

Recipe Ideas for Type2 Diabetes

Calorie-free drinks

1. Spiced Tea Mixture

Ingredients for 2-3 cups of tea:

- Two teaspoon Saunf
- One-Two pieces Cloves(Lavang)
- One-Two pieces Eliachi (cardamom)
- One-inch piece Cinnamon
- Three-Four pieces full Black pepper kernels (optional)
- A pinch of dry ginger powder

Note: You can mix all ingredients in a large amount and store it in a jar.

Instructions:

- Boil two-three cups of water, while boiling add 2 teaspoons of spice tea mixture, immediately turn off the heat.
- Cover the pot with a lid and let brew for 3-4 minutes.
- Strain it and drink it fresh. Do not store the tea; it will get bitter over time.
- If you do not have diabetes, you may add brown Jaggery small amounts as a sweetener.
- If you like, you may add a twist of lemon juice

2. Lemon Ginger water

Ingredients for 2-3 glasses:

- Juice from one lemon or two tablespoons of lemon juice (adjust to the sour taste of your choice)
- One teaspoonful of crushed ginger

Note: The crushed ginger can be made in a large amount and stored in the refrigerator in a glass container for 3-5 days.

Instructions:

- Mix lemon and crushed ginger with 2-3 glasses of water in a jug.
- Add condiments of your choice – cumin powder, rock salt (optional).
- If you are not overweight, then as a sweetener, you may add brown jaggery. Pure honey can be another option as a sweetener. However, pure honey is hard to get as the honeybee population in the world has shrunk to 30% because of pesticide sprays.

3. Carrot Beet Root fermented drink

Ingredients for 5-6 small glasses

- Two medium hard-boiled or raw beets
- Two medium Carrots
- Lemon Juice – squeezed from 1-2 lemons
- One teaspoon Mustard seeds
- Two-inch by a Two-inch piece of Ginger
- Half teaspoon Cumin seeds
- One small Green Chili
- Rock salt to taste

Preparation:

- Cut beets, carrots, ginger, and green chili in small pieces.
- Pound mustard and cumin seeds to a powder
- Put beets, carrots, ginger, green chili, mustard, and cumin seeds into a high powered blender.
- Add salt, lemon juice, and 5-6 glasses of water to blender.
- Blend all ingredients into a smooth mixture.
- Keep in a glass container for 1-2 days for fermentation at room temperature.

- Strain the mixture and store the clear liquid in a glass jar or container in the refrigerator(Stores up to a week)

3. Clear Tomato Rasam

Ingredients for 0.5 liters Rasam (4-5 cups)

- One medium tomato cut into small pieces
- Half tsp turmeric
- Half tsp mustard seeds
- Half tsp cumin seeds
- Half Tsp black pepper powder(Kali Mirch)
- Three tsp ghee
- Few curry leaves
- Green chilies to taste cut up in pieces.
- Lemon Juice – squeezed from 1-2 lemons

Preparation:

- Heat the ghee in a skillet.
- Put mustard seeds.
- . Once these start crackling, add cumin seeds followed by chopped tomatoes and all the remaining ingredients except lemon juice.
- When the tomatoes are soft, add water.
- Once the mixture boils, turn down the heat and simmer for 10-15 minutes.
- . Strain it after it cools down. Add lemon juice after it cools.
- Store the clear rasam at room temperature. It will store for a day.
- Add fresh coriander as garnish before serving hot rasam.

5. Fresh Jal Jeera

Ingredients for 5-6 small glasses

- ½ cup of mint leaves
- 1 cup of fresh coriander leaves
- 2 inch by a 2inch piece of Ginger
- 1 Green Chilli
- One teaspoon roasted cumin seed powder
- Half teaspoon black pepper powder
- Lemon Juice – squeezed from 2-3 lemons (2-3 tablespoons)
- One to a two-inch piece of Jaggery
- Rock salt to taste

Instructions:

- Blend all ingredients in a blender at high speed with 5-6 glasses of water.
- Let the mixture sit for 1-2 hrs at room temperature.
- Strain mixture and store in a jug in the refrigerator.

Note: Adjust the taste of fresh Jal jeera by adjusting the amount of lemon juice, salt, jaggery, and chilies.

6. Lemon/ Curry Leaves/ Turmeric calorie-free drink

Ingredients: 5-6 servings

- Two medium tomatoes finely chopped.
- Juice from two lemons (about two tablespoons)
- One teaspoons turmeric
- Half teaspoons mustard seeds
- Half teaspoon cumin seeds
- Green chilis to taste chopped fine
- Half inch piece of ginger pounded
- Eight to 10 curry leaves.
- Half teaspoon ground black pepper.

- One tablespoon ghee / or coconut oil.
- Salt to taste

Garnish- Fresh coriander leaves

Preparation

Heat the ghee or coconut oil in the pan. When it is hot, add mustard seeds. As the seeds begin to crackle, add cumin seeds. Turn the fire down, add curry leaves, green chilies, chopped tomatoes, and ginger. Once the tomatoes are soft, add one liter of water, raise the flame to boiling point and then slow it down to medium, add turmeric. Let the mixture simmer for 8-10 minutes add salt. Add black pepper powder at the end. Strain the mixture. Before drinking, add a few drops of fresh lemon juice to each cup. You can store the drink in the refrigerator for two days. Warm it, and add a few drops of lemon juice before drinking.

Breakfast Recipes

1. Lentils with Millet/or Oats/ or cracked wheat (dalia) porridge with vegetables

(Note: This preparation can be eaten at breakfast or as a soup for lunch
The Millet and oats are gluten-free.

Ingredients: Serves 2-4

- Half Cup hulled Millet- South Indian white variety or steel-cut oats (gluten-free) or coarse Dalia
- Half cup lentils of your choice –split moong preferred but can use mixed lentils
- Half medium onion diced (optional)
- One green pepper diced

- Half cup carrots diced
- Fistful of green peas
- One medium potato finely diced (If diabetic cut down on potato)
- Two tomatoes diced into small pieces or blended
- One teaspoonful ginger pounded
- Half teaspoon cumin seeds
- Half teaspoonful mustard seeds
- One tablespoon cooking oil- Sesame oil or Coconut oil or a mix of the two
- Lemon juice from one lemon or one tablespoon or less per your taste
- Green Coriander and Curry leaves for garnish
- Salt to taste
- One tablespoon Roasted coarsely pound Peanuts or cashew nuts

Preparation

- Mix and soak oats/ millet/ or cracked wheat with lentils overnight.
- Cook oats/lentils mixture on the regular stovetop in 4-6 cups water until lentils are soft.

(Do not pressure cook as it overcooks the lentil and grains making these high glycemic and mushy)

- In another pot, heat oil add the mustard and cumin seeds.
- When seeds are cracking, add carrots, potatoes, curry leaves, ginger, and salt to taste.
- Once the potato is soft add tomatoes, green peas and green/ Red pepper, cook for 5-6 mins
- Finally, add the cooked oatmeal/or millet/or cracked wheat and lentil mixture.
- Simmer for 5 mins, add more water if needed to make the consistency of your choice.
- Add lemon juice and coriander for garnish.

2. Quinoa or Coarse Cracked Wheat Vegetable Upma

(Note; Suji or Upma is a high glycemic wheat grain product. Upma made from suji is, therefore, high glycemic. To make Upma low glycemic use either coarse grains such as fine cracked wheat or quinoa, which is a gluten-free grain.

Ingredients: Servings 4-5

- One cup quinoa (red or white or a mix of the two) or one cup coarse cracked wheat
- 2 cups of water
- Half cup diced carrots
- One medium potato diced
- Half cup diced cauliflower
- Green chilies chopped fine
- Half cup diced tomatoes
- One medium onion chopped
- Few curry leaves
- Half teaspoon Jeera (cumin) seeds
- One tablespoon lemon or juice from 1 lemon
- Fistful of Peanuts or cashews
- Fistful of raisins
- One tablespoon of ghee or golden sesame oil or coconut oil (No refined oils please)
- Salt to taste

Garnish

- Chopped fresh Coriander
- Roasted pounded Peanuts/ Cashews

Preparation

- Soak the quinoa in water for at least 20 -30 minutes and rinse it thoroughly in a strainer to remove its bitterness.
- Put the quinoa or cracked wheat in a pan with 2 cups of water on high flame. Add one teaspoon of ghee or coconut or sesame oil. Let it boil until water runs low.
- Turn the flame to minimum, cover with a lid, so quinoa or cracked wheat simmer for 10 minutes until soft, and the tiny sprouts come out of the grain. Similarly, the cracked wheat should be soft but not mushy. Sprinkle little water and simmer more if that does not happen. The cooking process is complete when the grain is soft, and in the case of quinoa, the tiny sprouts appear.
- Pour the cooked quinoa or cracked wheat in a bowl, fluff it with a fork and set it aside.
- Take another Pan, put the remaining ghee or oil when hot add cumin seeds. Add onions and curry leaves when cumin seeds turn brown.
- Once the onions turn golden, add all the vegetables, including tomatoes.
- Add peanuts or cashews and raisins when the vegetables get cooked.
- Make sure not to overcook vegetables, keep these crisp.
- Add the cooked quinoa, mix well and simmer 3-4 minutes.
- Add salt and lemon juice to the mixture.
- Garnish with cilantro and roasted peanuts or cashews and serve.

3. Quinoa Khichari or Soup

(Note: Quinoa grain is a gluten-free grain and a good source of protein)

Ingredients: Serves 3-4

- Half cup Quinoa soaked for 30- 60 minutes and rinsed well in a sieve (soaking and rinsing are necessary to remove the bitterness).

- Half cup split moong dal with skin, or the whole moong soaked overnight
- One- two-tablespoon ghee.
- Half teaspoon mustard seeds
- Half teaspoons cumin seeds.
- Red chilies pods to taste
- Half teaspoon turmeric
- Pinch of Asafetida
- 8-10 curry leaves
- Salt to taste
- Half cup diced or grated carrots.
- Half cup green peas shelled and cooked
- Lemon juice to taste
- Four to 6 cups of water based on the final desired thickness consistency of the preparation.

Garnish

- Few sprigs of fresh coriander leaves

Preparation

Take a large pan, add the water. Once the water comes to boil, add soaked and rinsed quinoa and soaked moong dal. Let the mixture boil then simmer until dal is soft. Add the salt while simmering. Once the quinoa and lentil mixture gets cooked, add the tadka (garnish prepared as described below).

Heat the ghee in a skillet. Add mustard seeds first as these crackles add cumin seeds, red chili pods, curry leaves, asafoetida, carrots and green peas, and turmeric. When the vegetables get soft, add the mixture to the cooked quinoa, lentil, mixture.

Add lemon juice and fresh coriander garnish before serving.

4. Ragi Uttapam

Ingredients: Serves 3-4

For Batter

- Two cups ragi flour
- Half cup soaked rice
- Half cup homemade curd
- One teaspoon of pounded ginger
- Half teaspoon red chili powder.
- Half teaspoon cumin powder
- Eight to ten curry leaves
- Salt to taste.
- One cup of water
- Ghee or unrefined coconut water for pan-frying the uttapams

For Uttapam toppings

- Half cup Spring onions diced thin (optional)
- Green chilies diced
- Two medium tomatoes seeds removed and diced
- Capsicum green and red diced (half cup)
- Carrots finely diced.
- Few green peas
- Fresh Coriander leaves chopped very fine.

Preparation

To make the batter blend the rice with water in a high powered blender until smooth. Add ragi flour and curd and swirl lightly until well blended. Add chili, ginger, cumin powder, and curry leaves and blend for few seconds until curry leaves are shredded. Pour the batter in the bowl, add salt and stir well.

Use a nonstick griddle or pan, brush with little oil. Pour the batter when the frying pan is appropriately hot to make a small pancake. Put the topping mixture

on the top. Cover with a see-through lid. Cook on the medium flame for 3-4 minutes. Flip the uttapam and cook on another side for 1-2 minutes. The cooking time may vary depending on the thickness of the frying pan.

Serve the uttapam with green coriander-mint chutney or coconut chutney or sesame- flax seed chutney (see the recipe below).

5. Sesame /Flaxseed Seed Chutney

(Note: Sesame seeds are a rich source of calcium and healthy monounsaturated fats. Two teaspoons (10gm) of sesame seeds carry 90mg of calcium in an easily absorbable natural form. Flaxseeds are a rich source of heart-healthy omega-three oils)

Ingredients:

(Serve with fritters, cutlets, dosa, uttapam or as a side relish with meals)

- One cup sesame seeds soaked for 30-60minutes and then coarsely blended into a paste along with flaxseeds.
- One tablespoon flaxseeds
- Green Chillies to taste
- Ten to 15 curry leaves
- Two tablespoons lemon juice/or juice from 2-3 lemons
- Half teaspoon Cummin seeds
- Half teaspoons mustard seeds
- Two tablespoon ghee or unrefined coconut
- Salt to taste

Preparation:

- Heat one tablespoon ghee or coconut oil in a skillet. When hot, add mustard seeds. Once these splutter add cumin seeds followed by green chillies and curry leaves.
- Slow down the flame, add the coarsely ground sesame/ flaxseed paste. Add salt to taste and turn off the flame.

- Add lemon juice when the mixture is cold
- Store the chutney in a glass container in the refrigerator (can store for 2-3 days).

Super Green Breakfast smoothie

(Note- This 100% plant-based, Vegan Smoothie is a good breakfast option for those who have Diabetes, High Cholesterol, Heart disease, High Blood Pressure, and Fatty liver disease)

Super green smoothie is a rich source of:

- **Antioxidants**- The cleansing agents that get rid of waste products from body cells and minimize inflammation (swelling).
- **Minerals**- The smoothie is rich in essential minerals such as calcium, Magnesium, Potassium, and iron.
- **Vitamins**
- **A right balance of protein, low glycemic carbohydrates, and healthy plant fats.**
- **Alkalinizing elements**- Vegetables and fruits are highly alkaline foods. In contrast, animal food products such as milk and meat and refined sugars make the body acidic. The human body is alkaline, the alkaline diet promotes health, and acidic diet encourages disease.

Ingredients of Smoothie for two medium glasses:

(The smoothie is 100% plant-based, no milk products, no added oils or protein powder supplements).

- **One cup packed with two green vegetables**- select from Spinach, kale, Bokchoy, green coriander leaves/ few mint leaves. Avoid salad green with high water content and bitter green vegetables like mustard and Methi. Spinach and fresh coriander with few mint leaves are the best options.

- **One cup packed with a mix of two fruits-** Banana is the preferred fruit. The other choices are mango, pineapple, grapes, apple, pear, and any other seasonal fruit of your choice. Avoid high water content fruits such as watermelon and cantaloupe or musk melon. Never add high glycemic dried fruits such as dried figs or apricots or dates.
- **Soaked almonds (5-7 pieces) and walnuts (2-3 pieces)** – Can also add 5-6 pieces of dry cashews.
- **Avocado (optional)** - If available, add only a quarter of the fruit. Too much avocado will make smoothie too thick.
- **Herbal spice boost-** Add a teaspoon of super herbal spice mix, which is rich in anti-inflammatory antioxidants. (See the recipe below)
- **Ashwagandha Powder (optional)** – One teaspoonful.

Water- Use 3 cups.

Blend all the above ingredients in a high powered blender, so the mixture is smooth and creamy.

Chia seeds (Subja) – Add one teaspoonful of chia seeds to the blended mixture. Let the smoothie sit for 5 minutes, so the chia seeds become soft. Add more water if needed to bring it to the consistency of your choice.

Garnish (optional) - To make smoothie look appetizing, you may garnish it with saffron, cardamom, and pistachio powder.

Use different choices of ingredients to make smoothies of varying taste each day.

Super Herbal Spice Powder

(Note- The Herbs and spices are medicinal supplements. The herbal spice mixture is an excellent nutritional supplement for food and lifestyle diseases including fatty liver)

India is the land of spices and herbs, which have many beneficial health effects. Westerners sought to explore India, not for its riches but its spices. Many of the Indian herbs and spices have the established reputation of being useful in lowering blood sugar, blood cholesterol, blood pressure, help clear fatty liver and minimize body inflammation (swelling in body tissues). The medicinal herbs are potent antioxidants that remove the waste products and toxins from the body. The cleansing of the body tissues reduces swelling and inflammation. The inflammation in body tissues can be measured by a blood test called C Reactive Protein or CRP level. The level of CRP rises when there is silent body inflammation, which typically presents as general body aches and joint pains. The well-known spices and herbs which provide these health benefits include:

- Cinnamon (दाल-चीनी)
- Turmeric (हल् दी)
- Ginger (अदरक)
- Black Pepper (काली मिचच)
- Fenugreek seeds (िैथी दाना)
- Cloves (लॉग) - use it in winter, it is a powerful antioxidant
- Flaxseeds (अल् सी)

Preparation of Herbal Spice Mix

Consuming each spice individually becomes cumbersome. Therefore, it is a good idea to make a powdered mix of all these herbs. Store the powdered spice mix in a glass jar in the refrigerator. You may add one teaspoonful to your breakfast smoothie or spread on the salad or add to raita or add to a glass of water and drink it in the morning. Cooking and heating damages the healthy omega three oils and potency the spices.

INGREDIENTS	AMOUNT
Cinnamon	100mg
Fenugreek seeds	100mg
Turmeric	100mg
Dry ginger	100mg
Flaxseeds	100mg
Black pepper	50mg
Flaxseeds	50mg
Cloves (use in water)	10-15 pieces

Grind all of the above ingredients and strain it in a fine sieve to make a fine powder. Store in a glass jar (never in a plastic container) in the refrigerator.

Ashwagandha (Indian Ginseng- Plant Withania Somnifera)

Ashwagandha root powder is a potent herb used in Ayurveda for more than 4000 years. It is a herb that increases Insulin sensitivity and secretion and lowers blood sugar. It may also lower cholesterol and triglycerides. Additionally, ashwagandha is known to reduce the level of the stress hormone cortisol, thereby minimizing stress, anxiety, depression, and improving sleep. All these effects also reduce body inflammation. Ashwagandha root powder is available from many resources- Patanjali, Dabur, Jain Ashwagandha powder, Herbal hills and more. Buy a reputable organic preparation. Use the dose recommended by the manufacturer and it may vary from 250-500mg. The powder can be added to the green breakfast smoothies.

Salads

1. Beet Root, Spinach, kale salad:

Ingredients:

- A handful of spinach leaves chopped
- A handful of kale leaves finely chopped or available salad green mix.
- One to two beetroots cooked firm and finely chopped (one to two cups)
- One tablespoon grated fresh coconut
- One tablespoon soaked walnuts chopped coarsely (can replace with peanuts)

Salad Dressing:

- Half medium or one small cucumber
- Half cup fresh coriander and mint leaves mix
- Quarter teaspoonful roasted cumin powder
- Juice of one lemon (one to two teaspoons)
- One teaspoon of Sesame and flaxseed powder
- One tablespoon Sesame oil or extra virgin olive oil

Blend all the above dressing ingredients into a creamy mixture. **DO NOT ADD SALT TO DRESSING.** Store the dressing in the refrigerator until salad is ready to serve.

Preparation:

Just before serving, toss the ingredients with the dressing in a bowl. Add the grated coconut and walnuts on. The guest can sprinkle pink salt or desi- namak before eating to their desired taste.

2. Quick desi peanut salad/ Snack

Ingredients: serves 2-4

- Half cup soaked peanuts and almonds (soaked overnight)
- One cup diced cucumber half-inch pieces
- Two tablespoons of finely chopped coriander and mint leaves
- One to two finely chopped green chilies.
- One teaspoon of sesame flax seed powder
- One teaspoon of dark brown jaggery or coconut sugar
- Two to three teaspoons of freshly grated coconut
- One tablespoon fresh lemon juice

Preparation:

Mix all above in a bowl and add Himalayan pink salt or desi namak just before serving

3. Nature Salad:

Ingredients: Serves 3-4

- Two medium cucumbers
- Two carrots
- Four tomatoes
- One large red or yellow pepper (Please note- do not eat green pepper raw as it is harsh on stomach)
- One cup fresh coriander finely chopped
- One tablespoon pomegranate seeds (Optional in season)
- Two tablespoons fresh grated coconut
- One teaspoon black sesame seeds

- Fresh lemon juice to taste

Preparation:

- . Dice cucumber, carrots, tomatoes, and peppers into pieces.
- Add finely chopped coriander.
- Add the grated coconut and sprinkle black sesame seeds
- Mix all the ingredients, add the lemon juice, and stir well.

Note: No salt is required for this salad, as the combination of coriander and coconut gives it a delicious fresh flavor.

1. Teen Murti: Multi-Nutrient Mix salad

This salad has multiple natural ingredients, which makes it a complete meal by itself with a proper balance of low glycemic carbohydrates, vegetarian protein, and healthy unsaturated vegetable fats. It is also a rich source of micronutrients such as vitamins, minerals, and body cleansing antioxidants. Additionally, raw foods are live foods that maintain all the nutritional value of the food. Fifty percent of vegetables should be consumed in natural raw form as salads and smoothies.

Ingredients: Adjust the ingredient amount based on the number of servings to be made.

- Choice of 3 Seasonal vegetables - Tomatoes, Cucumber, Radishes, salad greens, avocado, turnips, green peas, green chana, broccoli (lightly steamed or blanched).
- Half to one cup of 3 seasonal fruits (less fruit for a diabetic patient)
- Half a cup of three sprouts- Fenugreek (Methi) seeds, Moong, Matki, Masoor, Brown, or yellow chickpeas (cooked). Cut down the amount of sprouts if there is kidney disease, such as in a diabetic patient.
- Small fistful of mixed nuts—Select from almonds, walnuts, peanuts, pistachio, and cashews.
- One to two teaspoons of seeds— Select from Flaxseeds (Alsi), Sesame seeds, melon seeds, pumpkin seeds and chia (subja seeds). Flaxseeds and

sesame seeds have thick skins that are hard to digest, so grind these before use. Never toast or heat seeds before use because heating removes the healthy omega-three oils of the seeds. Sesame and flaxseeds ground mixture can be stored in the refrigerator for 2-3 weeks.

Salad Dressing ingredients: For a large bowl of salad

- One tablespoon (equal to 3 teaspoons) of Apple cider vinegar or lemon juice.
- One to two teaspoons sesame oil.
- Pinch of Black pepper.
- Pinch of cumin powder.
- Salt to taste (use desi namak or Kala namak)

Whisk the ingredients well with a fork and add to the mixed bowl of salad ingredients immediately before serving. Do not add salad dressing beforehand as the vegetables and fruit will lose their water and become limp.

5. Tomato Corn Salad

Ingredients: serves 4-6

- Six ripe red medium tomatoes cut into one-inch cubes. Store in the refrigerator in a bowl
- Two large chili pepper or one large Jalapeno pepper
- One cup fresh coriander chopped
- Two cups corn Kernels
- Two to three green onions (scallions) cut in small pieces about a half cup.
- One tablespoon extra-virgin olive oil/ golden yellow sesame oil (one of the two).
- Two tablespoons (juice from 2 lemons)
- Salt to taste
- Chinese snow peas 10-12 cut into thin slices

Preparation

- Take the chili pepper and corn smear well with oil.
- Take a heavy bottom skillet and pan-fry the corn and chili pepper until corn is golden brown
- Separate the chili pepper; let it cool. Cut the pepper and remove the seeds, keeping some.
- In a food processor coarsely blend half the corn, roasted chili pepper, coriander leaves, half the green onions, and lemon juice.
- Bring the tomato bowl out of the refrigerator, add the mixture from the blender, sugar snap peas, remaining green onions and mix well
- DO NOT add salt until you are ready to serve the salad. If you add salt beforehand, the entire mixture will become watery and lose its texture and taste

Soups

1. Mixed Vegetable Soup

Ingredients: Serves 6

- One cup cooked Rajma beans
- Two tablespoon ghee or butter or sesame oil
- Five to six cups of water
- Two green Onions with stems washed and chopped
- Two carrots finely diced
- One medium or two small potatoes cut in half-inch cubes.
- One cup of green beans cut into half-inch pieces.
- One small zucchini or Turai peeled and cut into half-inch pieces
- One cup shelled green peas.
- Two medium tomatoes seeds removed and chopped into small pieces.

- Half cup of chopped spinach
- Green chilis to taste.
- Two cloves of garlic (or one teaspoon cumin seeds)
- Salt to taste
- Bay leaves 3-4 pieces
- One to 2 cloves.
- Two-inch piece of ginger pounded.
- Salt to taste
- Two tablespoons of lemon juice or juice from two lemons.

Garnish

- Fresh Coriander leaves
- Black pepper powder or red chili flakes
- Green chilies chopped fine (optional)

Preparation

- Heat the ghee, butter or sesame oil in the pan
- Add the cumin seeds or onions and garlic depending on your choice.
- Slow the flame, add bay leaves, cloves, and ginger
- Add carrots, potatoes and green beans, stir for 3-4 minutes and add 5-6 cups of water.
- Put the flame high to boil. Once it starts boiling, turn the flame down to medium.
- Simmer for 10 mins and then add all the remaining vegetables, cooked beans, and continue to simmer until potatoes and carrots are soft but not mushy.
- Add the spinach and let it wilt 3-4 minutes.
- Add the lemon juice before ladling the soup into the serving bowls.
- Garnish each bowl with fresh coriander leaves, black pepper, chili flakes
- Add salt to taste just before eating

2. Raw Tomato Red Bell Pepper Soup

Ingredients: Serves 4-6

- Six to eight medium tomatoes (seeded and cut in cubes)
- One red bell pepper (medium) seeded and cubed
- Half orange or yellow bell pepper seeded and cubed. If not available, use a little more red pepper. (Note: Green bell pepper if eaten raw irritates the stomach)
- 4-5 walnut halves or 8-10 cashews or 8-10 blanched (skin removed) almonds
- Two cloves garlic (Optional)
- Four to 5 sundried tomatoes soaked in water for a half-hour or 4-5 olive oil marinated sundried tomatoes
- Red Chili powder to taste
- ½ teaspoon cumin powder
- One tablespoon lime or lemon juice
- One tablespoon of extra virgin olive oil or golden sesame oil
- Salt to taste
- Four cups of boiling water

Garnish

- Black Pepper powder
- Few sprigs of fresh coriander
- Toasted walnut pieces

Directions

- In a high-speed blender, blend all the ingredients except hot water until smooth.
- Just before serving (plating) add hot water and whisk few times).
- Garnish with cilantro leaves and toasted walnuts and sprinkle black peppercorn powder to taste.
- Serve the soup immediately after adding warm water and salt to taste.

(Note: Never warm or heat raw soups as they will lose the texture. Eat them cold or warm)

3. Zucchini or Turai soup with Corn and Spinach

Ingredients: Serves 4

- One medium onion chopped
- Two cloves garlic chopped
- One pound. zucchini or turai (3 medium) peeled and chopped
- Three cups vegetable broth (or water)
- Ten to twelve cashews or some number blanched almonds or fistful of soaked peanuts
- Half cup corn kernels
- Half cup baby spinach chopped
- Himalayan pink salt to taste
- Half teaspoon cumin seeds
- Black pepper to taste (can use Thai green chili)

Garnish

- Dry toasted Corn (See below)
- Black peppercorn powder
- Few sprigs of fresh coriander

Preparation

- Put three cups vegetable broth or water into large pot and bring to boil.
- Add onions, garlic, zucchini, cumin seeds, green chilis, and cashews/ almonds or peanuts into the pot.
- Cook the mixture for 20-25 minutes until zucchini softens.
- While the vegetables are boiling, dry toast the corn kernels in a skillet until golden brown. Set these aside.
- Cool the cooked mixture of zucchini, and blend until smooth and creamy.
- Return blended soup into pot and bring to boil. Add the spinach to soup and cook for 5 minutes until spinach gets wilted.
- Add the salt before pouring the hot soup in serving bowls. Add the toasted corn, fresh coriander.

- Sprinkle desired amount of peppercorn.

4. Green Moong Bean Soup with Vegetables

(Note: This basic soup recipe can make many different soups based on the ingredients used)

Ingredients: For 3-4 servings

- One cup cooked Green Moong or Beans of your choice (black eye or rajma or chauli or Bengal gram or yellow chana -chickpeas) or fresh green peas in season.
- Two cups of at least 3 Seasonal Vegetables chopped to one-inch cubes (carrots, sweet potato, Zucchini, Turai, Lauki or Bhopla, Pumpkin).
- One cup finely chopped spinach or any other green vegetable of your choice.
- Two teaspoon ghee or unrefined virgin coconut oil.
- One level teaspoon Cumin Seeds.
- One to two green chilies chopped to taste
- Two-inch piece fresh ginger pounded
- One inch piece fresh turmeric pounded or half teaspoonful turmeric powder.
- Desi salt to taste (never add salt during cooking, or the vegetables will lose their natural color
- One tablespoon fresh lemon juice
- Few sprigs of curry leaves for flavor
- Few sprigs of fresh coriander for garnish. One can also add roasted and pounded peanuts for garnish.

Preparation:

- Prepare the whole Moong or lentils in the usual manner by overnight soaking, followed by pressure cooking. Add more water during cooking. Strain the Moong and lentil. Use the leftover water as broth for cooking the vegetables.
- Take a medium or large pan. Heat the ghee or coconut oil, add cumin seeds followed by green chilies and curry leaves.
- Add all the cut vegetables and boil on medium heat until slightly tender. Preferably cook uncovered to preserve the fresh color of the vegetables. Do not overcook vegetables. Overcooked mushy vegetables lose their nutritional value.
- Add Ginger and turmeric
- Add finely chopped spinach or green vegetables, cook for 3-5 minutes until leaves get wilted again taking care not to make these too mushy and overcooked.
- Immediately before serving, add salt, lemon juice, and garnish with fresh coriander and roasted pounded peanuts.

Nutritious Chapatti

Multigrain Chapatti Flour

This chapatti flour is low in gluten, rich in fiber, vitamin B, other minerals, and heart-healthy omega-three oils. Makes the most nutritious chapattis in our ancestral tradition)

Ingredients—for one Kilo Multigrain Flour

- Wheat – One kilo (1000gm)
- Barley(Regular or Pearled)-100gm
- Millet (Hulled south India variety whitish to yellow)--100gm
- Oats (Jau)– 100gm
- Sorghum (Jawar)--100gm

- Raghi (also called finger millet)-100gm

(Note: To increase protein content, replace any other grain with more raghi grain. In case the dough is difficult to roll into chapattis because of less gluten, add little of store-bought wheat flour to the desired consistency of rolling. Keep in mind that if the dough has too much elasticity, there is an unhealthily large amount of gluten in the dough. Gluten is what gives the dough its flexibility.

Grain Grinder

Several kitchen grains- grinding machines are available in India at an affordable price range of INR 15-18,000. An investment in kitchen grain grinding machine will pay itself off within a couple of years.

Grain Preparation

Mix all the grains and store the grain mixture in an airtight container at room temperature. It is optimal to grind the flour fresh, making about two weeks' worth at a time. If you wish to make more flour, store extra flour in the refrigerator to avoid it from going rancid (bitter).

Dough Preparation

It is preferable to make dough with warm to hot water. Heat brings out the gluten protein and makes the dough more workable. That is important when you wish to make chapattis out of low gluten multigrain flours.

Multigrain flour prepared above has low gluten content and is rich in fiber, mineral, vitamins, and healthy oils. To further minimize the overall gluten content in the final dough, you can add the following ingredients, and make many varieties and flavors of chapattis:

- **Avocado** – Blend avocado in a food processor before adding to the flour. Add lemon juice while making dough to prevent the dough from getting dark in few hours.
- **Methi leaves /Jeera/Cumin seeds** – In a tablespoon of oil stir fry jeera, salt, meth leaves, and green chilies to taste. Add the mixture to the chapatti flour when making the dough.

- **Mixed lentils** – Soak the lentils of your choice overnight. Cook them in a small amount of water until soft. Add this to the flour along with spices of your choice (salt, chilies, cumin, etc.) while making the dough.
- **Mixed Vegetables** – Collect all the leftover vegetables from the refrigerator --zucchini, Turai, carrots, spinach, green chilies, green peas, fresh coriander, and grind these in the food processor. Add the vegetable mixture to flour when making the dough. Add cumin seeds, salt, condiments of your choice.
- **ENJOY Nutritious chapattis low in gluten, rich in fiber, vitamins, and minerals!!**
