

## SHATWAR TULSI MULETHI KA SHORBA

### ASPARAGUS, BASIL AND LICORICE SOUP

#### INGREDIENTS

ASPARGUS-500g  
BASIL-50g  
LICORICE-20g  
TINOSPORA (GILOY)-200g  
SALT- as per taste  
GARLIC- 20g  
WATER-2 lts

**Substitute Licorice with fennel powder**  
**Tinospora with drumstick**  
**leaves/rocket leaves/Tulsi leaves**

#### METHOD

Make a stock by adding Garlic, tinospora and Licorice  
Add Asparagus and basil in last.  
Blend, Strain and mix stock again,  
season it well and serve hot.

#### NUTRITIONAL BENEFIT

Asparagus- Has vitamin B12, Antioxidants, and fibers  
Tinospora- It helps to builds immunity against Cold and cough.  
Licorice- It helps to prevent Flu, Cough, Cold and boost immunity.  
Basil- It helps to build immunity against viral diseases, it has anti-oxidant properties.

## MULTI GRAIN FLAT BREAD

Wheat, Sorghum, Millet, Flex, Sunflower, Pumpkin, Melon.

### INGREDIENTS

Wheat flour- 250g  
Sorghum flour- 250g  
Millet flour-250g  
Flax seeds-25g  
Sunflower seeds-25g  
Pumpkin seeds-25g  
Melon seeds-25g  
Water- as required

#### **Substitute:**

**Sorghum or millet flour with Ragi flour/Jowar/Amaranth**

**Melon seeds with char magaz seeds**

**Sunflower seeds with basil seeds**

### METHOD

Combine everything and form dough, cook on griddle, and serve with relish or any vegetable or meat preparation.

### NUTRITIONAL BENEFIT

Wheat- Good source of fibers and nutrients.

Sorghum- Good amount of Protein and Calcium

Millet- Good amount of protein and carbohydrates, manganese and phosphorus.

Sun flower seeds- Vitamin B1, B6, Vitamin-E, phosphorus

Pumpkin seeds- Magnesium, Zinc, Phosphorus, Iron, Vitamin B9, B3, Good source of OMEGA3, and beta carotene.

Flex seeds- Vitamin B, Potassium, Contain good protein and fats.

Melon seeds- It contains Zinc, Potassium, and good fats.

This bread is made with 3 different flours, and 4 different super seeds, this will help to improve the digestion and will increase disease resistant capacity of body.

## FIVE GRAIN KHICHDI

Wheat, Rice, Barley, Millet, Moong lentil porridge

### INGREDIENTS

Cracked Wheat grains

Rice

Barley

Millet

Moong lentil

Ghee

Garlic

Cumin seeds

Cardamom

Cinnamon

Bay leaf

Salt

### Substitute

**Use a variety of grains and lentils such as Burghul, masoor lentil, Amaranth seeds, Jowar, Oats**

### METHOD

Add Ghee to a pan, add cumin seeds, cinnamon, cardamom, bay leaf cook a while, add garlic saute till golden brown, add all the grains roast them for a while, add water and cook till soft, adjust seasoning.

### NUTRITIONAL BENEFIT

Wheat- Good source of fibers and nutrients.

Millet- Good amount of protein and carbohydrates, manganese and phosphorus.

Barley- High in potassium and phosphorus, vitamin B6, cardio vascular functions

Rice- helps in digestion, control blood pressure, Anti-cancer potential.

Moong lentil- Contain vitamin B3, phosphorous, high potassium

All these grains and cereals combining will help in digestion and cinnamon, cardamom, Bay leaf, Garlic, cumin seeds will help to boost immunity.

## POORVANCHAL KA SAAG

Braised Mustard leaves, Amaranth leaves, Spinach leaves

### INGREDIENTS

Ghee-150g  
Cumin-20g  
Garlic-50g  
Ginger-30g  
Green chili-10g  
Mustard leaves-500g  
Amaranth leaves-500g  
Spinach leaves-500g

### Substitute

**Mustard leaves with rocket leaves**  
**Amaranth leaves with kale/Swiss chard**

### METHOD

Add Ghee to a pan, add cumin seeds, cinnamon, cardamom, bay leaf cook a while, add garlic sauté till golden brown, add all the grains roast them for a while, add water and cook till soft, adjust seasoning.

### NUTRITIONAL BENEFIT

Ghee- help to build immunity against general flu  
Garlic- gives warmth to body, and help to fight against viral diseases.  
Ginger- possesses anti cough and cold properties.  
Mustard leaves- contains vitamin A, helps to fight against flu, cold, keeps heart healthy.  
Amaranth- contains vitamin C 60g/100g, vitamin A, manganese.  
Spinach- high amount of Iron, high protein, and helps fight cold.

## **SATTU AUR GUD KE LADDU**

Indian dessert with chickpea flour, Jaggery, White sesame, Black pepper.

### **INGREDIENTS**

Ghee-100g  
Sattu- 500g  
Black pepper-7g  
White sesame-50g  
Jaggery-200g

### **Substitute**

**Sattu can be made at home by grinding roasted channa lentils/or by dry roasting whole wheat flour**

### **METHOD**

Add ghee to a heavy bottom pan, add sattu and cook well till it gives a nice nutty smell, add jaggery, add white sesame and crushed black pepper.

### **NUTRITIONAL BENEFIT**

Ghee- It help to build immunity against general flu, and improves overall health  
Sattu- It helps to boost immunity, keeps body cool, helps to circulate blood and keeps heart healthy.  
Black pepper- It helps to prevent general cold and cough, anti-inflammatory.  
Jaggery-Improves digestion, antioxidant properties, is a detox agent flush out toxins from body.

## KALONJI KA BHARWA KARELA

Stuffed bitter Gourd, Red bell pepper, Fresh Turmeric, Onion Seeds.

### INGREDIENTS

Ghee-100g  
Onion seeds-10g  
Red Bell pepper-200g **OR any bell pepper**  
Garlic-20g  
Onion-200g  
Tomato-150g  
Fresh turmeric-20g **OR Turmeric powder**  
Cinnamon-8g  
Clove-3g  
Fenugreek seeds-5g  
Coriander seeds-10g  
Black cardamom-2g  
Fennel seeds-50g  
Bitter gourd-1kg  
Dry Mango powder-10g **OR Chaat Masala**  
Salt-as per taste

### METHOD

Make paste of Clove, Black cardamom seeds, cinnamon, asafetida, coriander seeds, salt, ginger powder, fenugreek seeds in mortal and pestle.  
Add 50g ghee to a heavy bottom pan, add onion seeds, fennel, and paste of spices and cook well, add bell peppers, turmeric, onion (50g) and sauté well, cool it down, and stuff into bitter gourd, cook bitter gourds in oil till soft. Take ghee in another pan, add cumin seeds, add onion cook well, add tomato, salt, turmeric, coriander, and toss bitter gourds in it

### NUTRITIONAL BENEFIT

Bitter gourd- Good source of Dietary fibers, calcium, potassium, Vitamin-C  
Red bell pepper- Vitamin-C, B6, Iron.  
Cinnamon- it cures beating problems  
Turmeric- It help cures viral infections, controls high cholesterol  
All the dry spices help to boost immunity, and cures viral and flu diseases.

## KHUMB KA DALIYA

A porridge of mushroom, broken wheat,

### INGREDIENTS

Ghee-50g  
Fennel seeds-5g  
Garlic-3g  
Onion-50g  
Tomato-50g  
Mushroom-100g  
Broken Wheat-100g  
Salt- as per taste  
Coriander powder-5g  
Chili powder-2g  
Turmeric-2g

### METHOD

Take ghee In a heavy bottom pan, add fennel seeds, Garlic chopped, onion, tomato and cook well, add dry spices, cook well, add mushroom and cook till it gives out water, Add Broken wheat add water cook till it's done, finish with a ghee.

### NUTRITIONAL BENEFIT

Fennel- It helps to combat fever and conjunctivitis virus.  
Mushroom- It is great to boost immunity as it provides strength to immunity boosting T-cells.  
Wheat-It contain high amount of Vitamin, minerals and fibers that helps in digestion, and it upkeeps the overall body.