

SHATWAR TULSI MULETHI KA SHORBA

ASPARAGUS, BASIL AND LICORICE

INGREDIENTS

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

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.

SATT JAANE KI ROTI

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

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.

PANCH NAAZ KI KHICHDI

Wheat, Rice, Barley, Millet, Moong lentil

INGREDIENTS

Wheat
Rice
Barley
Millet
Moong lentil
Ghee
Garlic
Cumin seeds
Cardamom
Cinnamon
Bay leaf

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

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

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 GUDD KE LADDU

Sattu, Jaggery, White sesame, Black pepper.

INGREDIENTS

Ghee-100g

Sattu- 500g

Black pepper-7g

White sesame-50g

Jaggery-200g

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 over all health

Sattu- It helps to boost immunity, keeps body cool, helps to circulate blood , 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

Bitter Gourd, Red bell pepper, Fresh Turmeric, Onion Seeds.

INGREDIENTS

Ghee-100g
Onion seeds-10g
Red Bell pepper-200g
Garlic-20g
Onion-200g
Tomato-150g
Fresh turmeric-20g
Cinnamon-8g
Clove-3g
Fenugreek seeds-5g
Coriander seeds-10g
Black cardamom-2g
Fennel-50g
Bitter gourd-1kg
Dry Mango powder-10g
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

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.