

Make the almond milk: Overnight/ (5-6 hrs) soaked the almonds.

Wash well, blend with the freshwater/ water from the steamer until you get the creamy texture.

Pulse the Spinach:

Add steamed Spinach and water from the steamer to the blender.

Pulse the Spinach 3-4 times.

Do not blend thoroughly; keep it coarse.

### COOKING

In a heated pan, dry roast the onion, add the steamed corns. Cook for 4-5 minutes. Now pour in the almond milk & blended spinach purée over it.

Cook for another 3-4 minutes.

Sprinkle the jaiphal, mix well—Cook for a minute.

Garnish with steamed corns.

### CALORIES (SERVING -2)

- Spinach 115 gm- 26 cal
- 1/2 cup sweet corn- 62 cal
- 9 -10 almonds -75 calories
- Total =165 calories approx





# COMFORTING CREAM OF VEGETABLE SOUP



Preparation time: 5-6 minutes



Cooking time: 10-15 minutes

## INGREDIENTS (2 SOUP BOWL)

- 1/2 Carrot
- 1/4 cup Broccoli
- 2tbs Potato
- 4-5 Fresh beans
- 1/4 cup Green peas
- 2tbs Onion
- 21/2 tbs Quinoa flour (for gluten-free soup)
- \*Or wheat flour
- 3tbs Soaked Melon seeds( watermelon+ musk melon)  
Replacement: soaked cashews)
- Stock water-waste of vegetables & bay leaf /cloves
- Italian spices: 1/8 tsp Basil, 1/8 tsp Thyme, 1/8tsp Oregano, 1/8tsp Rosemary, Salt & pepper.
- Garnishing: Fresh basil leaves

## METHOD

### PREPARATION

Prepare the stock by boiling the vegetable waste for 10 minutes & strain the water.

Steam all the veggies.

Prepare the milk: Blend the melon seeds with water, until you get the smooth creamy milk.

Dry roast the quinoa flour.

Add the flour & steamed potato, to the seed milk. Blend well.

Chop the veggies in small size.

### COOKING

Heat a saucepan & dry roast the onion. Pour the blended milk over it.

Cook for 1-2 minutes.

Add in all the veggies , herbs, salt & pepper.

Cook it for 5-7 minutes.

### CALORIES (SERVING -2)

- 3tbs melon seeds-66 cal
- 1-Carrot -25 cal
- 1/4 cup Green peas -30 cal
- 21/2 tbs quinoa flour-20 cal
- Rest of the veggies -15 cal
- Total =156 calories



### TIP

- Steam the veggies ( in upper compartment ) and make the stock water simultaneously in the lower water pot of the steamer.
- It saves time & the essential nutrients as all goes in the vegetable broth.



# HEALING CARROT AND GINGER SOUP



Preparation time: 5 minutes



Cooking time: 10 minutes

## INGREDIENTS (2 SOUP BOWL)

- 2 big carrots (\*If you prefer very thick soup then add 1/2 more)
- 1 small piece of ginger(juice)
- 8 overnight soaked almonds
- 1tbs Onion
- 1tbs celery
- 1tbs Fresh Coriander
- Salt & pepper as per taste
- Garnishing: Fresh chopped coriander

## METHOD

### PREPARATION

Wash & chop the carrot.  
Fine chop the onion & celery.  
Mash/ mince the ginger, squeeze the juice.  
(1-2tsp)  
Chop the fresh coriander.

### COOKING

Steam the carrot & almonds for 10 minutes.  
Once cooked, add them to the blender, pour water from the steamer.

Blend until you get the smooth creamy textured paste.

Heat a sauce pan, dry roast the celery & onion.  
Pour the blended paste in the saucepan add salt & pepper.

Add 1-2 tsp of ginger juice depending upon your taste.

I like strong gingery taste, I added 2tsp.

Garnishing: Fresh Chopped coriander  
Serve hot!

### CALORIES (SERVING -2)

- 2 carrots- 60 cal
- 8 almonds (8gm )- 55cal
- Total calories =120 calories approx





# AMAZING ASIAN GREEN MIX VEG SOUP



Preparation time: 10 minutes



Cooking time: 15 minutes

## INGREDIENTS (2 SOUP BOWL)

- 1/4 cup Broccoli
- 1/2 Carrot
- 2tbs cabbage
- 1/4 cup red & yellow bell peppers
- 1-Mushroom
- 2-Baby corns
- 1/4 cup Steamed Spinach
- 1/2 Celery stick
- 1tbs Spring onion
- 2 small garlic cloves
- Salt & pepper
- 2tsp Potato starch /corn starch / arrowroot
- Garnishing: Red dried chilly

## METHOD

### PREPARATION

Dice all the vegetables in the same size.

Fine chop the garlic & celery

Steam the spinach

Make the stock water: Add vegetable waste to water cook for 10-15 minutes. Strain.

In a blender, add steamed spinach with little water.

Blend to get the creamy paste.

Thickner: Mix the potato starch in little water, make a paste keep aside.

### COOKING

Dry roast the garlic & celery.

Add all the vegetables other than the spring onion.

Pour the stock water over the veggies cook for 5-7 minutes.

Add in spinach paste, salt & pepper Cover with lid, cook for 5 minutes.

Pour the potato starch paste over it.

Now add the spring onions too.

Cook for 3 -4 minutes more.

Adjust the taste, serve hot.

### CALORIES (SERVING -2)

- 1 mushroom -4 cal
- 1/4 cup spinach -12 cal
- 1/4 cup broccoli -16 cal
- 1-2 carrot-15 cal
- 1/4 cup bell pepper-15 cal
- 1 baby corn-7 cal
- 2tsp potato starch -24 cal
- Total = 100 cal approx





# SPICY MEXICAN TORTILLA SOUP



Preparation time: 10 minutes



Cooking time: 15 minutes

## INGREDIENTS (2 SOUP BOWL)

### FOR SOUP

- 1/4 cup Cooked kidney beans
- 2- button Mushroom
- 1/4 cup Broccoli
- 1/2 Carrot
- 2tbs sweet corns fresh/ frozen
- 1/4 cup Bell pepper -2 type chopped
- 1big clove of Garlic/3 small, 1tsp fresh basil chopped
- SPICES: Salt, black pepper & chilly red powder.

### FOR ARRABBIATA SAUCE

- 4 Tomatoes
- 1/2 Celery stick
- 1 big Garlic clove/2 small
- 1tsp Onion
- 2 Dried Red chilly
- 4 Fresh Basil leaves/ 1/4tsp dry powder
- 1/4tsp Oregano or as per taste

## METHOD

### \* ARRABBIATA SAUCE

Fine chop the garlic, celery & onion. Steam the tomatoes & red chilly. Blend them with the water from the steamer until you get a smooth paste.

### COOKING

Heat a saucepan dry roast garlic, onion & celery for 2-3 minutes. Pour in the tomato paste. Add salt, pepper, chilly powder & basill. Cook for 10 minutes

## METHOD (\*SOUP)

### PREPARATION

Chop all the vegetables. \*Overnight soak the kidney beans, cook in the morning for 1hour, Steam the sweet corn.

### COOKING

Dry roast the garlic & celery. Pour in the ready sauce. Now add vegetables & steamed corn. Cook for 6-7 minutes with a closed lid. Add in the cooked kidney beans, spices & basill. Serve with a fresh tortilla.



### CALORIES (SERVING -2)

- 4 medium tomatoes-80 cal
- 1/4 cup cooked kidney beans -45 cal
- 2tbs of corns- 25 cal
- Rest of the vegetables -20cal
- Total =170 calories approx



# SATISFYING BROCCOLI AND ALMOND SOUP



Preparation time: 5 minutes



Cooking time: 10 minutes

## INGREDIENTS (2 SOUP BOWL)

- 1 1/2 cups Broccoli
- 8 Soaked Almonds
- 2-3 Roasted and silvered
- 1 clove of garlic
- 1tbs Celery and 1tbs onion
- Salt and pepper
- 2 cups Water
- Garnishing: Roasted almond silvers

## METHOD

### PREPARATION

Fine chop celery, onion & garlic.  
Separate the stems from the florets of broccoli.  
Chop the stalks & florets

### COOKING

Heat the water in a pan, add chopped stalks, cook for 3 minutes.

Add florets, cook for another 4-5 minutes with a closed lid, add soaked almonds also.

Blend these cooked veggies with water until you get creamy texture.

Dry roast the garlic, onion & celery, pour the mixture over it.

\*Optional, after roasting you can blend this also with the broccoli.  
Add salt & pepper, mix well.

Cook for 4-5 minutes.  
Garnish with roasted almonds.  
Enjoy

Please note that we are using broccoli stalks not the stems in this soup

### CALORIES (SERVING -2)

- Broccoli -45 cal
- 10 Almonds -70 cal
- Total =120 calories approx





# MOUTHWATERING SWEET CORN VEG SOUP



Preparation time: 5 minutes



Cooking time: 10 minutes

## INGREDIENTS (2 SOUP BOWL)

- 1 small Carrot or 1/2 big size
- 1 cup Yellow sweet corn frozen/ fresh
- 4-5 Fresh beans
- Small piece of cabbage
- Salt & pepper

## METHOD

### PREPARATION

Steam the corns until they look soft.

Blend half the corns with water from the steamer.

Blend till you get the creamy smooth textured paste.

\*(it's important step, the paste should be creamy & smooth)

Fine chop rest of the steamed corns  
Chop the veggies in small size.

### COOKING

Heat a saucepan & add the vegetables in it,

cook for 5 minutes.  
Add water if needed.

Pour the blended corn paste over the veggies, add water from the steamer. (stalk water)

Add Salt & pepper.

Cook it for 5 minutes with closed lid.  
Taste, adjust salt & pepper.  
Serve hot.

### CALORIES (SERVING -2)

- 1-Carrot -20 cal
- 1 cup Corns- 150 cal
- French beans- 8
- Total =180 calories approx





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# COOLING CUCUMBER COCONUT SOUP



Preparation time: 5 minutes



Cooking time: 10 minutes

## INGREDIENTS (2 SOUP BOWL)

- 1 cucumber
- 1 cup coconut milk
- 10 curry leaves
- 1tbs onion
- 1/4 cup Raw Coconut (2x2inch)
- 2 tsp foxtail millet/rice
- (soaked & cooked)
- 1/4 tsp turmeric powder
- Salt & pepper as per taste
- Garnishing: Freshly chopped coriander

## METHOD

### PREPARATION

Cut the cucumber half length-wise, cut in small size cubes.  
Chop the onion & coriander.  
Slice the coconut into small pieces.

Preparing the coconut milk :  
Blend the sliced coconut with 1 cup of water, until you get creamy textured milk.  
Strain the milk with a muslin cloth.

Add millet to the milk & blend again.  
Keep it aside.

### COOKING

Heat a saucepan, dry roast curry leaves, and onion for 2-3 minutes.  
Add cucumber pieces & cook for 2-3 more minutes.

Pour in the ready coconut milk & one more cup of water, mix well.  
Add salt, pepper & turmeric powder to it.  
Cook for 5 minutes with a closed lid.

Switch off the heat.  
Blend half the soup in a blender.  
Pour in back to the saucepan & mix well.  
Cook for 2 minutes.

Garnish with coriander, and drink while warm.

### CALORIES (SERVING -2)

- 1 cucumber - 15 cal
- Coconut (35 gm)-120 cal
- 2tbs cooked millet-30 cal
- Total calories =170 calories approx



# DIVINE ROASTED RED PEPPER TOMATO SOUP



Preparation time: 5-7 minutes



Cooking time: 20 minutes

## INGREDIENTS (2 SOUP BOWL)

- 4 medium red tomatoes
- 1 red bell pepper
- 3-4 slices of dark red Beetroot
- 1x2 inch (15 gm ) fresh coconut
- 1 clove of garlic/ if small then 2
- 1 dried red chilly
- 1/2 tsp Red Paprika
- Salt & pepper as per taste
- Garnishing: 4-5 fresh basil leaves

## METHOD

### PREPARATION

Chop the tomatoes, bell pepper & slice the coconut.

Fine chop the basil, onion & garlic.

### COOKING

Roasting

Preheat the oven at 180 C

Roast the bell pepper for 5-10 minutes ( until looks little brown)

Steam the tomato, coconut & red dried chilly

the steamer to the blender.

Blend till you get the creamy texture.

Dry roast the garlic.

Pour the blended paste over it, add in the beetroot slices. (For bright red color)

Sprinkle paprika, salt & pepper.

Cook for 7-10 minutes with a closed lid.

Switch off the heat.

Take out the beetroot slices.

Add basil leaves & garnish with the rest of the basil.

Serve hot!

### CALORIES (SERVING -2)

- 4 tomato 300gm -54 cal
- 1x2 inch Coconut 20 gm -70 cal
- 1 Red bell pepper 150 gm-45 cal
- Total calories =170 calories approx

Add steamed veggies & water from





# REFRESHING ZUCCHINI AND LEEK SOUP



Preparation time: 5-10 minutes



Cooking time: 10-15 minutes

## INGREDIENTS

- 1-2 leeks 100 gm
- 1/2 zucchini 160gm
- Spinach 100 gm
- 1 clove garlic, minced
- 2 cups water
- 8 +2 soaked cashews
- 1/2 lemon juice/ as per taste
- 1/4 tsp lemon zest / as per taste
- 1 tbsp basil leaves (3-4 leaves)
- Salt & pepper
- 1tsp fennel ( Sounf)
- Chopped Basil leaves
- Cashew cream

## METHOD

### PREPARATION

Cut the leek half length-wise & rinse each half thoroughly. Sometimes, grit is stuck inside the leek.

Chop the zucchini, spinach & leek. Fine chop garlic & basil. Pound the fennel seeds in a pestle & mortar/ grind them.

Blend the cashews with little water until you get the creamy smooth paste.

### COOKING

Heat a wide pan, dry roast the leeks for 5 minutes & add 2-3 tbs of water if it's sticking.

Add diced zucchini, spinach & fennel powder to it. Pour 2 cups of water.

Cover & allow to simmer about 5-6 minutes. Remove from the heat & blend until you get a creamy texture.

Heat the pan, dry roast garlic & pour in the blended purée.

Stir in the cashew cream & chopped basil. (Save a little bit of cashew cream for garnishing)

Cook till one boil, Switch off the heat. After a minute, add lemon zest & lemon juice into the pot, Add salt & pepper to taste.

Garnish with cashew cream & basil.

\*If you don't want to garnish with cashew cream, take eight cashews only!



- Calories: Serving -2
- 1 leek- 50 cal
- Spinach 100gm- 24 cal
- Zucchini 160gm-23cal
- 10 cashews - 90cal
- Total calories =190 calories approx



Elements of Well Being

# Food

**The food we eat can be medicine  
or poison.**

**Following a healthy diet can  
increase longevity, protect against  
disease & improve your overall  
well-being.**

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# APPETIZERS

# PROTEIN RICH AMARANTH BHEL (CHAT)

## INGREDIENTS

- 1 cup or more Puffed amaranth
- 1 sweet potato
- 1-tomato
- 1/2 cucumber
- 2tbs chopped coriander
- 1-green chilly
- 2-3 tbs peanuts with skin
- 1tbs flax seeds or seeds of choice
- 2tbs Green chutney
- kala namak
- Chat masala
- Dry mint powder
- Himalayan salt
- red chilly powder

## METHOD

### PREPARATION

Pop the amaranth and keep aside.

Dry roast the flax seeds and peanuts

Crush the peanuts in mortal and pastel.

Wash the sweet potato, cut into small cubes with the skin.

Steam for few minutes.

Chop all the veggies in small equal sized pieces.

Prepare the chutney.

### MIXING

Add popped amaranth to the bowl and add all the ingredients over it.

Toss every thing and pour green chutney over it, mix.

Serve immediately otherwise amaranth will become soft and soggy.

You can prepare everything in advance and mix the moment you are ready to eat.

## GREEN CHUTNEY

### INGREDIENTS

Handful of fresh coriander leaves

Handful of fresh mint leaves

1 medium size tomato

Small piece of ginger

1 green chilly



1/2 Lemon juice

1/2tsp Himalayan salt or as per taste

8-10 Soaked cashews optional

### METHOD

Add all the ingredients in a blender with a little bit of water to make a thick smooth paste.



# MOUTHWATERING ROASTED STUFFED POTATOES

## INGREDIENTS

- 2 big potatoes
- Scooped out potato steamed
- 2tbs Pumpkin steamed & mashed
- 1tbs fresh Coconut fine grated
- 1/2tsp Ginger, 1/2 green chilly
- 1tbs Coriander chopped
- Salt and red chilly powder
- Slice of tomato ( lid)

## METHOD

Scoop out the potato carefully. Steam the outer cover and inside of potato, it for 4-5 minutes to soften it.

Pre heat oven at 180 C

Preparation for stuffing  
Cook ginger for a minutes add all the ingredients and mix well. Keep it aside and let it cool down.

Rub bit of coconut butter outside of the potato.  
Now fill the stuffing carefully in

the potato and add a slice of tomato at the top.

Bake for 15 minutes.  
Enjoy with gravy and sour cream

## GRAVY

3 tomatoes  
3 soaked almonds  
Ginger, chilly and coriander  
Salt, red chilly powder  
Fresh coriander

## METHOD

Steam the tomatoes  
Blend the steamed tomatoes & almonds till you get the purée.

Dry roast ginger and add chilly and chopped coriander, cook for a while.

Pour the purée over it.  
Cook for 5 minute until water reduced

## SOUR CREAM

8 Soaked Cashew  
1tbs Fresh chopped Coriander  
1/2tsp Dry basil  
1/2tsp Dry oregano



1/2 Lemon juice  
Salt as per taste

## METHOD

Blend the cashew with water, pour in a small bowl and mix all the above herbs, lemon juice and salt.

# HARA BHARA KABAB

## INGREDIENTS

- 2 cup Spinach
- 1- cup Carrot
- 1- cup Beans
- 1- cup Green peas fresh/frozen
- 2 -Medium sized potatoes
- Ginger, garlic, green chilly, coriander leaves as per taste
- 1/2tsp Amchoor powder ( optional)
- Salt, red chilly power as per taste
- Bandage for the patties/  
Dusting: 1/3 cup Bread crumbs or 1/3 cup Roasted louts seeds powdered (gluten free option)

## METHOD

### PREPARATION

Wash the potatoes and carrot by rubbing them well and chop them without peeling.  
Cut the beans and thaw the green peas ( if using frozen)  
Wash the spinach well.  
Steam all the veggies, for 15-20 minutes.

They should be very soft after cooking.  
Add spinach at the end as we don't need to cook it much.

Once all the veggies cooked, mash them and keep aside.

Chop the ginger, garlic , green chilly and make a paste ( blend with little water)

Dry roast the above paste, cook until water dried up completely.

Now mix the mashed mixture in to it.  
Cook for 5-10 minutes.  
It should look completely dry.

Make the round shaped kabab/ patties with your hands.  
Spread the bread crumbs/lotus seed powder in a plate.

Wrap the patty in the crumbs, it will make them round and strong.  
Now softly press the patty to make it flat.

Grease a shallow/flat pan and roast the kabab/patties on both the sides. (You can bake them in pre heated oven at 180 C )



Enjoy with red and green chutney (Recipes in sauce and dips section)

You can fill them in a wrap.  
Spread the chutney, mash the kabab, throw some julienne raw veggies like cabbage, capsicum, cucumber and onion etc.  
You can spread hummus too.





# PROTEIN RICH YUMMY & CRISPY BAKED FALAFEL

## INGREDIENTS

- 2 cup cooked chickpeas
- ½ cup chopped onion
- ½ cup chopped fresh parsley leaves
- ½ cup chopped fresh coriander leaves
- 3- 4 cloves garlic chopped
- 1tsp Himalayan salt/ as per taste
- ½ tsp black pepper
- 1tsp roasted cumin powder
- ¼ tsp cinnamon powder
- Optional add 2tbs of coconut butter or olive oil.
- They become very hard without any fat.
- Greasing and patting: 2 tbs coconut butter/olive/avocado oil for the greasing and patting butter on the falafel.

## METHOD

Step -1 Mixing: In a food processor, combine all the ingredients other than butter/oil.

Process until smooth, about 1 minute.

*Surekha's Cookbook*

Step -2 making falafel: Preheat the oven at 180 C

Using your hands, scoop out around 2tbd of the mixture at a time.

Shape the falafel into small patties.

Now take butter/ oil in your fingers/ hands and tap on all the falafel on both sides. It will give you crunchy and crispy falafel. (Otherwise they become very hard to bite)

Arrange them on the baking tray with parchment paper on.

Or if the baking tray is new, you can grease the tray and arrange them directly.

Step -3 baking: Bake for 25 to 30 minutes. Flip the falafels after 10 minutes, and bake until the falafels looks golden on both the sides.

These falafels remain fresh in the refrigerator for up to 3- 4 days  
You can always reheat and use them.

## TAHINI SAUCE

### INGREDIENTS

- 1/4 cup ready tahini
- 2 cloves garlic, minced



- 1big lemon juice
- 1/4 tsp fine sea salt
- Pinch of ground cumin
- 4-6tbs water or as per need.

## METHOD

Add everything in a bowl and mix really well/ blend , it should look like a creamy, liquid kind of sauce/ dip.



# HEAVENLY ZERO OIL DAHI VADA

## INGREDIENTS

- 1/2 cup Urad lentil( without the skin)
- 1/4tsp Himalayan salt
- Water to blend.
- \*Tamarind sauce
- \*Green sauce
- Roasted cumin powder
- Mint powder
- Salt & chilly powder
- Jullien carrot, beetroot, and cabbage (ginger optional)
- Crispy baked crackers (optional)

## METHOD

Preparation night before

1-Soaking: Wash and soak the urad lentil overnight.

In the morning wash again.

2-Blending: Making the batter  
Add lentil with fresh water to the blender.

Blend well, until you get a creamy texture.

It should be pourable consistency.

Add salt & mix well, keep aside for few minutes.

3 Cooking: Pour the ready batter in the appe maker with the help of a spoon.  
Place the appe maker/Appe patra over the gas stove at medium heat.  
Cook on both sides.  
Once cooked let them cool down.

4 Soaking in the water: Soak the ready vada in the water.  
Let it be for 30 minutes or more.

5 Prepare Tamarind sauce (Sweet & sour chutney ) and green chutney

6- Assembling the vada: Blend the yogurt with little water, add salt, cumin powder, & chilly powder, etc.

Take out the vadas from the water, gently press them in between your palms.

Add them directly to the ready yogurt.  
Allow them to soak in the yogurt on all the sides.  
Add more yogurt if you wish too.

Garnish with julienne beetroot, carrot, ginger, cabbage etc.  
Top the vada with a generous amount of



Tamarind and green sauce.

Sprinkle more cumin & mint powder.

You can store them in refrigerator for a week.

When you want to eat them.

Take them out and soak in warm/ hot water they become soft and fluffy again.



Elements of Well Being

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# MAIN COURSE

# HOME MADE CHEESY THIN CRUST PIZZA

## INGREDIENTS (PIZZA BASE)

- Khapli flour atta
- Or any millet flour
- Pinch of Himalayan salt
- Flax seed powder
- Warm water.

## METHOD (PIZZA BASE)

Add salt and flax powder to the flour.

Pour hot water over it, Knead well to make a smooth dough. Roll it to make the round base and soft cook both the sides, on the heated griddle( like roti) ( Do not overcook as we have to bake it)

## PIZZA SAUCE- ( 3-4 PIZZA)

### INGREDIENTS

- 4-5 ripe tomatoes
- 1-onion
- 2-3 garlic cloves,
- 1tbs celery
- 1/2 tsp oregano and basil
- 4-5 fresh basil leaves
- Salt and red chilly powder.

### METHOD

Dry roast the garlic, celery and onion, cook a while and add blended tomato paste.

Cook till you get the shine on the mixture. Add the rest of the ingredients.

## CASHEW CHEESE (4 PIZZA)

### INGREDIENTS

- 1/2 cup soaked cashews
- Or you can mix 2tbs melon seeds to it
- 2tbs nutritional yeast
- 1/2tsp Mustard powder
- 1/2 lemon juice
- Salt and paprika
- 1/4tsp Black salt
- 1 chopped garlic clove
- 3-4tbs Water

### METHOD

Blend the cashews with water in a blender. Add rest of the ingredients to the cashew cream, blend well till you get creamy texture again.

It should be of pourable consistency



## ASSEMBLING THE PIZZA

Veggies

All colours bell peppers

Onion and tomato

Fresh or dry basil

Mushrooms

Olives

Basil

Oregano

### METHOD

On the cooked base spread the ready sauce, sprinkle basil powder.

Arrange all the veggies and sprinkle oregano powder.

Pour the cashew cheese with the help of spoon all over the pizza.

Pre heat the oven at 200- 250 C Bake the pizza for 10 minute or until it looks brown.

Slice into 4 and enjoy with home made tomato ketchup



# WHOLESOME MOUTH WATERING BURGER

## INGREDIENTS (4 BURGER PATTIES)

- 2 medium size potatoes
- 2 small Carrots
- 15 piece Beans
- 1 cup Green peas
- 1- Green chilly
- 1-2tbs Fresh coriander chopped
- salt and pepper red chilly
- Optional - fully ripe avocado slices

Coleslaw 1/4 cup fine chop  
Cabbage  
Vegan Cashew Mayonnaise

## DUSTING

Bread crumbs + 1tsp sesame seeds  
\* For gluten free option-  
10-15 Roasted Lotus seed's ( makhana ) powder  
1tsp Sesame seeds

## VEGGIES FOR FILLING IN THE BURGER

Onion slices ( \*caramelized (roasted )/ raw )  
Cucumber slices, Tomato rings,

Jalapeno, Lettuce leaf.  
Sourdough Burger buns or Big size cabbage leaves

## METHOD PREPARATION

Wash all the veggies by rubbing them well and do not peel the skin of potato and carrot. Steam or boil the veggies them with the skin.

Once all the veggies steamed, mash them and add salt, chilly powder and green coriander.  
Mix well and make a big round ball.

If opting gluten free option / fasting patty

Roast the lotus seeds ( makhana ) let them cool down.  
Grind to make the powder.

In a flat plate spread the bread crumbs or lotus seed powder and sesame seeds. Wrap the patty in this powder on both the sides, to make it strong and round.

Press the patty with you hand to make flat tikki/ patty.



Grease a pan and place all the patties, roast them on both the sides.

Assembling the burger

Coleslaw: Fine chopped cabbage + cashew cheese.  
In a bowl pour some cheese and add the cabbage, mix well and keep aside.

Slice and dry roast the burger bun.

Spread 1-2 tbs of coleslaw over the bottom half of the bun.

Place the roasted patty, spread tomato ketchup (\*recipe in sauce and dip section)

Now arrange onion rings, sliced tomatoes, cucumber slices and a big lettuce leaf.

Spread green chutney inside the top half of the burger bun.

Close the burger and tuck the cocktail stick (tooth pick) to hold everything together.

# HOME MADE PIE CRUST & SPINACH QUICHE

## INGREDIENTS

- 1 / 1.5 cup of Whole wheat/ Emmer/khapli flour Or Depending upon the size of the quiche
- 1 flax egg
- 1/2 cup cashew cheese
- (please check the recipe in highlight)
- 250 gm Spinach
- 3-4 Mushroom (optional )
- 1-2 sticks of spring onion/ leek
- 1 pack organic tofu
- Salt, pepper & turmeric
- 1 clove of garlic

## SOAKING

Cashew-1/4 cup

Melon seeds -1/4 cup (optional)

\*Depending upon the size of your family, you can make it as small as a small bowl or a big baking pan.

\*Thin or thick crust, will be your choice too.

## 1 STEP

Make a dough with the flour, add

a pinch of salt and flax egg, make a dough like roti.

Continue kneading, till you get smooth dough, keep it aside for few minutes.

Now evenly flatten the dough into a baking vessels/ cast iron pan, with your hands. Wrap in plastic and refrigerate for 10-20 minutes

There are two styles of making the crust, thin or thick, see what works for you. (Choose as per your liking)

## 2 STEP

Dry roast the spring onion, add chopped spinach to it. Optional add chopped mushroom and cook for few minutes.

## 3- STEP

Blend the cashew cheese ( recipe in highlight)

Add the chopped tofu to the cheese, blend again.

Pour this paste over the slightly cooked spinach. Mix well.

## STEP -4

Pre heat the oven at 180C

Fill this ready filling in the pie crust, bake for



30 mins to 1 hr depending upon the thickness of the baking dish & the power of your oven.

Check with tooth pick.

Once it completely cool down, cut in to slices.

There are few options to bake the pie crust-

1-First bake the prepared pie crust pan for 10 minutes, then stuff the filling.

It will give a crunchy pie crust.

Always grease the pie crust pan with oil/ butter, to get the crunchy crust.

2-Take out the pie crust from the fridge, stuff the filling in it, directly bake in the oven.

You might get slightly soft crust with this method.

3-Baking with lid on: It will give a different taste and texture. Initially cover the quiche with lid for 30 mins, then remove the cover, bake for another 30-40 mins.



# PENNE ARRABBIATA AKA RED SAUCE PASTA

## INGREDIENTS (2 SERVINGS)

\*Pasta: 2 cup cooked pasta of choice, quinoa / whole wheat / millet

\*Vegetables:

1 cup broccoli  
1 cup french beans  
1 cup fresh mushroom  
1 cup mixed bell pepper

\*You can also add asparagus or zucchini

1 clove of garlic  
1tbs celery  
1tsp onion ( optional)  
Fresh basil leaves optional

\*Spices & herbs: Himalayan salt, chilly flacks & cayenne pepper as per taste.

\*2 cups or more Arrabbiata sauce

\*Garnishing: Sliced olives  
Dairy-free Parmesan cheese  
Fresh basil leaves.

## METHOD

Finger-cut the veggies.  
Finely chop the onion, celery, & garlic.

Prepare the arrabbiata sauce as per the instructions, keep it aside.

Boil the water (1 liter or more) and add pasta to it.

Cook till it looks 'al dente' ( "to the tooth"); it should not be overcooked/ mushy.

Steam all the veggies, keep them firm ( undercooked/ half cooked)

Preparing the pasta-

Heat the big broad pan, dry roast the garlic, celery, and onion (optional) cook for 2-3 minutes.

Add vegetables & pasta, mix softly, add all the spices and herbs.

Cook for a minute.

Pour ready arrabbiata sauce over it, mix and cook for 2-3 minutes.



Taste the salt & pepper flavors etc.

Garnish with parmesan cheese, basil leaves and sliced olives.  
Enjoy.

# DELECTABLE FUSILLI ALFREDO AKA WHITE SAUCE PASTA

## INGREDIENTS

### FUSILLI PASTA

- 2 cup cooked choice of fusilli quinoa / whole wheat

### VEGETABLES

- 1 cup broccoli
- 1/2 cup french beans
- 1/2 cup carrot with skin
- 1/2 cup fresh mushroom
- 1/2 cup mixed bell pepper
- 1/2 cup zucchini
- 1-2 sticks of asparagus
- One clove of garlic
- 1tbs celery
- Fresh basil leaves

### SPICES & HERBS

- Himalayan salt
- Red chilly flakes
- Black pepper as per taste.

\*2 cups or more Alfredo (white sauce) sauce

highlight / slide down three posts / or in my website)

\*Garnishing: Fresh basil leaves.

Dairy-free Parmesan cheese optional

### METHOD

Finger-cut the veggies.

Finely chop celery & garlic.

Prepare alfredo sauce as per the instructions; keep it aside.

Boil the water (1 liter or more) and add fusilli to it.

Cook till it looks 'al dente' ( "to the tooth"); it should not be overcooked.

Steam all the veggies, keep them firm ( undercooked/ half cooked)

Preparing the fusilli pasta-

Heat the big broad pan, dry roast the garlic and celery, cook for 2-3 minutes.

Add steamed vegetables & fusilli, mix softly, add all the spices and herbs.

Cook for a minute.

Pour ready alfredo sauce over it, mix and cook for 2-3 minutes.



Taste the salt & pepper flavors etc.

Garnish with basil leaves & parmesan cheese (optional)

Why so many veggies?

Vegetables are an important part of a healthy diet.

Variety is as important as quantity.

No single vegetable provides all of the nutrients you need to be healthy.



# HEAVENLY FARFALLE PESTO PASTA

## INGREDIENTS (2 SERVINGS)

### \*PASTA

- 2 cup cooked farfalle pasta quinoa / whole wheat
- \*Vegetables-
- 1/2 cup broccoli
- 1/2 cup carrot with skin
- 1/2 cup french beans
- 1/2 cup fresh mushroom
- 1/2 cup zucchini
- 1 cup mixed bell pepper
- 1/4 cup asparagus
- 1tbs celery
- 1/4 cup water
- Himalayan salt & chilly flacks as per taste.
- \*1 cup or more pesto sauce
- \*Garnishing: 5-7 Cherry tomatoes halves, Dairy-free Parmesan cheese, Fresh basil leaves.

## METHOD

Finger-cut the veggies.  
Finely chop the celery stick.

Prepare the pesto sauce as per

the instructions, keep it aside.

Boil the water (1 liter or more) and add pasta to it.

Cook till it looks 'al dente' ( "to the tooth"); it should not be overcooked/ mushy.

Steam all the veggies, keep them firm ( undercooked/ half cooked)

Preparing the pasta-

Heat the big broad pan, dry roast the celery, cook for 1-2 minutes.

Add vegetables & pasta, mix softly, add salt and chili flacks.

Cook for a minute, add water and mix.

Pour the pesto sauce over it, mix and cook for 5 minutes.

Taste the salt and flavor.

Garnish with parmesan cheese, basil leaves, and cherry tomatoes before serving.





“Life is a combination of magic  
and pasta.”

— Federico Fellini

Let's make healthy & delicious  
Pasta together.

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# HOMEMADE CHEESY SPINACH RAVIOLI

## INGREDIENTS (2-3 SERVINGS)

- 1 cup whole wheat flour
- Water to make a firm dough
- 2-3tbs flour for dusting.
- \*Vegetables-
- 2 cups spinach
- 1/2 cup tofu
- 1/2 cup fresh mushroom
- 1/2 cup spring onion
- 1/2 cup mixed bell pepper
- Two cloves of garlic
- \*Spices & herbs: Himalayan salt, black pepper, oregano & chilly flacks as per taste.

## SAUCE (PER PERSON)OR AS PER YOUR TASTE

- \*1 cup or more Arrabbiata sauce
- \*2tbs Alfredo (white) sauce

## GARNISHING

5-7 Cherry tomatoes halves  
Dairy-free Parmesan cheese  
Fresh basil leaves.

## METHOD

Finely chop all the veggies finely grate the tofu.

Prepare the Arrabbiata & Alfredo sauce as per the instructions, keep them aside.

Preparing the filling

Heat the shallow pan & dry roast the garlic for a minute. Add all the veggies, tofu, salt & spices to the pan, mix well cook for 3-5 minutes.

Preparing the Ravioli from scratch

Ravioli dough:

Mix flour with adequate water in a medium mixing bowl. Combine well.

Turn out the dough onto a floured surface, knead until elastic & smooth.

Place the ready dough into a clean, covered bowl, rest for 15-20 minutes.

## RAVIOLI

Divide your dough into 2-3 small balls.

Place the first ball on a floured work surface, roll it out into a thin big circle/rectangle.

Make small squares with the knife or cutter.

Plop a tsp of filling in every square

Fold the dough over with the other square & press it around with the fork to form sealed pockets of filling.



Trim up excess dough & add it to another batch of dough to roll out & use later.

Set your Ravioli individually on a dusted surface after cutting them.

Use ravioli maker:

Spread a ready sheet over the dusted Ravioli maker.

Plop a tsp filling in every dip, cover with another sheet, press with the rolling pin.

Cut the squares.

Preparing the gravy for Ravioli

Dry roast the garlic, add both sauces, mix well, cook for 2-3 minutes.

Dip Ravioli in gravy/ keep them at the top, as per taste

Garnish & serve.

# DELICIOUS FLAT PASTA NOODLES(FETTUCCHINE) WITH PESTO SAUCE

## INGREDIENTS (2 SERVINGS)

- 1 cup whole wheat flour
- Water to make a firm dough
- 2-3tbs flour for dusting.
- \*Vegetables-
- 1 cup carrot with skin
- 1/2 cup french beans
- 1/2 cup fresh mushroom
- 1 cup mixed bell pepper
- 1/4 cup asparagus
- 1/4 cup spring onion
- 1 clove of garlic
- 1tbs celery
- 1/4 cup water
- \*Spices & herbs: Himalayan salt, black pepper, & chilly flakes as per taste.
- Sauce: \*1 /2 cup pesto sauce or as per your taste
- Garnishing: 5-7 Cherry tomatoes halves, Dairy-free Parmesan cheese, Fresh basil leaves.

## METHOD

Finger-cut all the veggies. Finely chop garlic and celery.

Prepare pesto sauce as per the instructions, keep it aside.

Preparing Flat Noodles from scratch

### DOUGH

Mix flour with adequate water in a medium mixing bowl. Combine well.

Turn out the dough onto a floured surface, knead until elastic & smooth.

Place the ready dough ball into a clean, covered bowl, rest for 15-20 minutes

### NOODLES

Use pasta maker machine:

Set up your pasta machine, clamping it to a table or the countertop.

Turn the dial to the widest setting start.

Flatten the dough into a rectangle shape.

Starting with one of the shorter sides of the rectangle, feed it through the rollers.

When you've folded & rolled the piece of dough 2-3 times, then begin rolling it thinner, by turning the dial to the next narrowest setting.

Roll the pasta through the machine.

Once your dough sheet is ready to go, sprinkle it with flour once more.



SUREKHA  
SADANA

Then connect the cutter attachment to your pasta maker.

Feed the sheet through the attachment to create your desired shape of pasta.

You can make the sheet with your hands by flattening the pasta dough with a rolling pin on your kitchen counter & then cut with the cookie cutter or scissors.

Preparing the veggies: Steam the veggies, Dry roast the garlic & celery, add all the veggies, mix well, cook for 2-3 minutes.

Add water & pesto sauce, mix well. Cook for 2-3 more minutes.

Sprinkle salt, spices, add noodles to it, mix softly. Cook for 3-4 minutes. Garnish & serve.



# APPETIZING STUFFED BIG SHELL BAKED PASTA

## INGREDIENTS (2-3 SERVINGS)

- For 10 Big shells
- \*Vegetables for stuffing
- 1 cup spinach
- 1/2 cup mixed bell peppers
- 1/2 onion
- 1 clove of garlic
- 1-2tbs celery
- Spices & herbs: Himalayan salt, black pepper, oregano, basil & chilly flakes as per taste.

### \*SAUCE

2 cups or more Arrabbiata sauce for 8 shells (Increase as per your taste)

1 cup Cashew cheese

### GARNISHING

Dairy-free Parmesan cheese  
Fresh basil leaves.

## METHOD

Finely chop all the veggies.

Prepare the Arrbbita sauce & cashew cheese as per the

instructions, keep them aside.

### PREPARING THE FILLING

Heat the pan, dry roast the garlic & celery for a minute.

Add all the veggies, salt & spices to the pan, mix well cook for 3-5 minutes.

Let it cool down.

Add cashew cheese & mix well.

### PREPARING THE SHELLS

Boil the water (1 liter or more) add shell pasta to it.

Cook till it looks 'al dente' ("to the tooth"); it should not be overcooked/ mushy.

Stuff the cooked shells with the filling.

Preheat the oven at 180 C

In a glass baking dish, add the arrabbiata sauce, & drop all the shells carefully. Drizzle the cashew cheese over the shells. Bake for 10-12 minutes or till they look brown.

Garnish with parmesan cheese & julienne basil leaves before serving.





Elements of Well Being

# Sleep

Sleep plays a vital role in good health  
& well-being.

While we're sleeping, our pituitary gland  
releases growth hormone, which helps our  
body grow & repair itself.

Sleeping & waking up at a set time  
(around 10 pm & around/before  
sunrise) is crucial for healthy sleep.

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# DESSERTS

# DIVINE APPLE PUDDING (HALWA)

## (1 PERSON)

- Gluten free
- Dairy free
- Oil free
- Gut friendly

## INGREDIENTS

- 1 big red Apple
- 1/2 cup thick nut milk
- (cashew/almond/ coconut milk)
- 1tbs coconut butter
- 2 soaked dates or as per taste
- 5-10 raisins
- 5-7 saffron strand
- 1tsp cardamom powder

## GARNISHING

2 roasted almonds for

## METHOD

### PREPARATION

Overnight soak the nut for home made nut milk  
Or use fresh coconut milk  
Wash and grate the Apple.  
Soak the saffron in a tbs of milk.

## COOKING

Add coconut butter in a heated deep pan and once it start melting add apple and saffron/ soaked saffron milk.

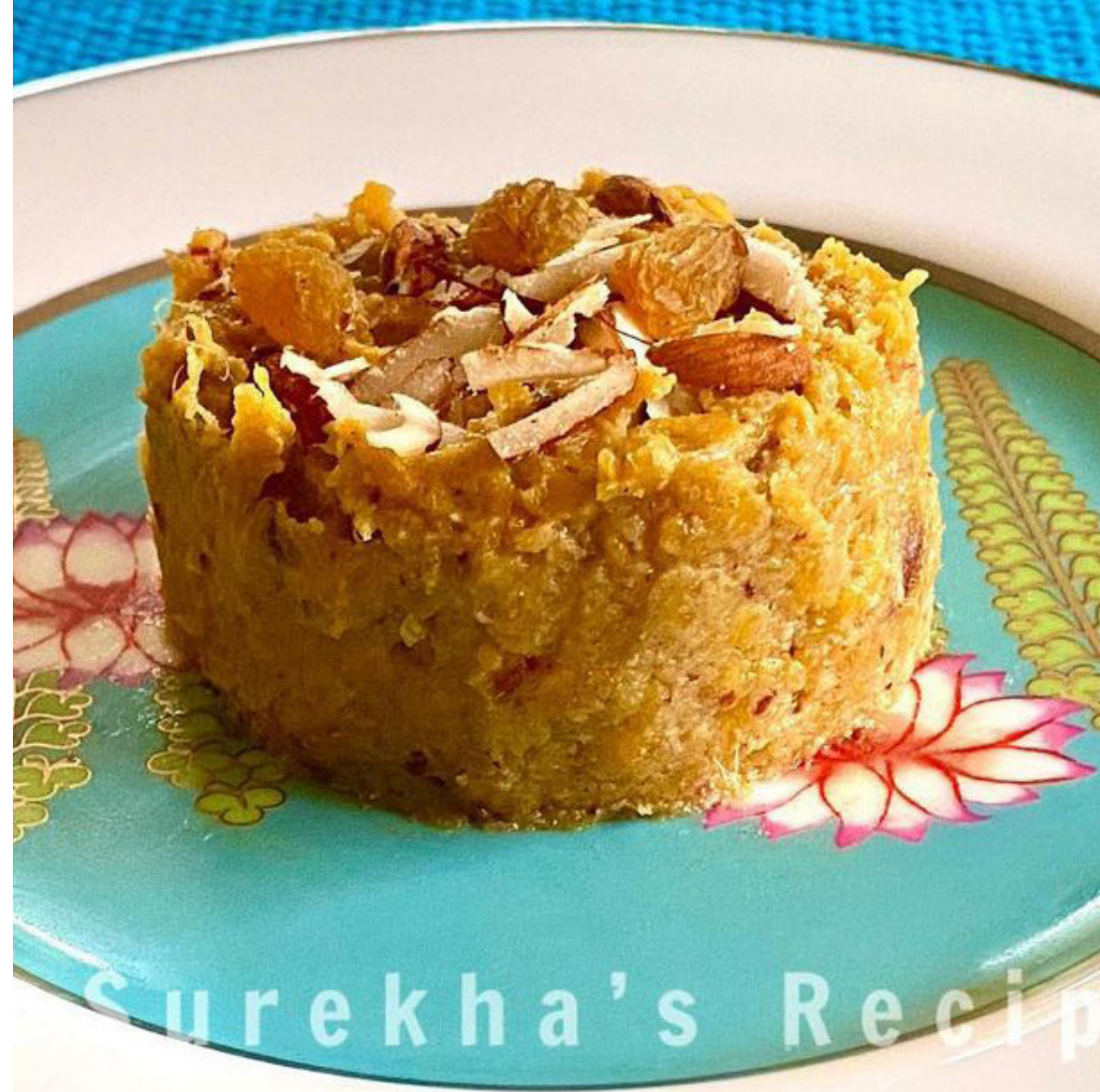
Cook at low flame for 10-15 minutes.  
Continue stirring the mixture.

When Apple start looking dry add the milk, raisins and chopped dates/ date paste.

Stir continuously to avoid forming lumps.

When the halwa/ pudding starts leaving the sides of the pan add cardamom powder. Stir it continuously.

When the whole milk looks dried up, transfer the halwa/pudding in serving bowl.  
Garnish with sliced/silvered roasted almonds and raisins.  
Serve hot.



Home made Nut milk

Wash and soak the nuts  
(almond/ cashew )  
for 5-6 hrs/ overnight.

Wash and blend with fresh water, until you get the creamy texture.



# DIVINE PUMPKIN PUDDING (HALWA )

- Rich source of vitamin A
- Immunity booster
- Sugar free
- Dairy free
- Low calories

## INGREDIENTS (2 SERVINGS)

- 1 1/2 -2cup grated pumpkin
- 1/2 cup cashew milk (8 soaked cashews)
- 1tbs coconut butter
- 2 -4 soaked dates or as per taste
- 5-10 raisins
- 5-7 saffron strand
- 1/2 tsp cardamom powder optional

## GARNISHING

2-3 Roasted and silvered almonds

## METHOD

### PREPARATION

#### Night before

Soak the cashews

#### Morning

Wash and grate the pumpkin  
Roast and slice/ silver almonds.

## COOKING

Add coconut butter in a heated sauce pan, once it start melting add the pumpkin.

Cook at low flame for 10-15 minutes, continue stirring.

Meanwhile add the cashews and saffron strands to the blender. Add 1/2 of water and blend, until you get the creamy yellow colored milk.

When the pumpkin start looking dry and cooked (soft), pour in the ready milk , mix well. Add the raisins and mashed dates/ date paste.

Stir continuously to avoid forming lumps.

When the halwa/pudding starts leaving the sides of the pan add (optional) cardamom powder. Stir it continuously.

When the pudding looks dried abd start sticking to the pans, transfer the halwa/ pudding to a serving bowl.



Garnish with sliced almonds and raisins. Serve hot.

## QUICK METHOD PUMPKIN PUDDING

Peel and chop the pumpkin, steam it. Blend them without adding any water.

Now pour in a heated sauce pan and cook. Add cashew cream , cardamom and chopped dates/date paste.

Let the pumpkin purée dried up, the consistency of your choice soft/ paste / dry.

Garnish with silvered almonds. Enjoy guilt free navratra dessert.

# HEAVENLY CARROT PUDDING (GAJAR KA HALWA)

- Dairy free
- Oil free
- Sugar free
- Gut friendly

## INGREDIENTS (4- 5 SERVINGS)

- 8 medium size organic carrots
- 6-8 soaked majdool dates
- 12-15 soaked cashew
- 1tsp Cardamom powder
- 10-12 Raisins
- A pinch of Himalayan salt

## GARNISHING

4-5 roasted & silvered almonds

## METHOD

### PREPARATION

#### Night before

Overnight soak the dates. Wash them 2-3 times and add fresh water (small quantity)

\*We will use this water to blend the dates to make the paste. Soak the cashew after washing them.

#### Morning

Wash the raisins well and keep aside with few drops of water.

Fine grate the carrots WITH THE SKIN and keep aside.

\*If not using organic then remove the skin.

Make the cardamom powder.

#### DATE PASTE

Deseed the dates and blend with the soaking water, add more if required. Blend un till you get thick creamy paste.

#### CASHEW CREAM

Wash the soaked cashews and blend with small amount of water. Blend un till you get the creamy smooth cream.

#### COOKING (10-15 min)

Heat a sauce pan at slow flame, add the grated carrots to it.

Cover the pan with a lid.

Let it cook in its own water, keep on checking after few minutes and change the side with spatula.

\*This is a simple way to cook



without adding oil, while retaining the important nutrients, color and flavor. Once it looks shrink & cooked, add all the date paste (3-4tbs), cashew cream and rest of the ingredient. Mix well and cook for 5 more minutes. Test the sweetness and switch off the heat once it look dry and ready to serve. Garnish with silvered almonds.  
Enjoy



# CHRISTMAS SPECIAL PLUM CAKE

Green fruit smoothie. Iron rich smoothie, great for hair and skin

- Dairy free
- Sugar free
- Home made
- \*2tbs dark Molasses (optional)
- 1tbs Apple cider vinegar +1/2tsp rum extract (optional)

## DRY INGREDIENTS

- 1/2 cup Khapli (Emmer) wheat flour /whole-wheat flour/millet flour.
- 2tsp baking powder/ 1+1 baking soda & powder
- 2tbs flaxseed powder
- \*½ cup jaggery + 1/2cup dates
- ½ cup desiccated coconut powder

## SPICES

1/2tsp of ginger powder  
1/4tsp Himalayan salt  
1/4tsp each of cinnamon, clove, nutmeg powders

## WET INGREDIENTS

- 1/3 cup coconut butter
- (Use 1/2 cup mashed banana or pumpkin puree for butter free version)
- 1& 1/2 cup coconut/nut milk

## FRUITS AND NUTS

1& 1/2cups of chopped dried fruit & nuts

Mix of golden and dark raisins, dates, figs, cherries cranberries, walnuts, pecans, almonds & cashews.

1-2tbs orange zest.

1 cup of orange juice/grape juice / apple juice /half juice +half rum to soak/ soak in the wine for at least 3-10 days

\*Never soak nuts in the juice /wine (only dried fruits)

## METHOD

\*Soak chopped dried fruits in juice/ combination of juice & liquor/wine, overnight in the fridge (few days) at least 3 hrs.

**PREHEATED THE OVEN AT 180C -200 C**



## MIXING

In a bowl, mix all the dry ingredients & spices.

In another bowl, mix in all the wet ingredients & the soaked fruits. Add in nuts too.

Add the wet ingredients to the dry and mix till every thing looks combined.

## BAKING

Bake for 40 minutes then lower the heat to 170-75 C and bake

for another 10-20 minutes till a toothpick test from the center comes out almost clean.

Cool completely before slicing. Tastes best the next day

Please avoid Molasses and Jaggery if you are reversing any disease.

# SUPER EASY & YUMMY GINGER BREAD COOKIES

- Gluten free
- Sugar free
- Dairy free

## INGREDIENTS

- 1/4 cup-coconut butter
- 1/4 cup date paste/  
dates+\*jaggery for sharp taste
- \*3tbs black strap molasses
- 1 flax/chia egg (1tbs flax powder/  
chia+ 3tbs water)
- 1 1/2 almond meal
- 1/3 cup coconut flour
- 1/4 cup rolled oats for dusting
- 1tsp baking soda
- 1/2tsp cinnamon powder
- 1/4 tsp clove powder
- 1/4tsp all spice mixed powder  
(optional)
- 1 -2 inch piece of fresh ginger  
(peeled & chopped)
- 1/8 tsp Himalayan salt

## METHOD

Preheat the oven at 350 F/180 C  
Line a baking tray with parchment paper.

### MIXING THE WET INGREDIENTS

In a small bowl add chia/flax powder, add hot water, stir and keep it aside for 2-3 minutes. Take a mixing bowl and add, ready egg, butter and molasses, whisk to combine.

### MIXING THE WET AND DRY INGREDIENTS.

Add almond meal, coconut flour, baking soda, ginger and salt to the food processor. Pulse several time and add the wet mixture. The batter will be bit sticky.

Flour a surface and your hands generously, transfer the cookie dough on the prepared surface.

Roll the dough into a ball by adding flour, roll out with a rolling pin. It should be 1/4 inch thick , cut out the ginger bread man or the shape which you like the most.

Dip the cookie cutter in the flour, each time, so that it does not stick.



### BAKING

Shift all the gingerbread cookies to the lined baking tray. Bake for 13-15 minutes or until it looks golden around the edges. Please watch them after 10-11 minutes depending upon the oven.

### COOLING

Remove the cookies from the tray

and place on the cooling rack. Once cooled, enjoy them. Store them in an airtight container at room temperature.

Please do not use jaggery and molasses if you are reversing any disease as they are refined products.



I love waffles because they  
look like #

gluten free  
dairy free  
sugar free

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# DIVINE CHOCOLATE BANANA NICECREAM

- Light on stomach
- Mouthwatering & naturally sweet
- Guilt-free & Super easy to make

## INGREDIENTS ( 2 SERVINGS)

- 2 Frozen banana sliced
- 1tbs cacao/cocoa powder (as per taste)
- 1/4tsp vanilla powder (optional)
- 1/4 cup nut/ seed/coconut milk
- A pinch of Himalyan salt
- \*1-2 Soaked Medjool dates ( optional) you don't need it actually!

## TOPPINGS

Freshly chopped fruits (Mango / berries)

Roasted sunflower/pumpkin seeds/ sliced almond/coconut shavings

Cacao nibs ( optional)

## PREPARATION

### Step 1: Freezing of bananas

Let the bananas ripen before peeling.

Do not use them until they look brown & spotty ( inside should be white )

Fully ripe bananas are sweeter,& give a delicious caramelized flavor.

Not-overripe bananas will have something of an earthy taste, & they will not be as sweet as fully ripe ones.

Once ripe, peel the bananas, cut into thin slices, & freeze them.

Once you have fully frozen bananas ready follow the next step.

### Step 2: Milk-

If you like very thick ice cream then you can avoid this step & blend the frozen bananas.

Blend 1x2 inch piece of fresh coconut or optional mix 1tbs of soaked melon seeds to it.

Add 1/4 cup or less water, blend till you get the thick creamy milk.

You can use 8-9 soaked cashew to make milk.



### Step 3:

Toss the frozen banana slices into a food processor / high-quality blender (such as a Vitamix)

Blend until you get a consistency of soft-serve ice cream. Add 1/4 cup MILK TO THE BLENDER IF YOU WANT EASY BLENDING. Add cacao/cocoa powder+ vanilla powder to the blender, blend for few seconds. Pour in the ice cream bowl, add the toppings. Enjoy.

You can eat it immediately ( I like that way)Or scoop it into a container, freeze an additional 15-20 minutes. This will give you a firmer banana ice cream texture.

### VARIATION:

You can make plain banana icecream without any flavour. Add peanut/ any nut butter for rich & luxurious taste. With same method & variety of frozen fruits, you can create new flavours. My favorite is MANGO, BANANA & STRABERRY. Layer them & add toppings, heavenly delight!



# TRICOLOUR NICECREAM

Edible gum/Tragacanth gum/ MAGICAL HERB

- Sugar-free
- Dairy-free
- Gut healthy
- Gluten-free
- Rich, creamy, & luscious.
- Super easy to make.
- Satisfies your sweet cravings.

## INGREDIENTS

- Frozen banana
- Frozen mango
- Frozen Kiwi
- Himalayan salt (a big pinch)
- Vanilla powder (add only in the banana, it will give an amazing twist to the taste)
- Powerful blender/ food processor

## GARNISHING:

Fresh fine chopped mango  
Sliced roasted nuts/ seeds

## METHOD

Blend all the fruits separately without adding any liquid/milk (if possible)

It would be best if you had a wide-mouth food processor. Otherwise, you can add little nut/ coconut milk while blending.

Blend each fruit till you get the creamy texture.  
Keep blended fruit in the fridge while you blend the next.

Once you have all three layers ready, arrange them as per your choice.  
Garnish & enjoy.

If you want to eat it later, in that case, freeze them and thaw them for 5-10 minutes and eat.

I did in INDIAN TRICOLOUR.

## ANCIENT WISDOM

According to Ayurveda, we should never eat any icy cold/frozen dessert/ juice. Due to their cold nature, they increase both Vata & Kapha. This is because both doshas lack the fire element.



Eat them once they are less cooler. Eat them during the Pitta time of day (12-2 PM) This is the time when the sun is at its peak, as is our digestive capacity.

You can add heat-producing herbs/ spices to the COLD DISHES, such as ginger, cinnamon, nutmeg, or even cayenne. They become spicy & cooling at the same time.

Cardamom is a great antidote to ICY COLD DISHES. It works to help balance both cold & sweet foods. Sprinkle the powdered cardamom over them.

MIX & MATCH with various fruits & flavors. There is NO end to the nice cream combinations you can dream up, Frozen berries, cherries, mango, pineapple, and other fruits.

# DIVINE CRUNCHY SWEET WAFFLE

## INGREDIENTS

Waffle batter -

- 1 1/2 cup oats flour
- 1 tsp baking soda
- 1/2tsp Himalayan salt
- 2-3tbs coconut butter
- 1-1 1/2 cup coconut/nut/seed milk
- 2tbs cacao nibs
- 1tsp cinnamon powder
- \*Waffle Toppings
- 1 banana sliced
- berries of choice
- Chocolate paste.

## CHOCOLATE PASTE

4 soaked dates

1tbs cacao powder

1/4 cup cashew+ melon seed cream

\*Blend every thing together with water, to make the yummy slurpy pouring cream.

## METHOD

Pre heat the waffle iron.

Mix everything under waffle batter,

in a mixing bowl.

Do not over mix the batter, just mix and make sure no lumps are there. (Pouring consistency)

Grease the waffle iron with oil on both the sides.

Pour the batter into the center of the waffle iron and spread out to the edges.

Close the lid and cook for 8-10 minutes until golden brown and crisp.

(Depending on your make of waffle iron)

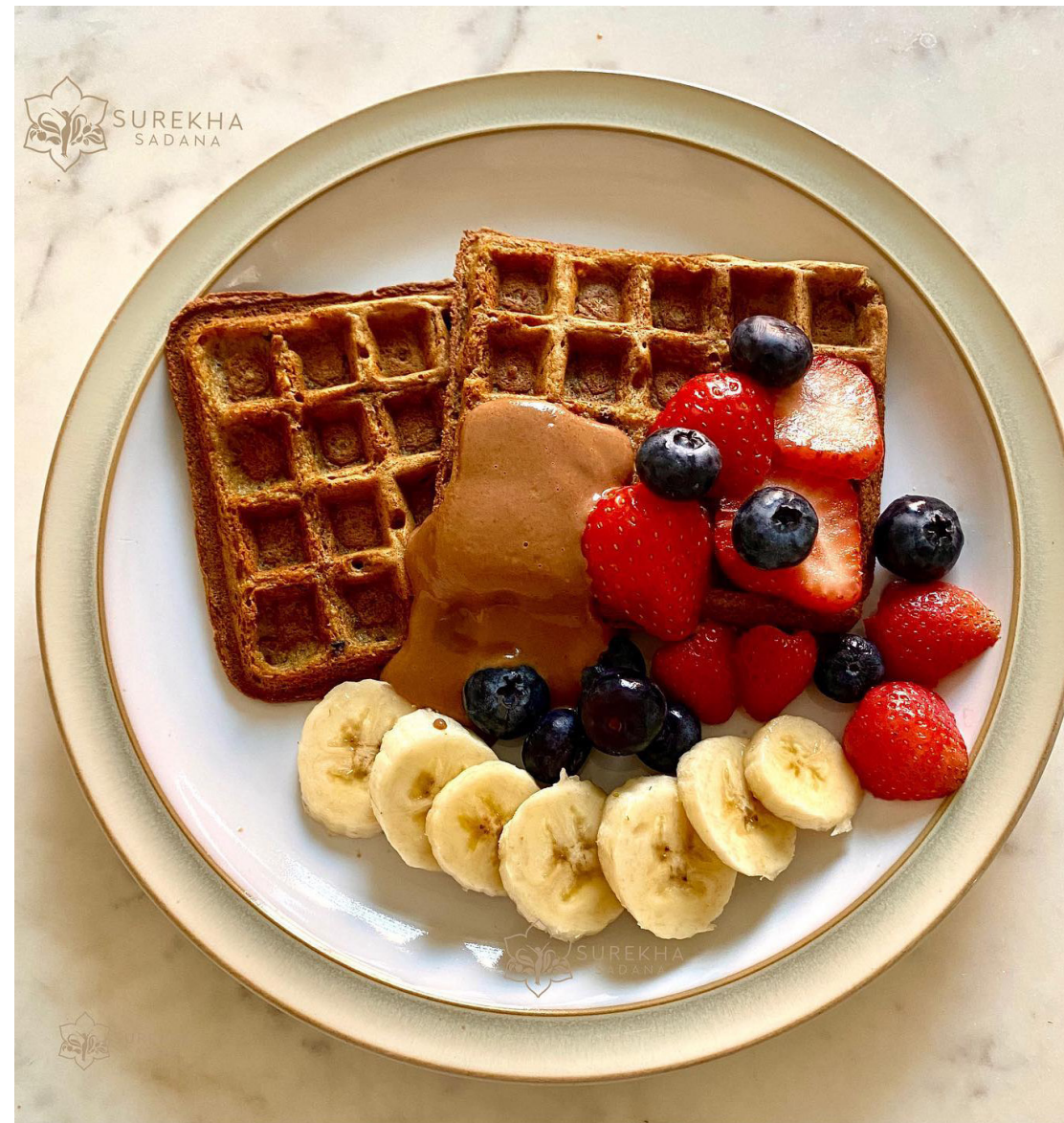
Serve the waffles with sliced fruits and chocolate paste.

You can garnish with sliced roasted nuts as well.

I like to turn the side and cook 1-2 minutes again to make it more crispy.

Let it cool down on the wire rack and serve.

If you are eating later on, you can re-heat them in the waffle iron to get them crisp again before serving.





# MOUTHWATERING MANGO KULFI

- Natural ingredients
- Blast of flavors
- Seasonal is healthy
- Dairy free & sugar free

## INGREDIENTS

( For 20 -22 stick kulfi)

- 4 fully ripe fresh Mangos (kesar)
- 1 cup Fresh raw Coconut( almost 1/2 coconut)
- 1 cup soaked raw cashews
- 1/2 cup soaked raw almonds
- 1 cup soaked Raisins or as per your taste
- 3+ 1/4 cup Water
- 1/8tsp (Pinch) of salt
- 1tsp Cardamom powder (optional)

## GARNISHING

3-4 roasted almonds

## PREPARATION

\*Soak the nuts a night before/ for 5-7 hrs

\*Soak the raisin in very little water( just make them wet) and keep in the fridge.

\*Break the coconut and chop into small pieces.

Blend the coconut with 2 cups and little more of water, until you get the smooth creamy textured milk. (Ready coconut milk -3 cup)

Blend cashew and almonds with 1 cup water to make the thick cream.

Make the smooth raisin paste by blending them with 1/4 cup water.

Peel the mangoes and blend two mangoes and fine chop the rest of the mangoes and keep aside.

## COOKING

Pour all the liquid ingredients Coconut milk, cashew and almond milk and raisin paste in to a deep vessel and cook at slow flame for 10-15 minutes.

Let it cool down completely.

Add a pinch of salt and mix.

After cooking it will become very thick :)



Mixing of mango.

Mix the pulp and chopped mango in to the ready milk (milk should be completely cold) mix well. Pour the mixture in to the moulds or choice of containers.

You can garnish with roasted and

chopped almond.

Enjoy!

Mixing the mangoes in cold milk preserve the freshness and taste of mango.



# HEAVENLY LUSCIOUS MANGO CAKE

## INGREDIENTS

- \*Wet ingredients
- 2 fully ripe sweet kesar mangos/ (3/4 cup purée )
- 1/2 cup coconut butter
- 1/2 cup raisin paste (or as per taste)
- 1/3 cup coconut milk / nut milk
- \*Dry ingredients
- 1 cup quinoa flour roasted (or any other flour)
- 1 1/2 tsp Baking powder
- 1/4 tsp Himalayan salt
- \* 1/4 cup Soaked nuts ( almonds/ walnuts) as per choice

## SPECIAL INGREDIENT

1tbs White vinegar

## METHOD

### PREPARATION

Peel and chop the mangos. Blend and make the purée, keep aside.

\*Make coconut milk by blending fresh coconut and water, till you get

the creamy texture.

\*Coconut butter- Blend dry desiccated coconut powder until you get the smooth creamy butter.

\*Raisin paste- Blend raisins along with the soaking water, make a paste.

\*Dry roast the quinoa flour.

\*Slice the nuts and dry roast them too.

### PREPARING THE MOULD

Place a butter paper in the base and then grease the mould from all sides and the base too ( yes, over the butter paper too)

Now sprinkle roasted quinoa flour on the greased surface.

### MIXING

\*Pre heat the oven at 180C

Add all the wet ingredients in a bowl, whisk them well.

\*Now pour all the dry ingredients over the wet ingredients, fold in them, do not over mix.

Add vinegar at the end, mix softly. Never over mix the mixture, just fold in.



Pour the ready mixture in the prepared mould, bake at 180 C.

Bake for 20 minutes or insert toothpick / fork and check, it should be clean. If your oven is very powerful then must keep the mould in lower rack.

It's a very soft cake, get burnt quickly, so keep an eye after 15 minutes.

### MOST DIFFICULT PART

Once baking done, let it cool in the mould for 20-30 minutes then open it slowly.

\*Not let it cool down completely from inside too for an hour. More is better. Now cut the slices and enjoy the luscious mango cake





Elements of Well Being

# Spirituality

**Spirituality can help people develop a more hopeful & optimistic outlook on life.**

**“Much of spiritual life is self-acceptance, maybe all of it.”— Jack Kornfield,**

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# BEVERAGES



# DRINK THE RAINBOW

This is a delicious aromatic smoothie with the benefit of moringa and orange.

## INGREDIENTS

- Handful of baby spinach
- 2-3 stalks of fresh mint
- 1/2 small ripe papaya
- 3-4 fresh/frozen strawberries
- 1-1/2 frozen/fresh banana
- Squeeze of 1-2 mandarin/ lemon
- A big pinch of Himalayan salt
- Water to blend.

## METHOD

- Add green leaves to the blender, pour water and make a paste. Now add the remaining ingredients, blend well.
- This makes sure everything is mixed well and the blades don't get stuck.
- Blend until you get the creamy smooth texture.
- Enjoy the bliss

## BENEFITS

Papaya is rich in fibre, Vitamin C and antioxidants which prevent cholesterol build up in your arteries.

- Helps in weight loss.
- Boosts your immunity.
- Good for diabetics.
- Great for your eyes.
- Protects against arthritis.
- Improves digestion.
- Helps ease menstrual pain.





# BOOST YOUR IMMUNITY, GET GREAT SKIN AND HAIR

This is a delicious aromatic smoothie with the benefit of moringa and orange.

## INGREDIENTS

- Hand full of Moringa leaves
- Few basil leaves
- 1 orange
- 1 fully ripe/ frozen banana
- A pinch of Himalayan salt
- 1 Cup water to blend

## METHOD

- Add green leaves and water in the blender and make a paste.
- Now add Rest of ingredients and blend well.
- This makes sure that everything get mixed well and the blades don't get stuck.
- Blend untill you get creamy green smoothie.
- Pour and enjoy the delicious drink

## BENEFITS

There are various Health benefits of drinking this smoothie in an empty stomach.

- Immunity booster
- Treat edema
- Gives you Healthy skin and hair
- Make bones healthy
- Treat mood disorder
- Promotes Weight Loss, Naturally.
- Protects Against Free Radical Damage
- Protect the liver





# ANTIOXIDANT RICH SMOOTHIE

This smoothie can reduce the risk of diabetes, obesity and heart diseases.

## INGREDIENTS

- 1 leaf of looseleaf lettuce
- 2-3 stalks of fresh basil
- 1/2 Cup of blueberries
- 1 frozen/fresh banana
- 1/2 lemon juice
- A big pinch of Himalayan salt
- Water to blend.

## METHOD

- Add green leaves to the blender, pour water and make a paste. Now add the remaining ingredients, blend well.
- This makes sure everything is mixed well and the blades don't get stuck.
- Blend until you get the creamy smooth texture.

## BENEFITS

- Immunity booster
- Good for diabetics.
- Reduce heart disease
- Strengthen the metabolism

Basil is anti inflammatory and fight depression.





# ENERGETIC MORNING SMOOTHIE

Delicious and satisfying immunity booster smoothie

## INGREDIENTS

- 2-3 Swiss chard leaves
- 2-3 stalks of dill leaves
- 1 orange
- 1 frozen/fresh banana
- A big pinch of Himalayan salt
- Water to blend.

## METHOD

- Add green leaves to the blender, pour water and make a paste. Now add the remaining ingredients, blend well.
- This makes sure everything is mixed well and the blades don't get stuck.
- Blend until you get the creamy smooth texture.

## BENEFITS

- Immunity booster
- Energetic
- Iron rich
- Strengthen the metabolism

Dill leaves are calming and reduce the acidity/ acid reflux.





# SIENA MORNINGS

Iron rich calming green smoothie

## INGREDIENTS

- 2-3 Swiss chard leaves
- 2-3 stalks of basil leaves
- 1 apple
- 1 frozen/fresh banana
- A big pinch of Himalayan salt
- Water to blend.

## METHOD

- Add green leaves to the blender, pour water and make a paste. Now add the remaining ingredients, blend well.
- This makes sure everything is mixed well and the blades don't get stuck.
- Blend until you get the creamy smooth texture.

## BENEFITS

- Immunity booster
- Energetic
- Iron rich
- Calming

Basil leaves are calming and reduce the acidity/ acid reflux.



# COCONUT WATER

Start your day with coconut water. Drink when you feel hungry

## FEW TIPS

- Our senses stop working once we start feeling starved/ extremely hungry.
- Please make sure to not reach at the verge of breaking!
- Drink water/ herbal tea in between/ or more smoothie.
- Please do not over exert yourself also
- Do yoga stretches only if you want to
- Pranayama
- Meditation

All are very good for mental strength and determination/ clear focus.





# IMMUNITY BOOSTER SMOOTHIE

Delicious and satisfying immunity booster smoothie

## INGREDIENTS

- 2-3 Lettuce leaves
- 2-3 stalks of mint leaves
- 1/2 small mango
- 1 frozen/fresh banana
- A big pinch of Himalayan salt
- Water to blend.

## METHOD

- Add green leaves to the blender, pour water and make a paste. Now add the remaining ingredients, blend well.
- This makes sure everything is mixed well and the blades don't get stuck.
- Blend until you get the creamy smooth texture.

## BENEFITS

- Immunity booster
- Energetic
- Iron rich
- Strengthen the metabolism

Mint leaves are calming, digestive and reduce the acidity/ acid reflux.



# Liquid diet day

No grains  
Green smoothies  
Coconut water  
Soups

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# GREEN FRUIT SMOOTHIE

Green fruit smoothie. Iron rich smoothie, great for hair and skin

## INGREDIENTS

- 1 small pomegranate
- 1 fully ripe/ frozen banana
- Mint leaves
- 1-2 leaves of Spinach/ lettuce
- A pinch of Himalayan salt
- 1 Cup water to blend

## METHOD

- Add green leaves and water in the blender and make a paste.
- Now add Rest of ingredients and blend well.
- This makes sure that everything get mixed well and the blades don't get stuck.
- Blend untill you get creamy green smoothie.
- Pour and enjoy the delicious drink

## BENEFITS

There are various Health benefits of drinking this smoothie in an empty stomach.

- Immunity booster
- Rich in iron
- Gives you Healthy skin and hair
- Make bones healthy
- Treat mood disorder



# VEGETABLE SMOOTHIE

Very delicious tomato smoothie

## INGREDIENTS

- 4 small Chilled/cold tomatoes
- 1 cold carrot
- Mint leaves as per choice
- 1/2 Lemon juice
- A small piece of Ginger or celery
- Salt and black pepper

Not a fan of chilled smoothies, no worries!

Leave the first step and blend every thing.

If you don't have chilled tomato, you can add ice to the blender while blending.

Enjoy

## METHOD

- Wash and chop tomatoes and the carrot.
- Freeze them for an hour or more.
- Take out, and blend all the ingredients in the blender.
- Pour water, blend until you get the creamy texture.





# DIVINE MANGO PANNA COTTA

Green fruit smoothie. Iron rich smoothie, great for hair and skin

## MANGO MANIA RECIPE- 1

- Quick and simple recipe
- No artificial sugar & dairy free
- No animal's bone gelatin

## INGREDIENTS 1ST RECIPE

- 1 cup/ 2 small fully ripe Mango (Alphonso )
- 1 cup Coconut milk
- 2 tbs soaked Raisins
- Pinch of Vanilla powder
- Agar powder 1tsp

## GARNISHING

Roasted silvered almonds  
Fine Chopped mango

## METHOD

### PREPARATION

Prepare the coconut milk  
Blend the fresh raw coconut with the 1 cup of water.  
Add soaked raisin in this milk and blend till you get clear milk without any chunks.  
Strain it again and keep aside.

Strain it and keep aside.

Peel and chop the mango and blend to make the thick and smooth purée. (Only mango, no water)  
Keep it aside.

## COOKING

### For the panna cotta-

Heat 2tbs of water in a medium size pan, mix 1/2tsp of agar powder. Mix well, once it start thickening pour in the coconut milk and vanilla powder. Cook for 4/5 minutes and keep it aside.

In 4-5 minutes pour the mixture in glass (leave the space for mango jelly) keep it in the refrigerator for 30 min/ In the freezer for 10 min.

### For Mango jelly-

Heat 2tbs water in medium size pan, add the 1/2tsp agar powder. Mix well and once it looks bit thick pour in the mango.  
Cook for 1-2 minutes and keep it aside. Wait for 5 minutes



Bring the panna Cotta out from the refrigerator and pour the mango jelly over it.  
Again keep it back in the refrigerator and let it set for 30 minute or more. 10-15 minutes in the freezer.

## INGREDIENTS 2ND RECIPE

Ingredients same as above

## MANGO PANNA COTTA

Blend the mango and make the purée.  
Prepare the coconut milk, mix raisins,

blend and strain.

Heat the pan and mix 1tsp agar, once it start thickening pour in the milk.  
Cook for 5-6 minutes, add in the mango purée and switch off the heat.  
Let it cool down a bit and pour the mixture into small glasses.  
Garnish with mango and roasted almonds or as per your choice.

For both the recipes, please do not delay in refrigeration them, as ready panna Cotta will start setting quickly in the pan.

# CLASSIC MANGO PANNA

With natural sugar.

## MANGO MANIA RECIPE -2

- Maintain electrolyte balance
- Cures digestive disorders
- Rich in minerals

## INGREDIENTS (4 GLASSES)

- 300 gm Raw Mango (11/4 cup)
- 1tbs Mint leaves (for 1 glass)
- 1-2inch fresh Ginger
- 4-5tbs Raisins
- Black salt
- Salt and pepper
- Roasted cumin powder
- Cold water/ ice

## METHOD

### PREPARATION

Peel and chop the raw mango.  
Fine chop the mint.  
Extract juice from the ginger  
Wash the rains very well for 2-3 times. Soak them for 15-30 minutes in limited water.

## COOKING

Boil 2 cups of water in a pan and add chopped raw mangos.  
Cook for 10 minutes with covered lid, until they looked soft.  
Switch off the heat.  
Let it cool for a while and blend with required water, until you get the smooth paste. Keep aside.  
Blend the soaked raisins with the water to make a smooth paste.  
Mixing everything together to make a drink

## 1ST FLAVOR

Add 4tbs of mango paste.  
2tbs of raisin paste  
Add salt,pepper and kala namak.  
Mix Ice cold water, shake/ mix.  
Add chopped mint leaves at the base of the glass and pour cold mango panna. Adjust the taste.Serve



## 2ND FLAVOR

Mix mango paste, raisin paste and water. Add salt, pepper, kala Namak and roasted cumin powder.  
Mix well and serve.

## 2ND FLAVOR

Mix mango paste, raisin paste and water. Now add 1/2 tsp of ginger juice to it.  
Add salt, pepper, kala Namak. (Optional roasted cumin powder)  
Mix well and serve.

They look very similar but in taste all are absolutely different from each other.  
Enjoy!



# DIVINE AROMATIC VETIVER (KHUS) WATER.

## BENEFITS

- EXTREMELY COOLING ( brings down body heat)
- SOOTHING FOR MIND & BODY
- REDUCE INFLAMMATION
- NATURAL ANTIOXIDANT & ALKALINE
- CALMING FOR MIND (balance out the negative emotions)
- GREAT FOR THE SKIN & COMPLEXION

## HOW LONG SHOULD I INFUSE THE WATER?

To get all the benefits and the fragrance, infuse for 24 hours or more.  
Strain the water & drink.

## HOW LONG DOES INFUSED WATER REMAIN FRESH?

It remains fresh for 3-4 days, let the root be in it.

## HOW MANY TIMES CAN YOU RE-USE?

You can use it 3-4 times.

After the first day starts drinking the water & refill again with the same amount of water.

Once it start looking muddy /dirty. Wash the root & clean the pitcher, add clean water.

## SHOULD I USE HOT OR COLD WATER?

Room temperature drinking water.  
Or boil the water & cool it to room temperature.

## WHAT IS THE BEST CONTAINER FOR INFUSING WATER?

Glass bottle, glass pitcher/jug/ earthen pots, etc.

## VETIVER WATER AS A TONER

It has natural astringent properties & can reduce the pore size by working as an efficient toner.  
The method to prepare the toner at HOME is very interesting.





# GOND KATIRA

Edible gum/Tragacanth gum/ MAGICAL HERB

## BENEFITS

- Cooling agent.
- Decreases the temperature of the body.
- It can help avert a heat stroke.
- Can stop nose-bleeding caused due to extreme heat.

It's Viscous, Odorless, Tasteless, Water-soluble.

You can literally add it into anything to beat the HEAT-

Summer punch/smoothies/  
nicecream/sorbet/gelato,  
yogurt/coconut water/blend with  
the milkshakes/ topping on kulfi  
like falooda / juice/ fresh lime/  
water + rose water.

Purgative/ laxative helpful in  
treating constipation & diarrhea

It also helps overcome/ prevent  
acidity & heartburn

Boost your energy, immunity &  
recovery

An excellent thickening agent

Good for all ages, even for children.

Apply a paste of soaked Gond  
Katira on mouth ulcers for instant  
relief.

Great for anti-aging benefits for the  
skin.

## PREPARATION

Wash & soak 1/4 cup of gond katira  
crystals in 3 cups of drinking water  
in a large bowl.

Cover, let it soak the water for the  
whole night (8-9 hours)  
The next day, gond katira increases  
in volume & becomes jelly-like ( crystal clear)

If it's too tight, add more water.  
If there are any impurities pick  
them, & throw them.

## HOW MUCH CAN I EAT EVERY DAY?

2-3tbs is good enough.

\*(Please consult your doctor if  
dealing with any health issues)



## WARNING

Drink lots of water/liquid while  
eating/drinking gond katira; it  
might CHOCK THE INTESTINE/  
STUCK IN THE THROAT.

Do check for any allergies to gums  
as it can cause breathing problems.

## STORAGE

GOOD NEWS! You can refrigerate  
the soaked gond katira for more  
than a week.



# CITRUS & MINT-INFUSED WATER

If you get bored with plain water & don't want to drink sugary drinks! In that case, Citrus & mint-infused water can be life-changing for you. These refreshing infusers are a great middle-ground – especially on HOT SUMMER DAYS.

## BENEFITS

Infused water is a great way for you to get a boost of nutrients quickly & easily.

- YOU OWN HOMEMADE VITAMIN
- BOOST METABOLISM
- INCREASE STAMINA
- GIVES YOU A NATURAL GLOW & GOOD SKIN
- HELP IN THE DIGESTION
- BOOST IMMUNE SYSTEM
- DETOX THE BODY, by flushing out the toxins.

## VARIATION

Orange slices + mint leaves

Lemon slices + mint leaves

Berries + mint leaves

Put in any fruit slices + chopped mint leaves

## HOW LONG SHOULD I INFUSE THE WATER?

To get the perfect flavor & color, infuse for 2-6 hours depending

upon the texture of the leaves/ herbs/fruits. Once they get a bit too soggy, strain them out.

If you like your water really fruity & tangy in that case infuse overnight or up to 12 hours!

But keep the bottle in the fridge, take out 1 hour before you are planning to drink.

## HOW LONG DO INFUSED WATERS REMAIN FRESH?

The BEST is to drink the same day. You can drink your refrigerated infused waters within 3 days of infusing, must bring the water to room temperature before drinking.

## HOW MANY TIMES CAN YOU RE-USE THE FRUIT IN AN INFUSED WATER?

Ideally not.

Each time you re-use the fruit in your infused water, you are going to lose flavor.



You can add more water to your container when the water is halfway down.

## SHOULD I USE HOT OR COLD WATER?

Room temperature drinking water. OR Boil water & cool it to room temperature

## IS IT IMPORTANT TO USE ORGANIC FRUIT & HERBS/LEAVES?

Yes! Using organic produce is especially important if you are

infusing fruits with the rind on/ fresh leaves.

Otherwise, you could be drinking pesticide residue.

If you don't have access to organic produce, simply cut off the rinds/ skins of your fruits.

## WHAT IS THE BEST CONTAINER FOR INFUSING WATER?

Glass bottle, glass pitcher/jug/ earthen pot.

# FLAVORFUL MANGO ICED TEA

No sugar and artificial flavor

## MANGO MANIA RECIPE -3

- Promote healthy gut
- Maintain cholesterol levels
- Clears the skin

## INGREDIENTS

### (2-3 SMALL GLASS)

- 2 medium size mango - divide into -1/2 cup mango purée
- 1/4 cup chopped mango
- 5-6tbs soaked raisins
- 2 green tea bags/ 2tbs loose tea
- 1tbs Mint leaves
- 500 ml water
- 1 -2 tbs lemon juice
- 1tsp black salt (kala Namak)

## GARNISHING

Seasonal Fruits

Peach/ cherries/ berries etc.

## METHOD

### PREPARATION

#### 1 step - Preparing the tea

Heat water on a gas stove or in

electric kettle.

Add in the tea bag/ loose tea cover and let it seep for 3-5 minutes. ( or more as per your choice, if it becomes dark then you will get the dark ice tea)

Take out the tea bag and let it cool down and keep it in the fridge/ freezer till it becomes very cold.

#### 2- step

Peel the mango and divide into two part. Chopped 1/4 cup and blended 1/2 cup.

Refrigerate this also until you take out the tea.

Cool is better.

#### 3- step

Chop the mint.

Squeeze the lemon juice, strain it.

Blend the raisins with soaking water and make the smooth paste.

Chop the optional fruits for garnishing.



## PREPARING THE DRINK

Once the tea is cooled, remove from the fridge.

Pour the tea in a deep bowl, add the mango purée, lemon juice and raisin paste to the tea.

Whisk/ blend every thing till you get smooth texture.

Add ice cubes.

## SERVING

Mix mint leaves in the ready mixture.

If you want to serve later, at this stage you can store in the fridge. It will give better taste , as every

thing mix up well and releases their flavors in the water.

Ice cold gives better taste.

## GARNISHING

With mango and mint

Keep chopped mint at the base of the glass and pour the ready mixture. Garnish with chopped mangos.

## OTHER FRUITS

Pour the mixture in the glass and garnish with chopped fruit pieces. Enjoy the refreshing delight





Elements of Well Being

# Relationship

Relationship constitutes a vital part of our well-being, as we are wired for connection.

"You yourself, as much as anybody in the entire universe, deserve your love and affection."

–Buddha

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# SNACKS



# DELICIOUS MINI GRAIN FREE MUFFINS

## INGREDIENTS

- ¼ cup almond flour
- ¼ cup coconut flour
- 3-4 soaked Majdool dates/ as per taste
- 1 tsp ground cinnamon
- ¼ tsp Cardamom powder
- ½ tsp baking soda
- ¼ tsp Himalayan salt
- 2 fully ripe bananas
- 3 flax eggs
- ¼ cup coconut butter
- 1/2tsp vanilla powder

## METHOD

- Preparation -10 min
- Preheat oven at 180C
- Mash the banana and dates.
- Grease mini-muffin pan with coconut butter/ oil well
- In a bowl, combine all the dry ingredients.
- In other bowl combined all the wet ingredients.

- Add dry ingredient to the wet and mix well.
- Pour the batter in muffin trays and decorate with chopped walnuts.

## BAKING

Bake for 15-25 minutes or until center of muffins are firm and spring back when gently pressed in the middle.  
It depend upon the powder of the oven.

Remove from oven and allow to cool down for 15-30 minutes before attacking on them

Flax egg:

1tbs flax powder+ 3tbs hot water = 1 flax egg





# HOME MADE PROTEIN POWDER BALLS

## INGREDIENTS (10-12 BALLS)

- 1 1/2 cup protein powder
- \*(scroll down to see the recipe)
- 2tbs coconut butter
- 1-2tbs cacao powder (as per taste)
- 1tbs cacao nibs (as per taste)
- 2tbs roasted/dehydrated peanuts crushed
- Pinch of Himalayan salt
- 1/4tsp of cardamom powder/  
Vanilla powder
- 1tbs raisins or more
- 4 Soaked dates or as per taste
- (All the ingredients are tentative and you can tweak as per your taste)

## METHOD

In a deep bowl add all the dry ingredients and coconut butter. Deseed the fresh/soaked dates add them to the mixture. Mix all the things really well and makes balls with your hands. Enjoy post workout or with evening tea as an energy booster snack.

If you want long shelf life then please use RAW DATES WITHOUT SOAKING THEM. They last for months

If its summer season them MUST USE DATES AFTER SOAKING THEM as they are heat generating food and can increase heat in the body.

In winter months, you can add dates WITHOUT SOAKING THEM. Just deseed them and mash them

If you are eating them within 3-4 days then SOAKED DATES are good.





# CRUNCHY DELICIOUS NUTS & SEEDS

## FIRST STEP: SOAKING

Wash them well & soak in clean drinking water.

I do it in the morning around 10-11AM

## SECOND STEP: DRYING

After 5-7 hours strain them, wash them again & drain well.  
Spread them on the kitchen paper towels.

around 8-9PM

\*I generally use dehydrator trays to do the job.  
Place all the tray on kitchen shelf, place kitchen towel on them.  
Spread the nuts, seeds or peanuts etc.

## THIRD STEP: DEHYDRATING

Once they look dry, transfer the tray to the dehydrator.

Next day early in the morning 7AM

\*If you do not have the dehydrator.

Then spread the kitchen towel in the baking trays/ mats transfer them in the oven.

You can dry them in sunlight also but it needs lot of attention/efforts.

Morning - put them out

Evening - bring back

Next day morning - out

Rain can happen in between the two outings

## FOURTH STEP: STORAGE

Always store them in glass airtight containers.

\*In electric oven & the dehydrator the drying time is 20-24 hrs.

Always check by biting, they should be absolutely dry & crunchy in taste.

I know it seems like a long..... and an unnecessary process but it has huge impact on your GUT HEALTH.  
Honesty-once you make it a regular habit, it's like soaking beans & lentils every night.

It's just you are doing it in once a week or 2 weeks.





# VEGGIE STICKS WITH HUMMUS DIP

## ROTEIN RICH CHICKPEA HUMMUS

### INGREDIENTS

- 1 cup cooked chickpea (garbanzo beans) drained
- 1 tsp (heap full) tahini
- 1 garlic clove crushed
- 1/2 lemon juice
- 1/4 cup drained water from the cooked chick pea
- 1 tsp Himalayan salt or as per taste
- 1 tsp cumin seed powder
- 2 tbs olive oil / 2-3 olives

### METHOD

Overnight soak the chickpea. In morning wash them again and cook with fresh water and little salt.

Once cool down drain the water from the chickpeas.

Add all the ingredients in the widemouth blender/ processor and blend till you get the creamy texture.

Store in a glass container ( not

airtight ). It will remain fresh for for a week in the fridge.

You can enjoy them with the sour cream dip ( recipe in sauce and dips section) or creamy avocado dip.

## BELL PEPPER HUMMUS

### INGREDIENTS

- 1 cup cooked chickpea (garbanzo beans) drained
- 1 tsp ( heap full) tahini
- 1 garlic clove crushed
- 1/2 lemon juice
- 1 big roasted red peppers
- 1/4 cup drained water from cooked chick pea or more if you need
- 1/4 tsp dried basil herb optional
- 1 tsp Himalayan salt or as per taste
- 1/2 tsp or more cayenne pepper
- 2 tbs olive oil/ 2-3 olives

### METHOD

same as above, just add roasted bell pepper.



Pre heat the oven at 180 C.

Deseed, chop the bell pepper, roast for 15 minutes.

Just blend everything together.



# CRUNCHY SAVORY TRAIL MIX

## INGREDIENTS

- 1/2 cup raw almonds
- 1/2 cup raw walnuts ( break in to 2 -3 pieces)
- 1/2 cup hulled pumpkin seeds
- 1/2 cup raw sunflower seeds
- 1/4 cup sesame seeds
- 2tbs organic tamari sauce
- 1/2tsp garlic powder
- 1/4tsp cayenne pepper or as per taste
- 1tbs nutritional yeast
- Natural salt as per taste

## METHOD

Combine all ingredients in a large bowl & toss well to mix. There are two ways to make the trail mix: 1- In the oven Place a parchment paper in the baking tray & spread the mixture over it. Bake them in a pre heated oven at 155 degreeC for about 15-20 minutes.

Please must put an alarm for 5 minutes, shift/stir them well.

Keep an eye as they burn quickly, we need to bake them evenly on all sides. Let them cool down completely. Store in an airtight glass container.

2- In the dehydrator Spread them on the silicon sheets and set up the temperature at 40-50 C for 18-24 hours. They will become crispy and crunch & they are still RAW. Store in an airtight glass container as they tend to get soften in no time.

## CRISPY SPICY ROASTED CHICK PEAS/ GREEN PEAS

### INGREDIENTS

- 1 cup cooked chickpeas
- 1-2tbs coconut butter
- or 1-2tbs olive oil
- 1/2tsp natural salt
- Spices like chili powder, garlic powder, cumin powder, smoked paprika, rosemary, thyme, or other choice of spices and herbs.



### METHOD

Drain the chick peas very well. Pat the chickpeas till they look very dry with paper towels. They should feel dry to touch, leave them to air-dry for a few minutes. Place a parchment paper on the baking sheet, spread the chickpeas evenly. Drizzle the oil or rub the coconut butter on the chickpeas & sprinkle with the salt.

Mix with your hands or a spatula to make sure the chickpeas are evenly coated.

Roast/ bake at 180 C

Stirring the chickpeas or shaking the pan every 10 minutes.

They will be done in 20 to 30 minutes total.

Sprinkle the spices if using over the chickpeas and stir to coat evenly after 15 minutes and then bake/ roast again.

Serve while the chickpeas are still warm and crispy.

Store in an airtight container.



Elements of Well Being

# Creativity

The creative person is one who brings something from the unknown into the world of the known, who brings something from God into the world, who helps God to utter something—who becomes a hollow bamboo and allows God to flow through him.

—OSHO

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# SAUCES

# SWEET & SOUR, TANGY RAW MANGO CHUTNEY

## INGREDIENTS

- 6 medium raw mangos ( please pick the ripe ones which are a little sweeter)
- 1 onion
- 1 tsp ginger
- 1 piece of cinnamon
- 1 tbsp apple cider vinegar
- 3 soaked Medjool dates (If using any other type, then increase the quantity)
- 4 -5 cloves
- 2-star anise
- 1 -2 tbsp raisins
- ½ tsp coriander seeds
- 1/4 tsp Himalayan salt
- 1/4 tsp turmeric
- 2 cups or more water

## METHOD

### PREPARATION

Peel and chop the raw mangoes. Deseed the dates and mash with hands.

Soak/ wash the raisins well.

Pound the coriander seeds coarsely.

Finely chop the onion.

Grate the ginger.

### COOKING

In a heated pan, add ginger, cook for a while and add the onion.

Cook for 2-3 minutes; you can add little water if it's sticking to the pan.

Add the rest of the ingredients into it. Mix well and add 1/4 cup of water.

Cover with a lid and cook for about 50-60 minutes.

\*Please keep on stirring occasionally and adding little water to avoid burning/ sticking to the pan.

Remove from heat and set aside to cool before serving.

Remove the cinnamon roll.

Rest spices will be mixed into the chutney.

Store in an airtight jar in the refrigerator.

Enjoy!





# CALCIUM RICH SESAME CHUTNEY

## INGREDIENTS

- 1/2 cup (65 gm) dry roasted sesame
- 1 cup (30gm) fresh coriander
- 2 cloves of garlic
- Lemon juice as per choice
- 1- green chilly
- Himalayan Salt as per taste
- 1/2 cup water to blend

## METHOD

Just blend every thing with little water.

Top up your calcium by just adding this green chutney to your daily diet.

Eat with your salad/sandwich/ roti or just like that.

In summer months, use this recipe with soaked sesame seeds as they can aggravate HEAT in the body





# YUMMY CASHEW CHEESE

## INGREDIENTS (4 PIZZA)

- 1/2 cup soaked cashews
- Or you can mix 2tbs melon seeds to it
- 2tbs nutritional yeast
- 1/2tsp Mustard powder
- 1/2 lemon juice
- Salt and red chilly powder
- 1/4tsp Black salt
- 1 chopped garlic clove
- 3-4tbs Water

## METHOD

### PREPARATION

Wash and soak the cashews overnight or for 5 hrs In water.

If you want to reduce the quantity of nuts, soak 2tbs of melon seeds separately.

Peel the garlic and fine chop it.

Crush the mustard seeds to make the powder.

## BLENDING

Drain and wash the cashews and seeds ( if adding)

In a blender add cashew with little water. Blend till you get the creamy texture.

Add rest of the ingredients to the cashew cream, blend well till you get the smooth creamy texture again.

It should be of pourable consistency

Store in fridge, preferably in the glass container.

It will get thicker by next day.

Remains fresh for 3-4 days.





# LUCIOUS SWEET DATE PASTE

## INGREDIENTS

- 10-12 Organic Medjool dates/ any sweet good quality dates
- Fresh clean water
- Blender

## METHOD

### PREPARATION

Wash the dates 3-4 times under running water by rubbing them.

Overnight soak them in drinking water( add required water, they should not submerged in the water)

We will use this water to make the paste.

(Minimum soaking time 4-5hrs)

### MORNING

Deseed all the dates.

Pull the top little hard cap attached to the seed also.

In a high-powered blender, blend dates and the soaking water on high speed for a few minutes

until it becomes a smooth and creamy paste.

Add more water if it's difficult to blend or too thick.

Now store this yummy date paste in a covered glass jar (not air tight)

Always keep it in the refrigerator (fridge)

Remain fresh for more than a month

### TIP

You can keep the soaked dates along with the soaking water, in the fridge in an open glass container.

They remain fresh even longer 1-3 months





# DIVINE COCONUT BUTTER

## INGREDIENTS

- Just one ingredient !
- Organic Desiccated Coconut (thin/thick/fine )
- Take good quality coconut if using non organic.

## METHOD

Add 200gm of desiccated coconut to the powerful food processor/ mixer/grinder.

Start processing the coconut, stop the machine after every 30-40 second, start again.

After 3-4 minutes it will start to process down and look a little sparse.

Keep on processing , it will change into clumps, again stop the machine after 30-40 minutes.

Scrape down the sides when needed.

It will take around 7-10 minutes

in total to get to the liquid consistency.

Store it in an airtight jar at room temperature.

It will remain fresh for 2-3 weeks. Fresh is the best!

It tends to harden unless your room temperature is very very hot.

To make it soft again, stand the jar in a bowl of hot water to melt it.

Stir it very well and it will be as good as freshly made butter





# TANGY BEETROOT CHUTNEY

## INGREDIENTS

- 1 big organic Beetroot
- 1/2 onion
- 1/2 lemon juice
- 2tbs raisins (as per taste)
- 1/4tsp garlic
- 1-2 thin slices of ginger
- 1/2 green chilly (as per taste)
- Himalayan salt as per taste
- Black pepper optional
- Water to blend.

Be careful in adding the ginger & garlic, as it becomes too hot for SUMMER months.

(They can aggravate the PITTA)  
In the WINTER months, you can add more of them.

## METHOD

### PREPARATION

Preparation

Wash the beetroot very well with a brush/ scrub.

Keep the skin intact; chop into small slices.

We are using them raw to make this chutney.

Peel the onion & garlic cut them into thin slices.

Slice ginger & green chilly.

Wash the raisins.

### BLENDING

Add all the ingredients to the blender.

Blend till you get a smooth texture.

Use once cool down; taste better once all the flavors get mixed into each other.

Refrigerate it.

Remain fresh for a week or more.

Eat with any meal or as it is, it tastes great anyway.





# SWEET & SOUR TAMARIND CHUTNEY

## INGREDIENTS

- 1/2 cup ready Tamarind pulp
- 4-5 Soaked Majdool dates (more as per taste)
- A pinch of Hing ( asafoetida)
- 1/2tsp Roasted Cumin powder
- Salt & red chilly powder as per taste

## METHOD

Wash the tamarind & dates very well.

### SOAKING

Soak the tamarind in warm/ room temperature water for 3-4 hrs.

\*If you are in a rush, you can soak in the hot water ( 10-15 minutes)

Overnight soak the dates in a small amount of fresh water ( 5-6 hours)

Mash the tamarind with the help of a fork/fingers, separate the pulp from fiber & seeds.

Strain it to extract the pulp.

Deseed the dates

Blending

In a mixer/ blender, add tamarind pulp, dates & dry ingredients. Add little water, blend till you get a smooth, creamy & thick consistency paste.

Taste it and adjust the salt & sweetness.

I keep it thick & add water when I use it for the dressing ( if I feel the need) Keep thick if you are eating as a dip.

Store it in a glass container, keep the lid bit open/ loose; this will help in keeping it fresh longer.

It has a long shelf life- a month or more, if you keep it refrigerated.

Enjoy it with fritters, samosa, sandwiches, Dahi vada, add in the chat, eat as it is





# NUTTY & NUTRIENT RICH CHUTNEY/ DIP

- Sesame seeds are rich source of calcium and copper
- Peanuts are rich in protein
- Fiber rich & delicious chutney

## INGREDIENTS

- Yield-300 gm /18 Oz
- 1tbs white Sesame seeds
- 2tbs peanuts
- 1 medium size Onion
- 1 Red Tomato
- 2 Garlic cloves
- 6- Red dried Chilies
- 1/2tsp Himalayan salt - as per taste
- 1/4tsp Turmeric powder
- 1tsp small Lemon juice
- 1/2 cup Water to blend

\*Reduce chillies for less spicy preferences.

## METHOD

### PREPARATION

Slice the onion, tomato and chop the garlic.

### COOKING

Dry roast the sesame seeds, peanuts and onion.

Add rest of the ingredients and cook them for 5-7 minutes, until tomato look cooked.

Now add water and cook for another 2-3 minutes.

Switch off the heat and let it cool down.

Pour the mixture in a blender and add lemon juice. Blend, till you get the smooth paste.

Once cool down transfer into a glass container and store in the fridge.

### HOW TO USE THIS SAUCE/DIP?

- Momo sauce
- Salad dressing /dip
- Sandwich / wrap spread
- Goes well with various starter (Spicy)





# Condiments

Ketchup, Mayonnaise  
Sour Cream, Cheese Dressing  
Barbeque Sauce

All of the above has potentially harmful  
ingredients which has

**SERIOUS HARMFUL EFFECTS** on us.

Corn syrup, High sodium, hydrogenated soya oil,  
artificial flavour & colour, preservatives and few  
other chemicals which are hard to pronounce

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# CREAMY DAIRY FREE SOUR CREAM

- Very light & delicious
- Versatile
- Easy on stomach
- Super easy and quick to make

## INGREDIENTS

Prep and blending -10 min.

Yield- 120 gm/ml/5oz

- 1/2 cup soaked raw cashews
- 1/3 cup water or less
- 1 -2tsp lemon juice or as per taste
- 1/2 tsp apple cider vinegar
- 1/2tsp Himalayan salt
- ¼ tsp mustard powder
- Powerful blender

## METHOD

### PREPARATION

#### Night before/ 4-5 hours

Soak the cashew in fresh water, add a pinch of salt/squeeze of lemon to the water.

#### Morning

Drain and rinse the cashew, until the water runs clear.

In a blender, add all the above ingredients along with water.

Blend until you get the smooth and creamy texture.

Add water slowly and as per the need. Do not make it a runny cream.

Taste and add more salt/lemon juice if you need extra tang and flavour.

You can serve immediately or let it cool down in the fridge and serve later.

It will thicken up after a day, you can add little water if you need.

Garnish with basil leaves or spring onion( optional

Store in refrigerator, stay fresh for 4-5 days



# HOT SCHEZWAN (CHINESE) RED CHILLY SAUCE

- No Ajinomoto ( MSG)
- No oil
- No preservatives
- No artificial colour

## INGREDIENTS

Yield: 350 gm

- 30 red dry chilly (30 gm )
- 2 Garlic cloves
- 1 inch Ginger
- 1tbs chopped onion
- 1tbs celery
- 1tsp Himalayan Salt or as per taste
- 1 cup water
- 1tsp fresh cilantro/ Coriander leaves (optional )

## METHOD

**PREP TIME-5 MIN**

**COOKING TIME-20 MIN**

Wash and cook the dried red chillies in a cup of water, for 5 minutes.

Btw heat the pan and dry roast celery, garlic, ginger, onion for few minute.

Blend the cooked chillies along with the cooking water from the pan, to make the paste.

Pour this paste over the veggies in the pan.

Add salt and chopped cilantro leaves, mix well.

Cook for 5-10 minutes. That's it!

Once cool down, pour in a glass container. Store in the fridge.

This sauce last for up to a month in the fridge.

## HOW TO USE IT?

You can use it in all the Chinese cuisine.

Use as a dip with Chinese starters.

Use as a spicy spread for the sandwich/ wrap

Use in place of hot sauce where ever/ whenever





# FLAVOURFUL SUPER EASY GREEN CHUTNEY

Just by adding this chutney to your all 3 meals, you can get several health benefits.

- High fiber in take
- Get rid of constipation
- Better bone health
- Immunity boosting anti oxidants
- Improved gut health
- Rich in iron & vitamin A

## INGREDIENTS

- 1 big bunch of fresh Coriander / cilantro leaves
- ( 150 gm)
- 1 small onion
- 1 medium red ripe tomato
- 1 clove of Garlic
- 1 inch piece of Ginger
- 1/2 lemon juice
- 1-2 green chilly ( depending upon the hotness)
- Soaked mixed melon seeds 2tbs / cashew ( 8-10)
- 2-3 tbs of drinking Water
- 1tsp Salt or as per taste

\*You can add handful of mint leaves to this chutney (optional)

## METHOD

### PREPARATION

Chop all the vegetable into small size. Add all the ingredients into a blender and add water. Blend till you get coarse/ smooth paste.

I like to keep it coarse, if you like smooth paste, blend more.

\* Remain fresh for one week in the fridge. Always store in a glass container.

### WHY MELON SEED/ CASHEW IN THE CHUTNEY?

Adding Melon seeds or cashew maintain the bright green colour and gives a creamy texture to the chutney.

### HOW TO USE THIS CHUTNEY ?

\*You can eat this chutney with the fritters & patties.

\*Spread in the sandwich.

\* Dip for the kabab or paneer tikka.



### FOR JAIN VERSION

Just omit onion and garlic, rest is same.

Add mint for extra flavor.

# DELICIOUS VERSATILE MAYONNAISE

- Dairy free
- Egg free
- Preservative free
- Oil free
- Made with whole ingredients
- Super easy

## INGREDIENTS

Yield: 200 gm/ ml/ 7oz

- 1/2 cup overnight soaked cashew
- 2tbs chopped onion
- 1 garlic clove fine chopped
- 1-2 tsp lemon juice
- 1/8 tsp mustard powder
- 1/2tsp red chilly powder
- 1/2tsp white vinegar
- 1tsp Himalayan Salt or as per taste
- 2 tbs drinking water, more if required

## METHOD

Add all the ingredients to the blender. Blend till you get the creamy paste. That's it!

Add water carefully, it should not be a RUNNY watery liquid, it's a thick creamy paste.

Are you ready to try it?

## KNOW YOUR COMMERCIAL MAYONNAISE INGREDIENTS

- 80% oil (Soya oil)
- Rest is egg yolk
- Artificial colour & flavors
- Preservatives
- High sodium

Please stop eating, what is not right for your body





# FRESH HOME MADE TOMATO KETCHUP

- No preservative
- No artificial colour
- Just taste and good health

## INGREDIENTS

Yield : 22 Oz/ 625 ml

- 6 big red fully ripe tomatoes
- 4 red dried chillies
- 2 cloves of Garlic fine chopped
- 1tbs fine chopped onion
- 1tbs organic White vinegar
- 2-3 tbs Raisins or more as per taste
- 2 slices of fresh beet root
- 1tsp Himalayan Salt / as per taste

## METHOD

### PREPARATION

Chop the tomatoes  
Fine chop garlic and onion.  
Wash the raisins and soak in little water.

### COOKING

Add 1/2cup of water in a deep pan,

add the tomatoes, beetroot slices and red chillies for 10-15 minutes. Cook for 10-15 minutes. Pour this cooked veggies in a blender, add raisins with their soaking water. Blend till you get the creamy purée. Dry roast garlic and onion for a 2-3 minutes, add in the salt and tomato purée. Cook for 5-7 minutes, add vinegar. Pour in a clean glass container. Store in fridge, remain fresh for 7-10 days.

### KNOW THE INGREDIENTS OF COMMERCIAL TOMATO KETCH UP

- Distilled vinegar- It is made from GMO corn
- The high fructose corn syrup- extremely unhealthy and toxic. It is produced from corn that has been genetically modified. Corn syrup increases the blood sugar levels and has been linked to obesity, diabetes, heart diseases, immune system and more.
- Artificial colour & flavour





Elements of Well Being

# Finances

“It’s good to have money and the things that money can buy, but it’s good, too, to check up once in a while and make sure that you haven’t lost the things that money can’t buy.”

–George Lorimer

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# HEALTHY STUFF

# COMPLETE PROTEIN POWDER

## INGREDIENTS

- 200 gm Fresh /dried/frozen Green peas ( green/ yellow)
- 100 gm Almonds
- 100 gm Brown rice/ Amarnath/ buckwheat
- 200gm Bengal gram /chana dal
- 100 gm Pumpkin seeds
- 200 gm Whole green moong sprouted

## RAW ( WITHOUT SOAKING )

- 80 gm Chia seeds
- 80 gm flax seeds
- 80 gm hemp seeds

## METHOD

### \*1ST STEP- SOAKING

Overnight soak the almonds, brown rice, pumpkin seeds and chana dal separately (5-7 hrs)  
Soak green pea if using dried ones.

### \*2ND STEP- DRYING

In the morning wash, all the soaked ingredients well with fresh water.

Spread a kitchen paper towel and dry all of them separately.

Sun dry them / dehydrate then / oven dry them at 50C (with Fan/without fan)/lowest setting.

Spread green peas and sprouts also with them.

If using frozen peas then thaw them for 10-15 minutes and spread for drying.

### \*3RD STEP -GRINDING

Once all the ingredients looks dried and crunchy, grind them separately in to a fine powder. ( must check by biting them before grinding, they should be crispy)

Grind the seeds to make the flour/ powder too.

Once you have all the flours ready, mix them well and store in a glass airtight container. Room temperature/ fridge, as per the weather conditions.

It remains fresh at the room temperature also

Use within 15 days.

You can eat this powder with the glass of



water or add in salads/ soups / milk/mix in any thing.

Drink/eat this protein powder after workout. (within 30 minutes)

Adults can use this protein powder 30g/per day. (2tbs)

Above 60 age use only 20 g/per day



# CALCIUM SHOTS

## INGREDIENTS

- 2-3tbs(1/4cup)brown Sesame overnight soaked
- 2tbs(1/4 cup) chopped fresh Coconut
- 1-2 overnight soaked dates
- 1tsp cardamom powder
- 1/4 or 1/2 cup water

Be careful in adding the ginger & garlic, as it becomes too hot for SUMMER months.

(They can aggravate the PITTA)  
In the WINTER months, you can add more of them.

## METHOD

Add all the ingredients in the blending jar with water, blend until you get the creamy milk.

Drink as it is or warm it at medium heat

add less water as it taste better.  
blend twice, as with one time  
blending few seeds sticks to the sides of the jar, push them down and blend again.

## SESAME CINNAMON MILK INGREDIENTS

- 2-3tbs(1/4 cup)soaked sesame
- 1/2 cup or less water
- 1/2tsp cinnamon powder
- 1/4tsp vanilla powder
- A pinch of Himalayan salt
- 1-2 soaked dates

## METHOD

Blend every thing together.

## BLACK SESAME LATTE INGREDIENTS

- 1-2tsp soaked black sesame
- 1-2 soaked dates
- 1/4tsp Vanilla powder
- 1/2tsp cinnamon powder
- 1/2 cup or less water

## METHOD

Blend every thing together.  
If possible twice to get the extra creamy taste.

Drink as it is or heat the milk.  
Taste and adjust the sweetness



## BLACK SESAME HOT CHOCOLATE INGREDIENTS

- 1-2tsp soaked black sesame
- 1-2 soaked dates
- 1/4tsp Vanilla powder
- 1tsp cocoa/ cacao powder
- 1/2 cup or less water

## METHOD

Blend every thing together, until you get creamy texture.  
Drink as it is or heat the milk, taste and adjust the sweetness.



# CHIA-FLAVORED WATER

100 grams of chia seeds contain 631 mg of calcium.

They are high in fiber, provide healthy fat, and are a source of antioxidants.

They can keep you full for longer.

There are two types of chia seeds

- Black
- White

Black and white chia seeds have the same nutritional values.

## HOW TO SOAK THE CHIA SEEDS?

### INGREDIENTS

- 1/4 cup of chia seeds
- 1 1/2 cup of drinking water.

### METHOD

In a deep container, add 1 cup of water and the chia seeds, mix well with the fork, press, and shake.

Wait for 5-10 minutes, then mix again and add the rest of the water.

Now, wait for 30 minutes to an hour.

You will get a gelatinous texture.

Now store it in the fridge; they remain fresh for a week.

Use when you need to add in smoothies/ water/coconut water/milkshakes/pudding etc.

One of the best/ simplest ways to include chia seeds in your lifestyle, add them to water

Add 1-2 tbs of soaked chia to a glass of water, stir and drink

To give your drink some flavor, you can add chopped fruit/ squeeze in a lemon juice/ lime/pineapple/ peach/Orange





# PROTEIN RICH AMARANTH PORRIDGE

## WITH BERRY CHIA SAUCE/JAM

### INGREDIENTS

- 1/4 cup organic amaranth
- 1/4 cup dried mulberries or as per taste
- 1/2 cup coconut milk/nut milk or as per taste
- 1tbs Coconut butter
- pinch of Himalayan salt
- lemon juice
- lemon rind (organic)
- Garnishing: Pine seed or seeds of choice, chia seds, Berry jam (optional), Sugar substitute like maple syrup/date paste or as per choice.

### METHOD

Soaking a night before  
Wash the amaranth well and soak overnight in 1-2 cup of drinking water.  
Add few drops of lemon juice to it. \*(Acidic lemon juice break down the anti-nutrients in the grain and the minerals are released making them digestible)

### MORNING

Cook the amaranth at medium heat in deep vessel, along with the soaking water. (if amaranth is non organic then use fresh water)

Once it start looking cooked ( about 15-20 minutes) and slimy pour the milk.

Let it mix well and cook for few more minutes.

Add in the butter mix well.

Pour into serving bowl. garnish with chia seeds and rest of the seeds. Or with berry chia sauce and the seeds.

Drizzle sweetener of choice over it.

### BERRY CHIA SAUCE

#### INGREDIENTS

- 1cup fresh or frozen berries of choice
- 1tbs chia seeds
- 1/2tsp/ squeeze of lemon juice

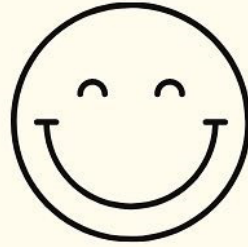


### METHOD

While porridge is on the burner you can prepare this sauce/jam.

Steam or cook the berries un till they look soft and cooked.  
If steaming, use a deep bowl and steam the berries in it, you do not wants to loose the beautiful red juice from.  
Mash them well and add rest of the ingredients.

Chia will give an instant thick texture, let it cool down for 5-10 minutes.  
Serve.



Elements of Well Being

# Happiness

Happiness starts with you.  
Not your relationships, not  
with your job, not with your  
money, but with YOU.  
-Sadhguru

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# LET'S BEGIN AGAIN

TIME TO MAKE THE MAGIC

@surekhasadana

