

BHOGICHI BHAJI

Bhogichi bhaji is made during winter season as lots of fresh vegetables are available during winter. In Maharashtra, it is made a day before Makar Sankranti. Bhogi usually celebrated on 13th of January. Its offering made to Lord Indra to seek his blessings. Farmers pray for prosperity and for good harvest.

2021 JANUARY

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Ingredients:

- 2 bsp or 1 small katori Roasted peanuts
- 1 tbsp roasted unpolished sesame seeds
- 1 tbsp lightly roasted grated fresh Coconut
- 1/2 tsp Cumin seeds/ ajwain
- Goda masala
- 1 tsp Coriander powder
- 1 tsp Red chilli Powder
- 1 chopped Potato steamed
- 1/4 cup Green peas steamed
- 1/4 cup Green chickpeas steamed
- 1/4 cup Cluster Beans Steamed
- 1/4 Small pieces of steamed Carrot
- 1 small Brinjal chopped into pieces
- 1 small Drum stick
- Small pieces of Bora berries
- 1 tsp Tamarind pulp
- jaggery/Date paste
- Rock Salt to taste
- Fresh Coriander for Garnishing
- Water

Method:

- Add roasted sesame seeds and roasted peanuts to the blender jar
- Add the roasted coconut into the same jar.
- Grind all ingredients to fine paste. Add little water while grinding.
- Heat clay pot or iron skillet. Add cumin seeds and let splutter.
- Lower down the heat to low. Add the paste and cook for just about 2 minutes.
- Add goda masala, coriander powder and red chilli powder.
- You can add garam masala instead of goda masala.
- Mix well and cook for another 2 minutes.
- Add steamed potato, green peas, green chickpeas, cluster beans, brinjal, drumstick and carrot.
- You can use any veggies available in that season.
- Mix well and add water. Cook on medium heat for about 5-7 minutes.
- Add Bora berries if available.
- Add tamarind pulp, jaggery/date paste .
- Turn off the gas and add salt and garnish with til and fresh coriander .
- Cover this bhaji with lid and keep aside for 15 -20 minutes. Let all the flavours infuse well

ROSE SANDESH

One of the all-time favourites amongst Bengali Sweet can be easily made using tofu, goodness of beetroot and rose essence.

2021 FEBRUARY

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

Ingredients:

- Shredded tofu- 400 gms
- Powdered jaggery- 5 tbsp
- Rose essence - 2 tsp
- Few Drops of Beetroot colour
- Saffron strands - 8-10
- Shredded pistachios - 1 tbsp

Method:

- Mix tofu, jaggery and rose essence together.
- Mix it well until it comes altogether.
- Make small balls.
- Give it desired shape.
- Sprinkle saffron , garnish it with pistachios.
- Serve it chilled.

PURAN POLI

Holi falls usually around the time when wheat, gram and sugarcane are harvested in India – the three prime ingredients that go into Puran Poli. It only makes sense that the newly harvested crops would make for ritualistic offerings and celebratory meals of the season.

2021 MARCH

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Ingredients:

For Puran:

- 2 cup Split Chana Dal
- 2 1/2 cups Water
- 2 cup organic jaggery powder
- 1/2 tsp Nutmeg powder
- 1/2 tsp turmeric powder

For dough:

- 1/2 cup Sooji
- 1+1/2 cup whole wheat flour
- 1 tsp salt
- Water to mix dough

Method:

Puran:

- 2 cups chana dal soak in 2-3 cups of water
- Pressure cook with one whistle and keep it on low flame for 5-7 mins
- Can add 2 more cups of water.
- Strain cooked dal and retain water if you want to make curry (Karachi amati)
- Grind this dal in the mixer or food processor till smooth
- In a pan roast this dal with 2.5 cups of jaggery till it dries completely
- You can even add 0.5 tsp turmeric powder , 0.5 tsp nutmeg powder
- Puran is ready

Dough:

- Make a dough with suji, wheat flour and water.
- Let it rest for 2 hrs.
- After 2 hrs , mix 1 tsp salt with 4tsp water and rub it on the dough.
- Can add 1 tsp turmeric powder too.
- Again mix nicely.

To roll out puranpoli:

- Stuff big lemon size ball of puran in the dough (like paratha) and roll with rice flour.
- Roast on both the sides on cast iron tawa.
- Enjoy with the coconut milk.

KAIRI DAL

Combination of Raw mango and chana dal basically means Kairichi vatali dal. In Maharashtra, new year celebrated from Gudhi Padva i.e., from Chaitra. As this period is a season of Raw mangoes, it is considered a first fruit of a new year. Therefore, in Chaitra Kairichi Vatali dal is made.

2021 APRIL

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Ingredients:

- Chana dal (2 cups)
- Raw mango (2 cups)
- 3 tsp mustard seeds
- 2 tsp hing
- Curry leaves
- Red chillies
- Jaggery per taste

Method:

- Soak chana daal (2 cups) for 3 hrs.
- Coarsely grind in the mixer.
- Grate raw mango (2 cups)
- Mix dal, mango with dry tadaka (mustard seeds 3 tsp, hing 2 tsp, curry leaves, red chillies)
- Add jaggery and red chilli powder per taste.
- Mango dal is ready

PINA-COLADA POPS

These Pina Colada Popsicles are a refreshing summer treat! Inspired by everybody's favourite tropical cocktail, they are packed with fresh pineapple, coconut, and vanilla essence and they are a great healthy way to cool off this summer!

2021 MAY

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



Deepali's
Healthy Kitchen
<https://www.facebook.com/deehkitchen>



CLEAN EATING
with saee

website: <https://cewithsaee.com/>

A white plate with several pineapple and banana popsicles and lemon slices. The popsicles are light yellow and have wooden sticks. The plate is set against a light grey background.

Ingredients:

- Cut pieces of pineapple – 3 cups
- Cut pieces of banana – 1 cup (optional)
- Coconut milk : 200 ml
- powdered jaggery – 2 tbsp (as per desired sweetness)
- vanilla essence / extract – 1 tsp

Method:

- Freeze pineapple and banana pieces for 6 hours
- Blend smooth with coconut milk, jaggery and vanilla freeze in the moulds till it sets.

LEMONGRASS CORIANDER SOUP

Lemongrass and coriander are a marriage made in heaven. The delicate taste of coriander goes perfectly with the intense fragrance and taste of the lemongrass. Plus, lemongrass is a known immunity booster. Chase the rainy blues away with this tasty, hot soup.

2021 JUNE

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Ingredients:

- Coriander Stems 1 cup (roughly chopped)
- Lemongrass Sprigs ½ cup
- Kaffir Lime Leaves 2-3 (optional)
- Carrots 1 cup (finely chopped)
- Mushrooms 1 cup (finely chopped)
- Water 1 litre
- Garlic 1 tbsp (finely chopped)
- Ginger 1 tbsp (finely chopped)
- Fresh Red Chilly ½ (finely chopped)
- Lemon Juice 1 tbsp
- Salt 1 tsp (or as per taste)
- Coriander leaves Handful for garnish

Method:

- Roughly chop the coriander stems.
- Finely chop the carrots, mushrooms, garlic, ginger, and red chilly.
- Start preparing the stock by adding 1 litre of water to a pan.
- Add 1 cup of coriander stems, ½ cup of lemongrass, and 2-3 Kaffir lime leaves.
- Boil for 10-12 minutes until you get a nice green color and fragrance to the water.
- Strain the mixture and keep aside.
- Take a pan and add 1 tbsp of chopped garlic, 1 tbsp chopped ginger, and the chopped fresh red chilly.
- Sauté (without oil) until slightly brown.
- Add the carrots and sauté for 5 minutes.
- Add the mushrooms and sauté until the carrots and mushrooms are tender.
- Add the lemongrass-coriander stock and boil for 2 minutes.
- Switch off the gas and add salt (adjust for taste) and the lemon juice.
- Garnish with fresh coriander and serve hot.

STEAMED AND BAKED SAMOSA

These baked samosas are healthy, and every bite remains as exciting as ever. Steaming adds more crispness to this Samosa.

2021
JULY

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Ingredients:

For the outer cover :

- Wheat flour – 2 cups
- Unrefined salt and water to taste
- Ajwain (carom) seeds – 1 tbsp

For the stuffing :

- Steamed potatoes – 3-4 Medium-sized
- Chilli- coriander – ginger paste – 2-3 tbsp (can vary as per taste)

Method:

- Prepare soft dough for the outer cover with all the mentioned ingredients.
- Keep it covered with a cotton wet cloth for 30 mins
- For the stuffing mix the steamed potatoes with chilli -coriander paste
- You can also add steamed peas to the mixture (optional)
- Divide the dough into 6-8 parts and roll each ball of dough into rectangular shape roti.
- Place 1 big spoon of stuffing on this rectangular roti and make it into samosa shapes.
- Keep a wet cotton cloth on the steamer pan, and place samosas on the cloth.
- Steam them for 10-12 mins, till they are cooked.
- Transfer them to baking tray and bake at 170 degrees C for 8-10 mins/ till you see some golden colour on samosas.
- Enjoy hot with mint-coriander chutney.

PATOLI

Patoli is a traditional Goan / Maharashtrian sweet especially popular during the Shravan festivals and Ganesh Chaturthi. The use of turmeric leaves lends a nice aroma and flavour. This clean eating version is made from unpolished rice and uses dates to sweeten the stuffing.

2021 AUGUST

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Deepali's
Healthy Kitchen
<https://www.facebook.com/deehkitchen>



CLEAN EATING
— with sae —

website: <https://cewithsae.com/>

Ingredients:

- Rice Flour (unpolished white/red) 1.5 cups
- Grated Fresh Coconut 2 cups
- Dates 20-25 (ground to paste)
- Cardamom Powder 1 tsp
- Cashews 2 tbsp (soaked in water)
- Raisins 2 tbsp (soaked in water)
- Water 1 cup
- Turmeric leaves 10-12
- Rock Salt 1 tsp (or as per taste)

Method:

To make the sweet stuffing

- In a pan, add the grated fresh coconut.
- Sauté the coconut for 2 minutes until slightly toasted.
- Sprinkle water if the coconut sticks to the pan.
- Add cashews, raisins and cardamom powder and mix well for 1 minute (or till you get a nice aroma).
- Switch off the flame.
- Add the date paste and salt.
- Mix well. Keep aside to cool.

To make the batter:

- Add rice flour and salt to a bowl.
- Add a bit of water and mix.
- Do not add the water all at once since the water quantity varies depending on the type of rice flour (unpolished flours typically absorb more water).
- Keep adding water bit by bit and mix well to make a thick paste of dropping consistency. Ensure no dry flour is remaining.

Directions:

- Wash the turmeric leaves.
- Pat dry. If the leaves are big, cut them into two pieces (each piece should be around 6 inches long).
- Place the turmeric leaf on the board.
- Take a spoonful of the batter and spread a thin layer evenly on the top side of the leaf using your fingertips.
- Dip your fingers in water to prevent the batter sticking.
- Place a spoonful of the sweet stuffing on the batter and spread it evenly with a gentle hand
- . Fold the leaf and press gently to seal the patoli.
- Place the patolis in a steamer or pressure cooker (without the whistle) and steam for around 10-15 minutes or till done.
- Let the patolis cool before serving.
- Serve without removing the leaf to retain the freshness and flavor.
- Remove the turmeric leaf before eating.

RAGI MODAK

Ragi is a whole grain that is gluten-free and a staple in South India. It is rich in fibre that helps with weight loss as well. Ragi Modak are healthy and delicious too, the perfect prasada for Lord Ganesha.

2021 SEPTEMBER

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Ingredients:

For outer cover :

- Nachani /Ragi Atta : 1 cup
- Whole Wheat Flour : 1 cup
- Salt : one pinch

For Stuffing :

- Grated Coconut : 2 cups
- Jaggery Powder : 1 +1/2 cup
- Cardamom Powder : 1/2 tsp
- Roasted Poppy Seeds : 1/2 tsp
- Dry fruits like raisins , almonds, cashews all chopped (as per choice)

Method:

For dough :

- In a bowl mix both Atta and pinch of salt and knead the dough as the consistency of chapati dough.
- Cover it and Keep aside for 15/20 mins.

For Stuffing :

- In a pan mix coconut and jaggery.
- Put the pan on low flame and keep stirring.
- Once the jaggery is dissolved and the mixture is firm add in it, cardamom, poppy seeds and dryfruits.
- Let the mixture cool.
- Make small balls of Atta and roll them in small puri.
- Fill small portion of stuffing in puri and mold it in Modak shape.
- Steam it for 20/25 mins in steamer or idli stand.

NAVRATHAN CHIVDA

Healthy chivda
without oil and
loaded with dry
fruits and nuts.
Healthy way of
snacking.



2021 OCTOBER

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Ingredients:

- Jowar flakes – ½ cup
- Bajara flakes – ½ cup
- Flat red poha - 1 cup
- Roasted peanuts - 2 tbsp
- Roasted Channa Gram Dal - 2tbsp
- Curry leaves – 10/12
- Cashew – 2 tbsp
- Almonds – 2 tbsp
- Pumpkin seeds - 2 tbsp
- Raisin - 2 tbsp
- Dry coconut slices - 2 tbsp
- Roasted cumin powder - 2 tbsp
- Dry date powder – 1/2 cup
- Dry roasted green chilly – 3
- Red chilly powder - 1 tbsp
- Salt for roasting around 2 cups

Method:

- In a big kadai add salt dry roast jowar flakes, bajara flakes and flat red poha separately, little by little till it becomes crunchy
- Now strain the salt with the help of strainer and add back the salt to kadai.
- Add peanuts to the kadai with salt.
- Dry roast the peanut in the salt till done.
- Again strain the salt and keep aside.
- Now dry roast chana gram dal and keep aside.
- Now dry roast curry leaves and green chilly till they become crispy.
- In a bowl take 1/2 tsp of salt add 1 tbsp of water and mix well.
- To a bowl add cashew brush the cashew with salt water and chilly powder.
- Bake for 5 minutes at 180 C.
- Repeat same procedure for almond and dry coconut slices.
- In a big Bowl add half dry roasted jowar, bajra and flat red poha.
- Add cumin powder, curry leaves powder, roasted green chillies, peanuts, chana, nuts and dry date powder.
- Again repeat the same procedure and mix the chivda well. Before serving, shake well so that spiced get evenly spread.

STUFFED BHINDI

This steamed stuffed Bhindi is a very tasty and nutritiously healthy authentic recipe. This stuffed Bhindi is oil free and as Bhindi has high dietary fibre properties this recipe makes it more favourable and healthier.



2021 NOVEMBER

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Ingredients:

- Bhindi (okra) – Washed and dried – 15-20
- Potatoes with the peels – steamed – 3-4
- Green chili – 1/2
- Salt – as per taste
- Spices – as per choice (pepper, jeera, dhania, roasted and ground) – 1-2 tbsp
- Freshly grated coconut – 2-3 tbsp
- Chopped coriander leaves – 2 tbsp

Method:

- Slit the bhindi lengthwise and steam it for 7-8 mins in the steamer.
- Mix mashed potatoes with spices, salt and cut green chili.
- Stuff the steamed bhindi with the mixture of potato and sprinkle with a generous amount of coconut and chopped coriander leaves.
- Serve immediately

CHOCO CHIP MUFFINS

These delicious muffins are vegan, sugar free and are refined flour free. Made with simple ingredients yet tasty and all-time favourite of kids.

2021 DECEMBER

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Ingredients:

Dry ingredients:

- 1+3/4 cup whole wheat flour or mix 3/4 oats flour with 1 cup wheat flour
- 3/4 cup jaggery powder (2tbsp more for extra sweetness)
- 1+3/4 tsp baking powder
- 1/4 tsp baking soda
- 2 tbsp coco powder unsweetened
- 3 to 4 tbsp chopped walnuts/ any nuts
- 3 tbsp choco chips (vegan- dark chocolate)

Wet ingredients:

- 1 1/2 cup apple puree (steam and blend)
- 1/2 cup non dairy milk 1 tsp lemon juice

Method:

- Mix all the dry and wet ingredients separately and then mix them in together.
- Bake the muffins for 15 minutes at 200 C and then at 180 C for 5-6 mins.
- Your yummy muffins are ready to eat.