



MINDFOOD COOKBOOK

by **SIIDHA DAGA**
in colabration with
NIPA ASHARAM



For as long as I remember, I have always loved to cook. It began with chilling in the kitchen while my mom cooked up some of her exotic dishes, later progressing to various versions of teenage “junk” food from noodles to fries. But as my relationship with food progressed, I soon realized the connection between our state of mind and what we eat. The saying that we are truly what we eat, became truer than ever for me.

One key issue I understood was that teenagers hardly like the food at home (especially the healthy version) and keep waiting for weekends to go all out and binge eat! So I knew I needed to crack the food at home, I could create a sustainable diet that worked for me at different levels.

There are too many recipes out there, but I needed to understand what really works for me, and how I can make it with ease. All the recipes in this cookbook are an inspiration and edited with ingredients that make it a healthier tastier version.

These are all personally tried and tested, by me and most of my family members, so that I could be sure that these recipes are good! We definitely love food, but understanding this connection has deepened our bond with food for everyone at home.

When we want to train our brain to eat right, we need to give it all the necessary basics, and everything it craves, but in a healthy way. So I tried to experiment with all types of healthy sugar substitutes, flours, protein, and even healthy fat! When the body feels deprived, it starts craving for food that isn't always healthy. When we nourish the body with healthy substitutes, over time our brain starts craving the healthy foods only.

These recipes can be made by anyone at home using regional, seasonal, and economical ingredients available in India. We don't want recipes that are heavy on our wallets or where we waste a lot of ingredients just because we don't use them often

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POWER PACKED RECIPES THAT ARE LIGHT ON YOUR GUT!

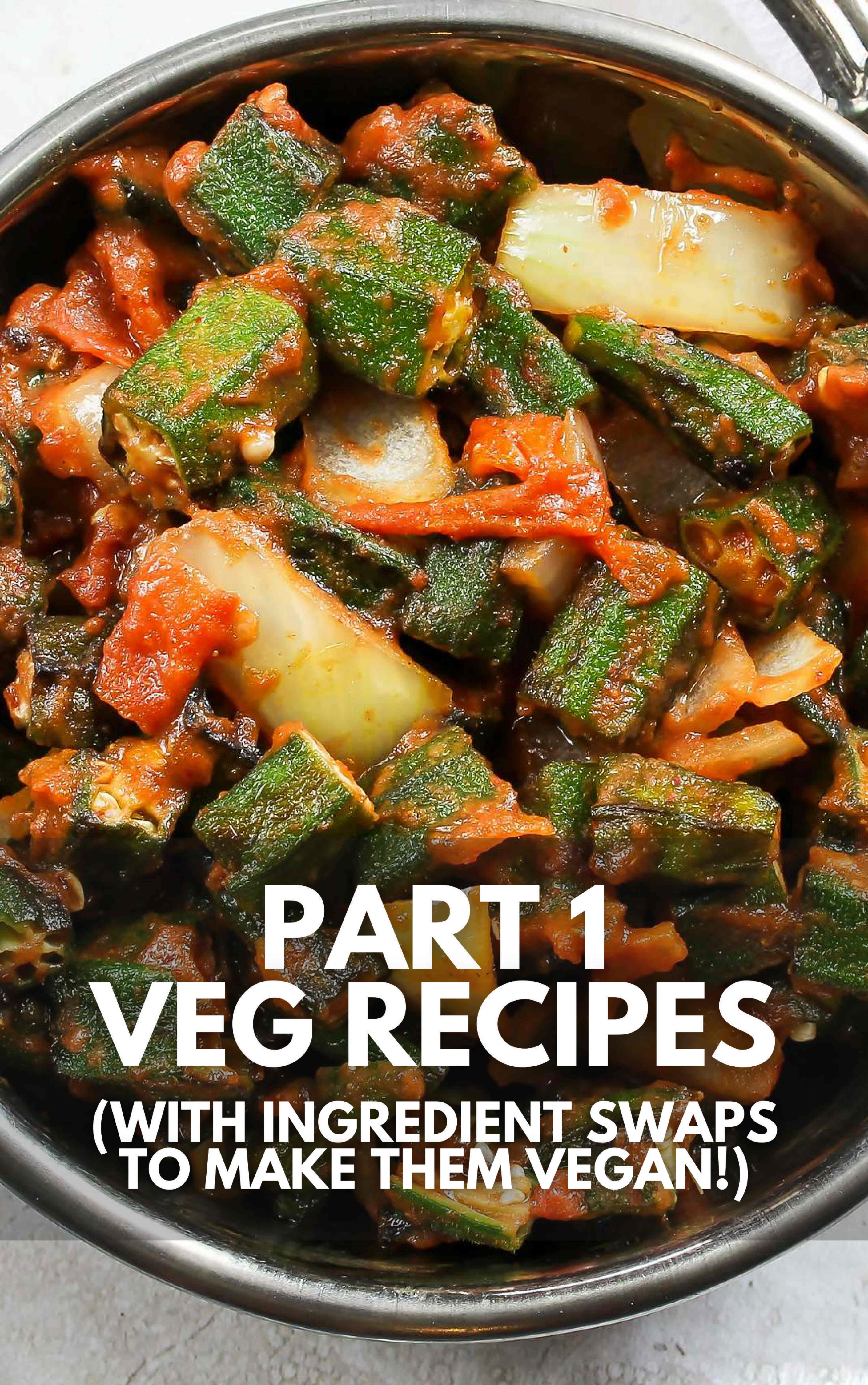
5 DAYS A WEEK SALADS RECIPES

IF YOU'RE SOMEONE WHO THINKS SALADS AREN'T FUN, YOU'RE ABOUT TO EAT YOUR WORDS AND SOME GREENS!

MY GO-TO SOUPS

PACKED WITH WARMTH AND GOODNESS, THESE TURN AROUND BAD DAYS





PART 1
VEG RECIPES
(WITH INGREDIENT SWAPS
TO MAKE THEM VEGAN!)

21 RECIPES

SIMPLE AND EASY SPONGE GOURD RECIPE/GILKI KI SABZI/TURAI/TOORI

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HEMP PROTEIN SMOOTHIE

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SWEET POTATO SOFT TACOS



Dhaba style bhindi

SERVINGS: 3-4

Ingredients

Shallow frying:

Bhindi - 200gms

Salt to taste

Kashmiri red chilly - 1/2 tsp

Besan - 1/2 tbsp

Olive oil - 2-3 tsp

For masala:

Olive oil or avocado oil - 3-4
tbsp

Cumin seeds - 1 tsp

Heeng - a pinch

Onion - 1/medium/diced

Ginger garlic paste - 1 tsp

Tomato - 2/medium

Salt to taste

Kashmiri red chilly - 1 tsp

Coriander powder - 1 1/2 tsp

Turmeric powder - 1/2 tsp

Yoghurt - 1/2 cup (or can use

lactose-free yoghurt if dairy

allergy or then use vegan

yoghurt such as almond yoghurt

since it doesn't have a strong
flavour)

Garam masala - 1/2 tsp

Chopped cilantro

Directions

- Take approximate 200 - 250gm of ladyfinger/bhindi
- Wash thoroughly and dry
- Cut into two parts; after cutting the edges from both sides
- Take 1/2 tsp Kashmiri red chilly powder and 1/2 tbsp besan or gram flour. Coat the bhindi
- Heat 2-3 tsp oil
- Shallow fry bhindi until it almost cooks (approx 80%). Fry on low flame
- Heat 3-4 tbsp of olive oil & add 1 tsp cumin seeds, 1 medium diced onion, One pinch of heeng, 1/2 chopped green chilly, 1 tsp ginger garlic paste, 1 tsp Kashmiri red chilly powder, 1/2 tsp Haldi, 1 1/2 tsp coriander powder
- Mix & add tomato puree
- Add a little water & cover with lid for 2 mins on low flame
- Open lid, mix & add 1/2 cup room temperature yoghurt on low flame & mix it
- Cover lid & cook for 2-3 mins
- Open lid and mix
- Then add little water to set the consistency of the gravy
- Add salt to taste
- Add the bhindi & cover & cook for 3-5 mins on low flame
- Add 1/2 tsp garam masala and mix.
- Garnish with chopped cilantro



Simple and easy ridge gourd recipe / gilki ki sabzi / turai / toori

SERVINGS: 4

Ingredients

1/2 kg gilki
2 to 3 tbsp olive oil
1/2 tsp jeera (cumin seed)
1 medium-size chopped onion
2-3 green chillies
1/4 tsp Haldi powder (turmeric powder)
1 tsp salt

Directions

- Wash and peel the turai
- Chop into small cubes
- Heat olive oil or avocado oil in the pan.
- Add jeera and let it crackle.
- Add green chillies + onion & give it a stir.
- Add salt and turmeric and stir until onions are golden brown
- Add the turai and mix well.
- Stir fry for a minute
- Add ¼ cup of water and give it a mix.
- Cook on medium heat till it softens.
- If it is watery, cook it in open for a few min till water reduces.

Your sabzi is done!



French beans sabzi

SERVINGS: 3

Ingredients

Green beans 400 gm
Olive oil or avocado oil 1 tbsp
Salt to taste
1/2 tsp jeera (cumin seed)
1 medium-size finely chopped onion
Kasuri methi 1 tsp
Ginger- garlic paste 1 tsp
Turmeric powder 1/2 tsp
Kashmiri red chilli powder 1/2 tsp
Coriander powder - 1 tsp
Garam masala- 1/2 tspn
Amchur 1/2 tspn
1 chopped tomato
Coriander leaves

Directions

- Start by rinsing, draining all the water and then cutting 250 grams of french beans. Cut the french beans into 1-inch pieces.
- In a thick bottomed heavy kadhai (wok) or frying pan add 2 tbsp of oil and add jeera and chopped onion once oil is heated and saute well. Do not brown.
- Add the ginger-garlic paste and saute well.
- Then add chopped green beans. Mix well and continue to sauté for 8 to 10 minutes on low heat. Do not overcook.
- Sprinkle 1/2 teaspoon turmeric powder, 1/2 teaspoon red chilli powder, Kasuri methi, coriander powder, and salt as required. Mix thoroughly.
- Stir well and add chopped tomatoes. Do not mash.
- Let the vegetables gently get sautéed in the oil on low heat for a further 8 to 10 minutes. Stir at intervals for even cooking.
- If you want the vegetables to cook quickly then you can cover the kadhai or wok with a lid. But, remember to check it after a few minutes or so.
- When the vegetables are tender and cooked well, add 1/2 teaspoon garam masala powder and 1 teaspoon dry mango powder (amchur powder) or as needed.
- Mix and combine well.
- Garnish with some chopped coriander leaves.



Chinese garlic green beans (Chinese restaurant style)

SERVINGS: 4

Ingredients

1 pound green beans, rinsed and dried
1/3rd cup olive oil
2 1/2 tbsp minced garlic, about 5 to 6 plump cloves
1/4 tsp garlic salt or kosher salt
Optional garnish
Red pepper flakes
Toasted sesame seeds

(olive oil is great for skin and hair so it is fine if we eat in a little larger quantity here)

Directions

- Snap off the tough ends of the green beans. If your green beans are very long, snap them in half.
- Heat the olive oil in a saucepan over medium-high heat.
- When the oil is hot enough, work in batches to stir fry the green beans for about 2 minutes, until the green beans start to wrinkle on the outside. You don't need to cook the green beans for too long.
- Use a spider strainer to strain the oil from the beans and then transfer them to a plate lined with paper towels. Repeat until all the beans are done. Turn off the heat. Blot them with paper towels to remove all the extra oil.
- Carefully pour the used frying oil into a bowl. If you do not want to handle hot oil, let the oil cool completely in the wok. Don't bother wiping the wok at this point because you'll be using it to fry the garlic next, and you can use the residual oil in the wok for that.
- Heat the wok over medium-high heat. Add the minced garlic and cook it for about 30 seconds to 1 minute, until fragrant. Add the green beans back to the wok, along with the salt. Stir to combine. Cook for another minute.
- Turn off the heat and transfer the green beans to a serving plate.
- Garnish the beans with red pepper flakes and toasted sesame seeds, if you like.



Vegan shahi tofu

SERVINGS: 4-5

Ingredients

Olive oil- 2 tbsp + 1 tbsp
Garlic - 2 tbsp
Ginger - 1 tbsp
Onion - 2 medium/ 185 grams
Tomato- 4 medium/ 350 grams
Green chilli - ½ tbsp
Kashmiri red chilli- 2 to 4
Ice cubes - 1 cup
Cumin seeds - ½ tbsp
Garam masala - 1 tbsp
Coriander powder - 2 tbsp
Turmeric powder - 1 tsp
Firm tofu - 400 grams (brand given at the end)
Dried fenugreek leaves - 1 tbsp

Directions

- Take a pan and heat 2 tbsp of olive oil.
- Add the chopped garlic, ginger, onion, and chillis and give a stir until the onions turn golden.
- Add chopped tomato, poppy seeds, melon seeds, and Kashmiri red chillies. Mix and cook for 2 mins.
- Add salt as required.
- Cover the pan and cook for 5-7 mins or until tomatoes turn mushy.
- Once it is cooked remove the lid & transfer the mixture to the blender jar.
- Add one cup of the ice cubes and blend the mixture well till a smooth & creamy texture is achieved.
- Transfer the mixture to a strainer to separate the seeds which are not blended well.
- We will discard the leftover behind the strainer & keep a creamy mixture aside.
- In the same pan add 1 tbsp of oil, ½ tbsp of cumin seed, 2 tbsp of coriander powder, 1 tbsp of garam masala & 1 tsp of turmeric powder. Saute for 1 min on the low flame.
- Add the blended mixture and mix it well.
- Cover and cook for 5 mins.
- Open the lid and add 400gm of tofu (any protein/mix veggies/shallow fry tofu) and add water to adjust the consistency of the gravy and cook till the gravy boils for about 1-2 mins.
- Add 1 tbsp of the crushed dried fenugreek leaves.



Lahsooni tindli

(Indian ivy gourd dish with garlic)

SERVINGS: 4

Ingredients

Tindli quartered - 4 cups
Garlic - (6-8 cloves & ginger
- 2 inch) paste
Chopped coriander leaves - 2
tbsp
Olive oil or avocado oil- 2
tbsp
Cumin seeds - 1/2 tsp
Dry red chilli - 8-10 whole
Coriander powder - 2 tbsp
Turmeric powder - 2 tsp
Salt for taste

Directions

- Before we start cooking, wash, and clean the tindli well. Then trim the edges on both sides and then chop them into thin slices.
- Heat 2 tbsp oil into the pan.
- Add cumin powder, dry red chillies & ginger garlic paste and cook until it gets golden brown.
- Add 20-22 cloves of garlic and stir.
- Then add tindli and mix it well.
- Add coriander powder, turmeric powder and salt as per required.
- Add chopped coriander leaves. Mix it all together and take it off the flame.
- Do not overcook to retain the nutrients in the veggies.



Healthy broccoli masala

SERVINGS: 3

Ingredients

Broccoli florets - 2 cups
Oil - 1 1/2 tbsp
Cumin seeds - 1/2 tsp
Mustard seeds - 1/2 tsp
Garlic - 7 cloves crushed
Onion - 1 big chopped
Curry leaves
Turmeric powder - 1/4 tsp
Red chilli powder - 1 1/2 tsp
Coriander powder - 1 tsp
Salt to taste
Garam masala - 1/2 tsp
Tomato - 1 medium-sized,
finely chopped

Directions

- Add the broccoli florets to warm water for 2 minutes and then drain the water
- Heat the oil in a pan
- Add cumin, mustard seeds and garlic to it.
- Fry till the raw smell goes.
- Add the onion along with a few curry leaves
- Fry them well but don't let the onions turn brown
- Add turmeric, red chilli powder, coriander powder, garam masala and salt to taste.
- Saute and mix well.
- Add the chopped tomato in.
- Mix and cover the pan with a lid.
- Keep mixing in between and cook until the tomatoes are soft.
- Now, mix a little and add in the broccoli florets.
- Pour some water into the pan and mix.
- Again cover the lid and cook for 4-5 minutes on medium heat.
- Uncover the lid when the gravy has thickened.
- Mix a little, your broccoli masala is ready!



Paneer methi malai

- keto paneer recipe

SERVINGS: 4

Ingredients

400g paneer (grated or crumbled) Can use tofu too
1 bunch of methi leaves
1 tsp heeng
1 tsp black peppercorns
1 tsp cumin
Chillies (to taste)
3 tbsp chopped coriander leaves
1 cup milk or ½ cup yogurt/almond yogurt
1 tbsp ginger-garlic paste
Salt (to taste)
Fresh cream – can use low fat or miss it if you don't want a higher calorie count (if you have other dishes as well – usually I eat only this and roti)

Directions

- Heat ghee in a pan.
- Add heeng, cumin seeds, black peppercorns and saute it.
- Add green chillies, chopped coriander and stir. Then add ginger garlic paste and stir till it gets golden brown.
- Then add the fenugreek leaves and saute for 2-3 mins.
- Add stevia and salt as per the taste. Mix it well.
- Then add paneer to it.
- Add about one cup of milk to avoid bitterness and give it a creamy texture. Stir and boil for 2 mins.
- Give it a boil by stirring intermittently
- Serve hot garnished with fresh cream



Lauki ka bharta

SERVINGS: 3

Ingredients

750 gm bottle gourd / lauki
3 medium tomatoes (350 gm)
2 green chilli chopped
1 tsp ginger chopped
1/2 tsp turmeric powder
1.5 tsp Kashmiri chilli powder
To taste salt
4 tbsp fresh coriander
2 tsp lemon juice
Pinch sugar – we have given the option of sugar at the end of recipes

Tempering/ tadka

4 tbsp olive oil or avocado oil
2 tbsp clarified butter / desi ghee optional
1 tsp cumin seeds
1/3 tsp asafoetida / hing powder
2 dried red chillies, whole

Directions

- Wash and peel the lauki/ bottle gourd (try to select tender fresh lauki for making Bharat)
- Discard the hard mature seeds and chop lauki into small pieces.
- Heat 2 tbsp oil in the pressure cooker and add the chopped lauki pieces and saute for a minute.
- Add 1/2 cup water and pressure cook for at least 3-4 whistles or cook till it becomes soft and mushy.
- Open the cooker when it cools down completely then drain the water and mash the cooked lauki with a ladle or slightly mash with a hand blender, don't make a fine paste, just make a coarse paste. (use the drained water in any curry or to make the chapati dough)
- Heat 3 tbsp oil in a heavy bottom pan and add cumin seeds, when cumin starts crackling then add asafoetida and the dried whole red chillies.
- Now add the chopped tomatoes and green chillies, saute for a minute and then cover with a lid and cook till the tomato becomes soft.
- Now add Kashmiri chilli powder and turmeric to the tomato mixture and cook till oil starts releasing from the sides.
- Now add the mashed lauki, salt, sugar and chopped ginger to the prepared tomato puree and cook for at least 5 minutes on medium heat. Keep stirring it.
- Switch off the heat and add lemon juice, fresh chopped coriander and ghee to the bharta and mix well.



Spinach besan chilla

SERVINGS: 3 (6 CHEELAS)

Ingredients

3-4 cups of chopped palak/spinach
1 small chopped onion
1 small chopped tomato
1-2 chopped green chillies
½ tsp chilli flakes
1 tsp cumin seeds
1 tsp ginger paste
1 tsp chaat masala
Chopped coriander leaves
½ cup besan/gram flour
2-3 tbsp almond flour
Salt to taste
¼ tsp baking soda
Water as needed
Olive oil or avocado oil

Directions

- Take the besan in a bowl
- Along with it add almond flour and give it a quick mix
- Add salt to taste
- Next add all spices and masalas, chopped onion, chopped tomato, green chillies, chilli flakes, cumin seeds, ginger paste, chat masala, chopped coriander leaves salt as per the taste, baking soda and mix well
- Wash and chop the spinach
- Add spinach into the besan mixture
- Mix till palak is coated with the dry mixture
- Pour water little by little and mix well
- Adjust consistency, it should be thick yet pourable
- Let it rest for 10-15 minutes
- Heat a tawa, and spread the cheela into a dosa, it will be slightly thick but it spreads quite well
- Spread some oil and cover and cook on medium flame
- When the underside is cooked, flip and roast on the other side
- After it is cooked completely, cheela is ready to serve
- Serve with chutney or ghee!



Keto hara bhara kebabs | keto spinach tikki | keto twist

SERVINGS: 6 KEBABS

Ingredients

2½ cups chopped spinach, tightly packed approx. 100g
1 cup peas boiled/steamed
1 cup mashed potato
½ cup fresh coriander finely chopped
10-14 fresh mint leaves finely chopped
1 tsp ginger paste
1 tsp garlic paste
1 tsp green chilli paste
1-2 tsp chaat masala powder
¼ tsp amchur powder or 1 tsp lemon juice
1 - 1¼ tsp salt
3-4 tbsp chickpea flour besan
Olive oil or avocado oil for shallow frying
12 cashew nuts optional

Tips

- Can replace the potato with mashed paneer.
- Psyllium husk may be added a little more if you find the dough wet or loose.
- It is important that the spinach and peas are dried well before processing them.

Directions

- Boil some water in a deep pan. Add the spinach and remove it immediately. Place them on a clean tea towel so that all the water gets soaked up.
- Do the same for the boiled or steamed peas, place them on a kitchen towel so it soaks up the water.
- Add peas and spinach to a food processor. Process to a coarse paste. Remove the pea spinach mixture and put it in a mixing bowl.
- Add boiled and mashed potato, salt, chickpea flour, chaat masala powder, amchur powder, mint, coriander, ginger, garlic and chilli pastes.
- Mix well. The mixture should not be too sticky. You should be able to shape it.
- If you find that you can't shape it then add psyllium husk.
- Grease your hands with some oil and take about a tablespoonful of the mixture and shape it into a flattish disc.
- Continue the above process with the remaining mixture.
- Split the cashew nuts into halves.
- Press one half into each shaped kebab or tikki.
- Heat some oil (about 2-3 tbsp) in a frying pan over medium heat.
- Place about 6-8 kebabs and let it cook till it turns golden brown in colour. Flip them over gently and cook the other side.
- In this manner cook all the kebabs or tikkis.



Keto satvic burger

SERVINGS: 2-3

Ingredients

Cucumber slices - 1/2
cucumber
Tomato slices - 1 medium
size
Green capsicum - 1/2 dice
Yellow capsicum - 1/2 dice
Paneer slices (cottage
cheese)- 100 gram
Lettuce leaf - 1 medium size
Eggless mayo - as per taste
Cheese cube - as per taste
Mixed spices - red chilli
powder + black pepper
powder and salt
Butter - 2 cubes
Mixed herbs - as per taste
Chilli flakes - as per taste

Directions

- Chop cucumber in slices, tomatoes in slices, green capsicum in slices, yellow capsicum in slices, and paneer in slices.
- Heat a pan and melt the small cube of the butter completely.
- Then roast green & yellow capsicum rings (slices) for 2-3 mins until it turns light brown and keep it aside.
- Heat 1 small cube of butter and roast paneer slices from both sides until they turn light brown for 2-3 mins.
- Remove these paneer slices from the pan and keep them aside.
- Place 1 medium-sized lettuce leaf and spread eggless mayonnaise on it.
- Then place roasted green capsicum, and roasted paneer.
- Sprinkle mix spices (red chilli, black pepper, salt).
- Place two cucumber slices, one tomato slice
- Place a yellow capsicum ring on top of it and again sprinkle mixed herb & chilli flakes.
- Grate cheese on top of it as per the taste.
- Gently fold half a leaf of the lettuce.
- Keto burger is ready to serve.



Asian lettuce wraps veganized

SERVINGS: 5-6

Ingredients

2 tbsp olive oil or avocado oil
2½ cups shiitake mushrooms sliced
2 tsp ginger finely grated
2 cloves of garlic chopped or grated
1 block tofu firm or extra firm
2 tbsp sesame seeds
2 tsp sugar – we have recommended the sugar at the end of the recipes
1 tbsp apple cider vinegar
3 tbsp gluten-free soy sauce
1 tbsp oil/grapeseed oil
1 tsp sriracha or chilli garlic sauce
Salt
10 lettuce cups
1/4 cup cashews roasted and chopped (optional)
1/4 cup cilantro

Directions

- Press the tofu between two paper towels to remove the liquid. Then dice or crumble.
- In a small bowl mix the sugar, apple cider vinegar, soy, sesame oil, and sriracha sauce. Set aside.
- In a pan add the oil and begin to brown the mushrooms over medium heat, leave for 5 minutes until they begin to soften.
- Add the ginger and garlic and leave for about 5 more minutes, be careful not to burn the garlic. Add the crumbled or diced tofu. Leave it for about 5-7 minutes or until you see it begins to stick to the bottom of the pan. Add the sesame seeds, and mix well.
- Pour the sauce mixture into the pan and let it for about 7 minutes until the flavours are well integrated and add a good pinch of salt. Take off the heat and allow it to cool.
- Meanwhile, prepare the lettuce leaves and chop the cilantro to serve.
- Serve one or two tablespoons of the tofu-shiitake mix on each lettuce cup. Top with carrots and chopped cilantro.
- Can also add some shaved almonds

(If the stems of the shiitake mushrooms are very thick, remove them and use only the caps.)



Tandoori tofu wrap

SERVINGS: 2-3

Ingredients

For the tofu

1 package tofu, extra firm
3/4 cup non-fat plain yogurt
2 tbsp tandoori masala
1/2 tsp fresh ginger
1/2 tsp garlic paste
Salt and pepper to taste
Cooking olive oil spray
For the yogurt-cilantro sauce
1/2 cup non-fat plain yogurt
1 bunch of chopped cilantro
1 chopped green chilli
Salt and pepper to taste

For the wraps

Sorted wraps (gluten-free wraps)
Baby spinach leaves
Lettuce, chopped
Onions, sliced

Directions

For the tofu

- Drain the tofu and squeeze out as much liquid as possible
- Dice tofu into bite-size pieces
- In a small bowl, combine all the above ingredients (except the tofu and cooking olive oil) and after making it into a paste, stir it with the tofu. Cover the bowl and let it marinate for a couple of hours in the refrigerator.
- In a skillet over medium heat, spray cooking oil in a nonstick skillet and pan-fry tofu pieces for a few minutes on each side.
- Remove from the skillet and serve them hot as an appetizer or assemble them into tofu wraps

For yogurt-cilantro sauce

- In a food processor, blend 1/2 cup non-fat plain yogurt, 1 bunch of chopped cilantro leaves, 1 chopped green chilli salt, and pepper until they turn into a smooth paste. Add water if you want a sauce with a thinner.

For the wraps

- For tofu wraps, heat sorted wrap then spread the yogurt-cilantro sauce and top with veggies and tofu and roll into wraps.



Sweet potato crunchy pancakes

8 MEDIUM-SIZED PANCAKES – SERVING 2 PER PEOPLE

Ingredients

1 cup sweet potato
1 cup carrot
1 medium-sized onion
Some finely chopped green chilli/ chilli powder
Some finely chopped coriander
1 tsp cumin seeds (jeera - optional)
Salt as per taste
4 tbsp almond flour
1-1.5 tbsp water
2 tsp or more olive oil or avocado oil for frying

Directions

- Take a mixing bowl, add 1 cup sweet potato cut into juliennes (long thin strips)
- Add 1 cup carrot cut into juliennes
- Add 1 medium-sized onion cut into juliennes
- Add some finely chopped green chilli/chilli powder (as per taste)
- Add some finely chopped coriander
- Add 1 tsp cumin seeds (jeera - optional)
- (you can add spices as per your choice)
- Add salt as per taste
- Add 4 tbsp almond flour
- Drizzle 1-1.5 tbsp water and mix all ingredients well
- Further heat up the pan, pour 2 tsp oil
- Add 2 spoonfuls of batter to make medium-sized pancakes
- Drizzle some more oil on it and cook for 7-8 mins each side on medium to low flame
- Cook both sides until it turns golden brown.
- (make more pancakes with the same procedure)
- Serve these healthy & delicious sweet potato pancakes with dhaniya pudina chutney!!!



Air fryer zucchini fritters

SERVINGS: 1

Ingredients

2 medium/large zucchini
(shredded)
1 tbsp salt
1 large egg
3 tbsp all-purpose flour
1 tsp garlic powder
1 tsp onion powder
1/2 tsp mustard powder
1/2 tsp smoked paprika
1/2 tsp black pepper
Avocado oil for spraying

Directions

- Preheat the air fryer to 360 degrees and spray avocado oil at the bottom of the air fryer. To make sure that the fritters don't stick you can place parchment paper at the bottom of the air fryer.
- Add salt to the shredded zucchini and mix. Let sit for 10 minutes and then drain all the water out of the zucchini with a strong paper towel or clean dish towel.
- Add egg, flour, and spices (garlic, onion, mustard, paprika, and black pepper) to the dry zucchini shreds. Mix well. Take 2 tbsp of the mixture at a time and place it in the air fryer.
- Air fry the zucchini fritters for about 12 minutes. Let cool for a few minutes and enjoy!



Zucchini noodles

SERVINGS: 1

Ingredients

Zoodles

2 tbsp olive oil
4 garlic cloves, minced
4 medium zucchini

Sauce

1 ripe avocado
1 handful fresh basil
1tsp onion powder
3-4 tsp lemon juice
1 tsp nutritional yeast or
you can add some cheese
(parmesan works really
well)
1tsp turmeric
1tsp oregano
pinch of salt
pepper to taste

Directions

- Slice the ends off the zucchini and place it on your spiralizer. Turn the spiralizer and create zucchini noodles. (you can also use a vegetable peeler / box grater or mandolin to make these - just YouTube how:))
- Heat the oil in a large pan on medium heat. Add the garlic and sauté for 30 seconds.
- Add the zucchini noodles and toss them for one minute, just to warm through, then turn off the heat.
- Add all the ingredients for the sauce to a blender & then pour over the zucchini noodles!



Pizza!!!

SERVINGS:4

Ingredients

2 medium boiled and chopped tomatoes
1 medium chopped onion
7-8 Chopped garlic
Chilli flakes
Almond base pizza (from Sorted Deli - you can check in brand recommendations section)
Salt as per taste

Directions

- Tomato sauce for pizza
- Boil the tomato and take out the skin. Also, chop onion and garlic.
- Add oregano, chilli flakes, and salt as per the taste.
- On the almond pizza base (from sorted) apply the tomato sauce and toppings of your choice
- Put in the oven for 15-20 minutes at 230 F
- It's ready to enjoy!

You can experiment with toppings you want to put on your pizza :)



Pumpkin seed bhel

SERVINGS:1

Ingredients

1/3 cup raw pumpkin seeds
Ghee
Chilli powder
Salt as per the taste
Pepper
Lime Juice
1/2 cup chopped tomato
1/2 cup chopped cucumber
Coriander leaves (Kothmeer)
- chopped

Directions

- Take 1/3 cup of raw pumpkin seeds in a mixing bowl.
- Add little ghee and salt as per the taste, pepper, chilli powder, chopped kothmeer and lime juice.
- Add the chopped tomato and cucumber.
- Mix it well and be ready to serve!

You can also added chopped bell peppers to this bhel!



Hemp protein smoothie

SERVINGS:1

Ingredients

3 heaped tablespoons of blueberries or a few pieces of mango pieces (seasonal)
2 tablespoon hemp protein powder
200ml almond milk or epigamia plain Greek yogurt
Add some cold water to adjust the consistency as per the requirement

Directions

- Measure all ingredients into a blending jug.
- Blend together until creamy smooth.
- Serve cold immediately.



Roasted sweet potato salad with the best dressing

SERVINGS 4

Ingredients

2 medium sweet potatoes
1 tbsp olive oil
1/2 tbsp honey
1/2 tsp sea salt
1/4 tsp black pepper

For the salad -

1 bunch kale, (10 cups chopped)
1 apple, thinly sliced
1/2 cup pecans, lightly toasted if desired
1/2 cup dried cranberries, or pomegranate seeds
1/2 cup crumbled goat cheese

Dressing ingredients -

3 tbsp apple cider vinegar
1 tbsp honey
1 tbsp dijon mustard
1 garlic clove, finely minced or pressed
1/3 cup extra virgin olive oil
1/2 tsp fine sea salt
1/8 tsp black pepper, freshly ground

Directions

- Preheat the oven to 425°F. Line a large rimmed baking sheet with parchment paper or silicone liner. Toast pecans on a dry skillet over medium heat, tossing frequently for a few minutes until golden and fragrant then transfer to a plate to cool.
- Peel and dice sweet potatoes into 1/2" thick pieces and transfer them to a mixing bowl. Drizzle with 1 tbsp olive oil, 1/2 tbsp honey, 1/2 tsp sea salt, and 1/4 tsp black pepper and toss to combine.
- Spread sweet potatoes out onto the prepared baking sheet. Bake at 425°F for 30 minutes, flipping the sweet potatoes after 20 minutes to promote even roasting. Remove from the oven and let cool while preparing the salad.
- In a small bowl or mason jar, combine all of the ingredients for the salad dressing in the order they are listed and thoroughly whisk together until well combined. You may need to re-whisk before dressing the salad since the dressing can separate as it sits.
- Strip the kale leaves and discard the stems. Rinse and spin dry leaves then finely chop them into thin strips and transfer to a large mixing bowl. Drizzle with 3/4 of the dressing. Toss for a few minutes with two forks until kale is slightly softened, evenly coated in dressing, and reduced by about 1/4 in volume. Let salad rest for 15 minutes while you add the remaining ingredients.
- Scatter roasted and cooled sweet potatoes over the kale then sprinkle on remaining toppings: sliced apple, toasted and cooled pecans, dried cranberries, and crumbled goat cheese. Drizzle the top with the remaining 1/4 of the dressing or add to taste then enjoy.



Strawberry / orange lettuce salad

SERVINGS 4-5

Ingredients

450g fresh strawberries or
equivalent amount of orange
pieces, sliced
280g baby spinach
50g rocket leaves (arugula)
20g basil leaves
150 walnuts
75g gorgonzola

For the dressing:

1/8 cup olive oil
1/8 cup balsamic vinegar
1/8 cup honey
1/2 tsp salt
1/4 tsp freshly ground black
pepper

Directions

- Stem the baby spinach with your hands and place it into a large bowl.
- Add rocket leaves, basil leaves, walnuts, sliced strawberries and crumbled gorgonzola cheese.
- In a small bowl whisk all the dressing ingredients.
- Pour the dressing over the salad just before serving.
- Toss until evenly coated.



Green bean salad

SERVINGS: 2-3

Ingredients

1 tbsp olive oil
1 tbsp parmesan
5 green olives
¼ onion (preferably red, chopped)
10-12 cherry tomatoes
500 grams of green beans (trimmed)
Pinch of pepper
Pinch of thyme (oregano and rosemary will also work)
30ml water
1 tbsp vinegar

Directions

- Steam or boil your green beans, dip them in cold water, strain and let them cool off completely then combine all of your veggies (and onion) in a bowl.
- Use the other bowl to turn the rest of the ingredients (water, vinegar, spices, oil and cheese) into a well-mixed dressing then pour it over the veggies.

Note: original recipe includes 1 finely chopped garlic clove which I prefer to leave out but you don't have to.



Baked garlic asparagus

SERVINGS:1

Ingredients

1 bunch fresh asparagus
1 tbsp extra virgin olive oil
1 tsp minced garlic
Sea salt
Juice of 1 lemon

Directions

- Preheat the oven to 400deg F
- Wash the asparagus and trim the tough bottoms
- Place in a medium bowl and toss with olive oil , garlic and salt to taste
- Arrange the asparagus on a baking sheet in a single layer .
- Roast for 8-10 mins until the asparagus is tender yet crisp .
- Squeeze the lemon juice. over the baked asparagus and serve hot!



Sweet potato soft tacos

SERVINGS:2

Ingredients

1 medium sweet potato, cubed
Extra-virgin olive oil, for drizzling
1/2 teaspoon chilli powder
4 to 6 sorted wraps cut into small palm-sized circles
Lime slices, for serving
Sea salt and freshly ground black pepper
Avocado yogurt sauce
1/2 cup whole milk Greek yoghurt
1 small avocado
1/2 garlic clove
Juice of 1 lime
Sea salt & fresh black pepper
Optional toppings:
1 small avocado, diced
2 scallions, diced
Crumbled feta or Vegan cheese
Pickled onions
Microgreens or fresh cilantro

Directions

- Preheat oven to 400° F and line a large baking sheet with parchment paper.
- Toss the sweet potatoes with olive oil, chilli powder, salt and pepper, and spread onto the baking sheet.
- Roast for 20 minutes, or until golden brown.
- Make the avocado yogurt sauce: In a small food processor, combine the yogurt, avocado, garlic, lime juice, and a few generous pinches of salt and pepper. Pulse until smooth.
- Taste and adjust seasonings. Chill until ready to use.
- Assemble the tacos with a scoop of the sauce, the roasted sweet potatoes, salsa, and desired toppings.
- Season with salt, pepper, and squeezes of lime.



**PART 2
5-DAYS-A-
WEEK
SALADS**

9 RECIPES

ROASTED SWEET POTATO SALAD WITH THE BEST DRESSING

STRAWBERRY / ORANGE LETTUCE SALAD

GREEN BEAN SALAD

ROASTED VEGGIE SALAD WITH TAHINI DRESSING

GRAIN-FREE TABBOULEH SALAD (6 INGREDIENTS!)

PEAR, ROCKET AND WALNUTS SALAD

AIR FRYER ORANGE BASIL SALAD WITH HONEY BALSAMIC VINAIGRETTEISH FILLETS

STRAWBERRY LETTUCE SALAD

PROTEIN-PACKED LENTIL AND QUINOA SALAD

BURRATA SALAD



Roasted veggie salad with tahini dressing

SERVINGS: 3-4

Ingredients

For the salad:

4 cups of baby spinach
1 head of broccoli, chopped into florets
4 tbsp olive oil
Salt and pepper, to taste
4 large carrots, peeled and cut into 3-inch chunks
2 large parsnips, peeled and cut into 3-inch chunks

For the tahini sauce:

1 clove of garlic, minced
1/4 cup tahini (made of sesame seeds)
1/3 cup water
2 tbsp lemon juice
1/8 tsp cayenne pepper (optional)
Salt, to taste

Directions

- Preheat the oven to 400°f. Line two baking sheets with parchment paper.
- Spread the broccoli on one sheet pan and drizzle with 2 tbsp olive oil. Season with salt and pepper.
- Spread carrots and parsnips on the second sheet pan. Drizzle with the remaining olive oil and season with salt and pepper.
- Bake the vegetables for 30 to 40 minutes, or until well-browned and golden on the edges, turning over once halfway through. Remove from the oven and let cool slightly while you make the dressing.
- To make the dressing, whisk together the garlic, tahini, water, lemon juice, and cayenne pepper (if using).
- Taste and season with salt to taste. If the dressing is too thick, add water, a little bit at a time, until you achieve a consistency that's easy to drizzle.
- Divide the spinach between two large bowls. Divide the roasted broccoli, carrots, and parsnips evenly between both bowls and drizzle with the dressing.



Grain-free tabbouleh salad (Just 6 ingredients!)

SERVINGS: 3-4

Ingredients

1 large bundle of fresh parsley (4-5 cups as the original recipe is written // chopped // curly, not Italian)

1/3 cup red onion (diced)

1 large red bell pepper (diced // or substitute with cherry tomatoes)

1 medium lemon, juiced (3 tbsp)

1-2 tbsp extra virgin olive oil (optional if avoiding oil)

1 pinch each sea salt and black pepper

3 tbsp hulled hemp seeds (optional)

Directions

- To a large mixing bowl, add parsley, onion, and bell pepper.
- Top with lemon juice, olive oil, salt, and pepper and toss to combine. Add hemp seeds at this time if desired (optional).
- Taste and adjust flavour as needed, adding more lemon juice for acidity, salt and pepper for overall flavour, or olive oil if too dry.
- Serve immediately as a side for Mediterranean dishes



Pear, rocket and walnuts salad

SERVINGS: 2

Ingredients

Dressing

1/4 cup (60ml) of olive oil
juice of 1/2 lemon
1 tablespoon of balsamic
vinegar

Salad

60 grams of walnuts, halved
1 just-ripe pear, sliced
30 grams of parmesan,
shaved
60 grams of rocket leaves

Directions

Dressing

- In a small bowl add olive oil, lemon juice and balsamic vinegar.
- Stir everything until well combined and reserve.

Salad

- Heat a non-stick frypan over medium heat, add walnuts and cook for a few minutes until they start to turn golden brown. Transfer to a plate and give it some time until it cools down.
- In a large bowl, add the pear, parmesan cheese, rocket leaves, and cooled walnuts.
- Pour in the dressing and toss everything enough to coat. 4. It's done! Serve immediately.



Orange basil salad with honey balsamic vinaigrette

SERVINGS: 2

Ingredients

For the salad:

4-5 basil leaves, finely chopped
4-5 large romaine lettuce leaves
1-2 mandarin oranges or any type of oranges
1 small red onion, cut into rings and halved
1/2 cup of feta cheese

For the vinaigrette:

2 tbsp of balsamic vinegar
2 tsp of honey
4 tbsp of olive oil
Salt and pepper to taste

Directions

- The leaves used in this recipe are romaine lettuce, but that's not a must. You could use arugula or a different leaf if you wish. It will just alter the taste a little bit.
- You can use your favourite oranges, but mandarins seem to work out the best as they're the perfect size, texture, and taste.
- I use about 1/2 a cup of feta cheese, but you can use more or less depending on your taste.
- If you find the vinaigrette a little on the sweet side, you can cut back on the honey or add a touch more balsamic vinegar.
- If you want it sweeter, simply add a little more honey. If you want more oranges, go ahead and add them.
- This salad yields a healthy individual serving, but if you want to feed two or three, simply adjust the recipe accordingly.
- Add the honey, olive oil, salt, and pepper to a small mixing bowl.
- Mix until it's nicely combined.
- Add the romaine lettuce to a larger bowl.
- Next, add the red onions and lay the mandarin oranges over the top.
- Crumble the feta cheese over the salad and drizzle some vinaigrette over it.
- Serve and enjoy your orange basil salad with honey balsamic vinaigrette.



Protein - packed lentil and quinoa salad

SERVINGS: 3 - 4

Ingredients

Dressing

¼ cup (60 ml) tahini
¼ cup (60 ml) water
2 tbsp (30 ml) sodium-reduced soy sauce
2 tsp (10 ml) apple cider vinegar
1 tsp (6 g) miso paste
1 tsp (2 g) onion powder

Salad

2½ cups (495 g) cooked brown lentils
3 cups (555 g) cooked quinoa
1 cup (155 g) cooked shelled edamame
1 red bell pepper, chopped

Directions

- Mix all of the dressing ingredients in a bowl or mason jar until creamy.
- Add all of the salad ingredients to a large bowl and toss to combine.
- Mix in the salad dressing when ready to serve, toss to combine, and enjoy!



Burrata salad

SERVINGS: 3 - 4

Ingredients

4 cups mix of greens like arugula, baby spinach, baby red and/or green lettuce,
1 cup cherry tomatoes - quartered
1 large burrata cheese - chilled after draining all the water out

Marination Dressing:

1/2 cup packed fresh basil leaves
2 cloves garlic - chopped
1/2 cup extra-virgin olive oil
1.5 tbsp. lemon juice
2 tbsp balsamic vinegar
Salt and pepper - to taste

Directions

For the Marination Dressing:

- Combine the chopped basil, garlic, lemon juice, olive oil, balsamic vinegar and marinated the halves of the cherry tomatoes for a while once marinated add in the mixed leaves
- Add salt and pepper, to taste.

To Serve the Salad:

- Place the greens mix and cherry tomatoes on a large serving plate.
- Add the chilled burrata to the centre of the salad drizzle the leftover marination dressing and serve.



PART 3 MY GO-TO SOUPS

4 RECIPES

 MUSHROOM SOUP

 ONION AND TOMATO SOUP

 PUMPKIN SOUP

 BOTTLE GOURD SOUP



Mushroom soup

SERVINGS: 1

Ingredients

250gm chopped mushroom
1 small sized chopped onion
1 small sized chopped tomato
2 tsp butter
Salt and pepper as per the taste.

Directions

- Wash and pat dry mushrooms and cut them into small pieces.
- Chop up onions, and tomatoes.
- Heat butter in the pan.
- Once butter is hot, add onions.
- When onions become golden brown, add tomatoes and mix them well.
- Let tomatoes cook for 3-4 mins until it becomes soft and then add mushrooms.
- Sauté mushrooms for 3-4 mins
- Add water and salt as per the taste and pepper.
- Cover pan with the lid and cook for 5-6 mins.
- Switch off the flame and remove the soup to a soup bowl.
- Pour the soup into a serving bowl and serve hot.



Onion and tomato soup

SERVINGS: 2

Ingredients

3 chopped onion
4 chopped tomato
2 tsp butter
Salt and pepper as per the taste.

Directions

- Chop up onions and tomatoes.
- Heat butter in the pan.
- Once butter is hot, add onions.
- When onions become golden brown, add tomatoes and mix them well.
- Let tomatoes cook for 3-4 mins until it becomes soft.
- There is no need to add water. But do keep an eye on when the tomatoes are simmering. If the liquids dry up then add a splash of water and continue cooking.
- Add salt as per the taste and pepper.
- Add it to a blender jar once the tomato mixture has cooled to a point that's safe to work with.
- Blend to a smooth consistency.
- Remove soup to soup bowl.
- Taste, and add more salt and pepper if needed.
- Pour the soup into a serving bowl and serve hot.



Pumpkin soup

SERVINGS: 2

Ingredients

250 gm pumpkin
2 chopped onion
3 chopped tomato
2 tsp butter
Salt and pepper as per the taste.

Directions

- Rinse, peel and chop pumpkin into cubes.
- Chop up onions, and tomatoes.
- Heat butter in the pan.
- Once butter is hot, add onions.
- When onions become golden brown, add tomatoes and mix them well.
- Let tomatoes cook for 3-4 mins until it becomes soft.
- Then add pumpkin cubes and mix them well.
- Now add $\frac{3}{4}$ to 1 cup of water. For a thicker soup add less water.
- Cook until it softens the cubes.
- Add salt as per the taste and pepper.
- Add it to a blender jar once the mixture has cooled to a point that's safe to work with.
- Blend to a smooth consistency.
- Remove soup to soup bowl.
- Taste, and add more salt and pepper if needed.
- Pour the soup into a serving bowl and serve hot.



Bottle gourd soup

SERVINGS: 2-3

Ingredients

250 gm bottle gourd peeled and diced
3 chopped onion
2 chopped tomato
2 tsp butter
Salt and pepper as per the taste.

Directions

- Heat butter in the pan.
- Once butter is hot, add onions.
- When onions become golden brown, add tomatoes and mix them well.
- Let tomatoes cook for 3-4 mins until it becomes soft.
- Then add diced bottle guard and stir. Cook until it softens.
- Add salt as per the taste and pepper.
- Once the mixture has cooled, add it to a blender jar.
- Blend to a smooth consistency.
- Remove soup to soup bowl.
- Taste, and add more salt and pepper if needed.
- Your simple and easy bottle of gourd/ lauki soup is ready to serve.

A close-up photograph of a glass filled with a pink strawberry smoothie. The smoothie is topped with a generous amount of white whipped cream. Two fresh strawberries with green leaves are placed on top of the cream. The glass is sitting on a pink plate. In the background, more strawberries are visible, slightly out of focus. The overall lighting is bright and soft, highlighting the textures of the smoothie, cream, and fruit.

**PART 4
GLUTEN-
FREE &
VEGAN
DESSERTS**

5 RECIPES

PEANUT BUTTER CHOCOLATE PUDDING

BLUSH SMOOTHIE BOWL

GRILLED PINEAPPLE WITH GREEK YOGURT SAUCE AND
PISTACHIOS

KETO BLUEBERRY MUFFIN

WATERMELON PIZZA



Peanut butter chocolate pudding

SERVINGS: 3-4

Ingredients

400g silken tofu
1/3 cup peanut butter
6 tbsp maple syrup
a pinch of salt
1 tsp vanilla extract
1/4 cup cacao powder

Directions

- Add everything to a blender and refrigerate the above mixture for 1-2 hours



Blush smoothie bowl

SERVINGS: 2

Ingredients

2 frozen bananas
3 chopped soft pears*
1/2 cup chopped beetroot

Topping
Any seasonal fruits & nuts

Substitution
In case pear is not available,
use soft apples.

Directions

Pre-preparation

- Take the bananas, peel, slice and put them in the freezer for about 6 hours.

Procedure:

- Place the pears, beetroot and frozen bananas in a blender and blend until smooth.
- Pour into bowls and top with fresh seasonal fruits and nuts of your choice.
- Tip nuts and seeds are great to add texture to your bowl but eat them minimally as they are water-poor in nature. Focus on fresh, water-rich fruits for your topping.
- Tip make sure you use a soft variety of pears. They should sink in a little when pressed with your thumb.



Grilled pineapple with greek yogurt sauce and pistachios

SERVINGS: 2

Ingredients

1 pineapple, sliced lengthwise into 8 wedges*
1 cup plain greek yogurt
1 tbsp Diabliss
2-4 tbsp milk (of your choice)
3/4 cup roasted pistachios (unsalted), chopped
1 tsp vegetable oil

Directions

- Heat grill (or grill pan) to medium-high heat and grease grates with oil.
- Place pineapple wedges on grill grates, and cook for 3-4 minutes on each side, or until nice grill marks appear.
- While the pineapple is cooking, combine greek yogurt, diabliss and almond milk until it reaches the consistency you prefer.
- To serve, set 2 pineapple wedges on a plate, and drizzle them with the yogurt sauce.
- Sprinkle with chopped pistachios and enjoy!



Keto blueberry muffin

SERVINGS: 4

Ingredients

2 tsp Baking Powder
4 Egg
60 grams butter melted
8 tsp Diabliss
2 tsp Vanilla Extract
1 tsp Cinnamon
80g blueberries

Directions

- Preheat your oven to 200C (390F)
- In a bowl, add in the melted butter (or microwave for 15 seconds to melt it), your sweetener (I'm using Diabliss), vanilla extract, and the egg and give it all a good mix till well combined.
- Now add your dry ingredients to the bowl - the almond flour, baking powder and cinnamon powder and mix well.
- Add in the whole blueberries and gently fold through the mixture.
- Grease an ovenproof ramekin with butter and pour in the batter. Top with a couple of blueberries for visual appeal.
- Bake in the oven for about 12-15 mins or 90 seconds in the microwave. If a toothpick poked through the centre comes out with a few crumbs, or clean, your muffin is done.
- Serve warm or chilled, depending on your preference.



Watermelon Pizza

SERVINGS: 4

Ingredients

1/2 cup ricotta
1/4 cup softened cream
cheese
1 tbsp. honey
1/2 tsp. vanilla
Watermelon slice, 1" thick
Fresh berries, for garnish
Fresh mint, for garnish
Toasted coconut, for garnish

Directions

- Mix ricotta, cream cheese, honey, and vanilla together in a small bowl until combined.
- Spread mixture onto a slice of watermelon and top with berries, mint, and toasted coconut.
- Serve immediately.



**PART 5
MY
FAVOURITE
GREEN
JUICES**

3 RECIPES

 MEAN GREEN JUICE

 BOTTLE GOURD, AMLA AND MINT JUICE

 SPINACH, CARROT AND APPLE JUICE



Mean green juice

SERVINGS: 1

Ingredients

60g kale or spinach
60g cucumber
90g celery stalks
1 apple
small piece of ginger
3 tbsp lemon juice

Directions

- Wash kale/spinach, cucumber, celery, and apple.
- Peel and core the apple and cut them into pieces that fit into your juicer.
- Cut celery into similar size pieces and slice cucumbers and ginger.
- Run kale/spinach, cucumber, celery, apple, and ginger through the juicer. Collect the juice in a pitcher.
- Add lemon juice
- Pour into glasses/mason jars. Serve.



Bottle Gourd, amla and mint juice

SERVINGS: 1

Ingredients

1/2 bottle gourd, peeled
1 sprig of mint leaves
1/2 inch ginger
1 tsp super herbs
Rock salt to taste

Directions

- Blend the bottle gourd along with a little water, super herbs, ginger, fresh mint leaves and rock salt.
- Drink immediately.

IMPORTANT

- Bottle gourd should always be consumed fresh. Try a bit of flesh before blending, it shouldn't taste bitter. If it does, discard it.



Spinach, carrot and apple juice

SERVINGS: 1

Ingredients

5 spinach leaves
1/2 apple
1/2 carrot
1/2 tsp super detox
1/2 tsp superradiance
Cinnamon, for flavouring

Directions

- Roughly chop the spinach, carrot and apple, and toss them into the juicer.
- You may add a little water to thin down the consistency and add the superradiance and super herbs.
- Add the cinnamon as required.
- This is a marvellous way to hide the assertive flavour of spinach. What I get is a slightly pulpy drink, but you may wish to strain the juice and separate it from the pulp.
- This is of course more time consuming and less healthy, as the pulp contains all the fibre.