

## Healthy Snacks Section

### Grain-free Sev-puri

(Recipe By Priyanka Adnani)

#### Ingredients: Serves 4-5

- 2 Boiled or roasted sweet Potatoes (firm not overcooked) – chopped.
- One beetroot which is cooked firm and grated.
- 1-2 big Cucumbers – cut into 10-12 round half-inch thick discs
- Unripe mango or firm fruit of your choice (Kairi option seasonal) finely chopped.
- Jeera powder –a pinch
- Red chili powder
- Two tablespoons coarsely ground roasted Peanuts or Cashews
- Lemon juice – 1 lemon squeezed ( one tablespoon)
- Coriander to garnish
- Pomegranate fresh to decorate ( optional) or finely chopped tomatoes.
- Salt to taste

#### Method:

1. Take the round discs of cucumber and put on a serving tray
  2. Take a bowl and mix the grated beetroot and sweet potato cubes in it with the red chili powder, Peanut/ cashews salt, jeera powder.
  3. Add this mixture on top of the cucumber discs
  4. Garnish on top with pomegranate and coriander
  5. Squeeze lime juice on top before serving
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### Sweet Potato Chaat

( recipe by Priyanka Adnani)

#### Ingredients: Serves 4-5

- 2 Sweet potato boiled firm and cut into one-inch cubes
- Orange juice from one orange or lemon juice one tablespoon
- Chaat masala or a mix of roasted jeera powder/black pepper powder/ black salt to taste
- Roasted chopped peanuts – 1 tbsp
- Fresh Coriander chopped

#### Method:

1. Boil the sweet potatoes (Do not overcook, keep firm)

2. Peel and cut the sweet potatoes into small pieces.
  3. Add the chaat masala
  4. Garnish with peanuts, coriander and orange juice/ lemon juice
  5. Serve hot cold or room temperature.
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### **Roasted Makhana Chivada**

( Recipe by Priyanka Adnani)

Ingredients: Serves 4-5

- Fox nuts/makhana – 100gms
- Peanuts – 1 tablespoon
- Ghee – 1 teaspoon
- Black salt – to taste
- Red chili flakes or kali mirch powder to taste
- Sesame seeds – Two teaspoons

Method:

#### Pan Cooking

1. Heat a pan on a low flame and add little ghee.
2. Add the fox nuts to the pan and dry roast them uncovered for 5-7 min.
3. Now add sesame seeds and roast for 2 min.
4. Finally, add the peanuts and black salt and roast for 1 minute.
5. Serve hot. Can store in an airtight container for up to one week

#### Oven Cooking

Mix all the ingredients including ghee in a bowl , mix well. Put the mixture on a baking tray and bake it at 300 degrees for 15 minutes until crisp. Serve hot. Can store in an airtight container for a week.

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