

9th Issue ₹100

CHEF — at — HOME

Food Facts - By Mrs. Hina Gautam

**FOOD as
MEDICINE**

**HOME
REMEDIES**

**JUICE
CARE**

**BRAIN
FOOD**

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letter from the editor

Why Should We Use Food As Medicine?

The role of food is very important, it maintains our health, it allows our body to function, it prevents diseases and gives cells growth. But even if we know this, why do we still find it so hard to eat healthy and use the food as medicine? The main reason for this can be that we are obsessed with what foods to avoid so we forget what foods are good for us. We keep forgetting that the food that we fail to eat and it is necessary for our body to function normally can have a bigger impact on our health than the bad food we consume.

Even if you ask a kid , what is healthy eating ? They would say fruits and vegetables. So, what is the problem then? Well, we all know what is good for us, but we cannot go over the gap between knowing what is good and actually doing what is good for our health. There are many studies that show that people who consume fruits and vegetables are less likely to have some certain diseases. Fruits and vegetables are considered to be a medicine because they provide our body with vitamins, minerals, phytonutrients and fibers. Eating is a vital activity just like sleeping and breathing. We forget to eat for health but instead we eat for convenience. We forget to use food as medicine which nourishes our body and health. Lets implement this issue's information on food as medicine in daily life...

Hina Gautam

Mrs. Hina Gautam



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Food

is Nature's Medicine!

Food has a very long story with humanity. With all of life, in fact! Without eating food nothing can survive. It gives the body everything it needs, quite literally! So, it is only natural that food can and should be used as medicine. Long before you go to the doctor, long before you even get sick, food is the first line of defence! There is nothing as effective or beneficial as food when it comes to preventing and curing various ailments of the body. This works in the opposite way too! If you consume bad food, you fall sick after a while. What you eat makes you which is why it is of utmost importance that we are mindful about what we eat! If good things go in our body, then our body becomes good, as simple as that! So, how do you go about it? In this edition we will look at several ways that food can be medicine for the body.

Mrs. Hina Gautam

Genetics Is the Beginning!

Before any problem can be solved, the root of the problem is what needs to be examined. Similarly, if food is to be used as medicine, you must understand what you are working with. If you do not understand your own genetics, it can become difficult to understand the solutions to your health issues. The simplest and fastest way to make some educated guesses about your genetic makeup is to

look at your ancestry. Things that occur commonly over generations are something you might have inherited and knowing it can help you counter it before it even happens. In India, Diabetes is a growing epidemic, for example. If people whose family members have diabetes, understood early on that they were at a high risk to develop this disorder, they could take measures to make sure they don't! Eating diabetic-friendly diets and avoiding

harmful foods and practices can prevent the disease from ever occurring.

Food Works Faster Than Supplements!

Over the last decade, natural health supplements have become a commonplace practice in health-conscious populations. However, they are never as effective as they claim to be. This is

because the medicines are not completely absorbed by the body. We may be consuming a certain amount of potassium or iron through a supplement but only a small part of it will get absorbed into the body's systems. Food is the best way for the body to process nutrition because it is in its most natural form. When you eat vegetables and fruits with a focus on getting the right nutrients that you might be lacking in, it works wonders!

Stress Comes in Many Forms!

Foods too can cause the body stress. This stress is not so much in the mind as it is in the organs of the body. Biochemically, it is the same negative impact on the body. Eating bad foods is the main reason for getting health issues. If you are genetically inclined to get Diabetes, eating sugary foods, processed foods, oily foods, is sure to trigger it eventually. Instead if you focussed on understanding what kind of foods caused your body stress, you might be able to avoid the whole problem altogether. Our stomach, our liver, kidneys, intestines, are all organs just like our brains. Stress is bad for all of them!

**Every Human
is
Biochemically
Unique!**

This is very important to understand before you can truly get the most out of any sort of mindful practice. Every human body is unique. Biologically and chemically, we are all different from each other. The food we eat constitutes this biology and chemicals, so it stands to reason that what we eat has to be altered according to our own personal composition. What works for one person might not for you, and that

is OK! The journey is to find your own way. What works best for you is the only path that matter to you. Paying attention to your body's needs and the effect foods have on it begins with accepting that you are biochemically unique!

Get the Right Kind of Help!



A lot of people shirk the idea of getting help because it always seems like a hassle to have to deal with another person constantly for every little thing. And this is true, but when it comes to getting help for your nutritional path to wellness it is required to get help. Especially when it comes to expert skills like understanding nutrition, understanding human

biology, understanding cooking processes, etc. Nutritional experts who focus on stress management as well can show you how effective food can be to clean and strengthen the body. Taking the guidance of such an individual can help you start off your journey till you can manage on your own and

food or too much bad food can kill us just as easily. The right path is in the middle, as usual. Use the good that is in food to help your body become stronger and stay away from the bad in food to prevent any health issues. Doing both at the same time is the best way to lead the most healthy and mindful life you can lead! We are what we eat!

**This Summer
is Our
Turning Point!**

Using these six principles, and the recipes that will be shown throughout the issue, we can start to truly control our health using the foods we consume. Without a proper understanding of the basic principles of healthy eating, it is hard to achieve any progress. But, now that we have discussed them at length and it becomes clear how to use them the right way, we can start to focus on individual health issues! This summer, using the power of food and getting in touch with the vibes it has, good and bad, let's ensure our and our loved ones' good health and happiness!

Balance is Key!

have complete knowledge
of your own body's needs!

Just as with everything else in life, balance is key. Too much of anything is bad, which is why it is perhaps the most important step - not to become a food fanatic! Food is our body's most basic need, without it we cannot survive. But, too much

BRAIN food



Sonal Shah
-Nutritionist (Ahmedabad)

Number of times it happens that we consider food as a weight gain/loss product instead of considering important nutrients for our body. Rather, selection of food should be such that it increases the energy level of the body and able to complete the function of "BRAIN" efficiently to achieve the daily goal. Whether it comes to perform better in school/ college / work or want to increase the endurance level of athletics/gym exercise/swimming/jogging, one of the first changes one needs to make in his/her is eating habits. There no denying that as we age our body also grows older. New research says that we can improve the capability of brain function by adding "RIGHT" food in the daily meals. Keeping the brain healthy and well nourished is a task and should be given foremost priority in to day-to-day life.

So it's a good idea to make friendly relation with brain related food like omega3 fatty acids, family of Vitamin B group, vitamin D, glucose in form of carbohydrates, amino acids from protein, phytochemicals derived from plants base food and acts as a antioxidants.

Brain is composed of 60% fats hence needed constantly to refresh the brain cells. By fats, I mean healthy fats i.e. Omega 3 and Omega 6. Good sources of fats are nuts, extra virgin olive oils, seeds, avocados, flaxseeds/sunflower seeds etc. Omega 3 fatty acids help the brain to communicate the neurotransmitters serotonin and dopamine, powerful chemical production that regulate the mood/alertness and mental sharpness.

The major source of energy to brain is glucose

which comes from carbohydrates. 70% of energy is used by brain from the total calories daily intake for normal functioning of the body. So, smarten up with a variety of complex carbohydrates such as cereals like whole grain wheat, ragi, bajra, jowar, vegetables like potato's, sweet potato karela etc, fruits like banana, mango and product like whole wheat pasta, multigrain bread etc. Keep least quantity of refined products (maida) in the daily calories.

Healthy Fats: Body needs fats for insulation, work as co-enzymes and also provide energy. Healthy fats like avocado, fruits like banana or vegetable like sweet potato (watch your weight before eating) and protein source like nuts (almond, walnut, apricot, prunes, fig, dates) and also different pulses,

release energy steadily and slowly into the blood stream and help in balancing the blood sugar.

Never skip breakfast. Studies have found that eating breakfast improve short-term memory and attention. Individual who eat it regular perform better in their daily activities than those who don't. Foods at the top of researchers' brain-fuel list include high-fiber whole grains, dairy, and fruits. Just don't overeat, researchers also found high-calorie breakfasts like fried snacks -puri, gathiya, sev mamara appear to hinder concentration.

Some food heal and some food kill. A little awareness in keeping the right selection of food in your daily course will help to boost your energy level, increase your mental growth, and helps to work hard to achieve your dream....

Eat Healthy For Thyroid!

Hyperthyroidism, or Thyroid, as it is commonly known as, is a debilitating condition that affects a large part of the Indian population! This disorder occurs when our body produces low amount of the thyroid hormone which regulates the speed of our metabolism. Our metabolism refers to the processes the body has to undergo from consumption of food to complete digestion and absorption of energy and nutrients from the foods. If you have a slow metabolism, your body takes longer to digest and absorb nutrients, which burns less calories at rest, leading to weight gain. It can become very difficult to lose weight when you suffer from this health problem. A healthy diet is one of the best ways to maintain a necessary level of thyroid hormone in the body.

Mrs. Hina Gautam

Pulses & Seeds

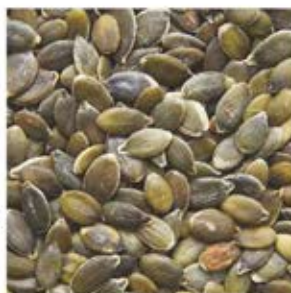
Several times now we have talked about food rich in different types of Vitamin B, and that is for a good reason. These vitamins are absolutely essential to the proper functioning of the human body and there are many disadvantages to having a



deficiency of vitamin B. Having hyperthyroidism is one of the problems caused by a lack of Vitamin B in our diets. So, eating pulses and seeds, both of which are rich in different types of Vitamin B helps the body regulate its processes optimally,



making sure your hormone levels are balanced. This helps greatly with managing issues caused by hyperthyroidism. Plus, pulses are commonly eaten in India, so it is not a big stretch to cook them more often and incorporate different types of dals in your regular diet.



Zinc-Rich Diet

Zinc is another essential element that is required for the proper functioning of our metabolism and often gets ignored in our meal plans. It is easily available in all types of legumes, which includes the pulses and seeds mentioned above, but also in beans and peas. All types of beans and peas which includes soybeans and peanuts are high in zinc and other essential nutrients. Soybeans, for example, are also a great source of protein, another nutrient that helps with speeding up your metabolism which has been slowed by the lack of thyroid hormone. Making a conscious effort to have enough Zinc in your meals will help you feel more energetic and able to use the calories you are consuming daily!

Selenium

This rare nutrient is not very easy to find in a vegetarian diet but is very good for managing thyroid levels in the body. However, there is no need to despair, because it is easily found in some types of foods.



For example, Brazilian nuts are a very rich source of Selenium. As are mushrooms, which are very tasty, and most people enjoy eating. Additionally, sunflower seeds and beans too contain some amounts of Selenium. Eating these healthy sources of Selenium can aid your body's fight against hyperthyroidism and help you regulate your metabolism better!

OATMEAL COCONUT COOKIES

These oatmeal coconut cookies are healthy stuff. They have rich flavor and texture. Coconut gives texture as well as flavor to cookies. A tea time munch must to try.

Ingredients:

All purpose/ plain flour - 1 cup

Baking soda - $\frac{1}{2}$ tsp

Salt - $\frac{1}{8}$ tsp

Shredded desiccated coconut - 1 cup

Rolled oats - 1 cup

White butter - $\frac{1}{2}$ cup

Granulated sugar - $\frac{3}{4}$ cup

Honey - 2 $\frac{1}{2}$ tbsp

Process:

1. Preheat the oven at 180 degree.
2. Shift the flour, baking soda and salt in a large bowl.
3. Stir in the coconut and oats.
4. Melt the butter with the sugar and honey in a small saucepan over medium heat.
5. Mix in the dry ingredients until well blended.
6. Roll into balls and place one inch apart on the greased cookie sheets, flattening them slightly with a fork.
7. Bake for 15-20 mins, or until golden brown.
8. Cool on the sheets until the cookies firm slightly.
9. Transfer on racks to cool.



Pratiti Patel
-Ahmedabad



GRILLED COTTAGE CHEESE AND OATS TIKKI STAKE

Ingredients:

Cottage cheese - 200 gms

Boiled Potato - 1, Grated

Oats - 2Tbsp

Salt as per taste.

Black pepper - ½ tsp

Basil leaves - 5

Oil for frying.

Cherry tomato - 5-6

Methi khakhra - 1

Bread crumbs - 2 cup

Carrot - ½ cup, Grated

Green peas - ½ cup, Boiled

Tomato - 2

Mix herbs.

Corn flour - 2 tbsp

Parmesan cheese - ¼ cup

Pine nuts - ¼ cup

Process:

For Tikki:

1. In a bowl mix potato, Oats, Carrot, Green Peas and Smashed well. Add herbs, salt, black pepper, mix well and shape round tikki.
2. Dip it corn flour slurry and coat with bread crumbs and deep fry it.

For Grilled Cottage Cheese:

1. Cut the cottage cheese in round shape marinate it with mix herbs, salt and black pepper and olive oil. After half an hour grill it on griller pan.

For Pesto:

1. In a grinder take basil, garlic, olive oil, parmesan cheese, pine nuts and grind it well.
2. Grille one tomato for base.
3. Now garnish it with pesto, cherry tomato and basil.

For Stake:

1. Place grilled tomato on the base, put mini methi khakhra on it
2. Now put cottage cheese and oats tikki.
3. Garnish it with basil.



Chef Yash Kadia
-Ahmedabad



MIX HERBS AND ROASTED GARLIC HUMMUS WITH VEGGIES

Hummus is a healthy vegetarian appetizer easy and fast to make. It's ultra creamy, dreamy and light.

Ingredients:

Boiled chickpeas - 1 cup

Tahini - 1 tsp

Garlic - ½ tsp

Lemon - 1 tsp

Salt as per taste.

Black pepper - ½ tsp

Mix herbs as per taste.

Olive oil - 2 tbsp

Carrot - ¼ cup

Cucumber - ¼ cup

Cherry tomatoes - 4

French beans - 2

Tomato - 1

Methi khakhra - 1

Parsley.

Process:

1. Mix chickpeas, tahini, garlic, Herbs, Salt, Black Pepper Olive Oil little water and grind it into a thick hummus.

2. Garnish and serve with boiled carrot, cucumber, khakhara, tomato, cherry tomato and parsley.



HOME Remedies

Mrs. Hina Gautam

- **Loose Motion** - Eat Boiled apple
- **Fatigue** - take 5 gm honey after lunch
- **Vomiting Due to Acidity** - Take Mix sugarcane juice (100ml) + honey (1spoon)
- **Inflammation of Skin** - Apply oat meal paste
- **Dry Eyes** - Apply hot compress on eyes for 10 minutes twice a day
- **Bad Breath** - Eat an orange daily
- **Insomnia** - Consume handful of cherries before going to bed
- **Bruise** - Cut some parsley and spread on bruise directly
- **Indigestion in Children** - Consume 4 drops of onion juice
- **Bone Spurs** - Apply ice to inflamed area
- **Piles** - Eat 3 figs daily
- **Intestinal Worms** - Eat curd + honey in 2:1 ratio
- **Poor Appetite** - Add a teaspoon of apple cider vinegar in a glass of water and consume before having a meal
- **Headache** - Soak feet in warm water for 10 minutes
- **Obesity** - Drink a glass of Lukewarm water mixed with lime juice and honey daily in the morning
- **Stomach Ache** - Place hot bag on abdomen
- **Sore Throat** - Drink ginger juice + honey
- **Blemishes and Scars** - Apply equal amount of lemon juice and rose water for 30 minutes
- **Hiccups** - Suck 2 to 3 small pieces of fresh ginger
- **Morning Sickness** - Mix 1 tablespoon of fresh juice of mint with lime and honey and take it thrice a day
- **Sunburn** - Mix 2 tablespoon of tomato juice + 1/4 cup buttermilk , Apply for 30 minutes
- **Depression** - Consume 3/4 cup of cooked spinach per day
- **Constipation in Kids** - Soak 6-8 raisins in hot water. when cool. Crush well and strain
- **Dark Circle** - place cool, green tea bags on eyes
- **Gall Bladder Stones** - Boil 2 figs in 1 cup of water. Drink daily for a month
- **Mosquito Bites** - Apply lime juice diluted with water with cotton ball
- **Yellow Teeth** - Mix salt with finely powered lime. Use this as tooth powder regularly
- **Arthritis** - 3-4 walnuts eaten daily, on empty stomach will help
- **Anemia** - Eat 4 black dates daily
- **Burns** - Apply Aloe vera



Foods to avoid Fatigue!

Mrs. Hina Gautam

Fatigue is of two types. One that you feel when you have done some strenuous physical activity for a while and you get tired afterwards. The other one is a chronic problem that gives you a feeling of tiredness all the time along with lethargy and inactivity. Fatigue affects more and more people around the world because of how sedentary lifestyle has become in developed countries. People spend most of their time sitting stationary, even when they are working. This along with little to no focus on healthy eating, can cause serious problems like fatigue in the long run! Here's how foods can help you avoid this plague!

Iron

Low iron levels for a while can be a major cause of fatigue. It is usually also coupled with an urge to chew ice. Women suffer from an iron deficiency more than men, so it is important to pay attention to this. Eating iron-rich foods such as spinach, beans, lentils, dark green vegetables, can help your body combat fatigue and make you feel more energetic! Iron also boost cardiovascular function by increasing the production of hemoglobin, the main carrier of blood around the body. This keeps all your organs oxygenated and makes them stronger!

Zinc

Zinc is another mineral that we need but often don't get enough of. This is because it is not present in too many foods and if you don't make a concentrated effort, it can be easy to neglect how much you are getting on a regular basis! Excellent sources of Zinc from the farm are legumes. Chickpeas, lentils, beans all contain a decent amount of Zinc. Additionally, nuts and dryfruits along with seeds contain certain quantities of Zinc. An added bonus of Zinc is that it increases energy levels in all aspects of life!

Folate

Folate is a type of B Vitamin that is present in some vegetables and fruits. This nutrient helps regulate cardiovascular movement greatly and lowers the risk of getting any heart-related problems in the future as well. To get a folate rich diet, you can consume beetroots, leafy greens, broccoli, and all types of Citrus fruits such as lemons, mangoes, oranges, etc. Depending on the season, you can always ensure that you are getting the right amount of nutrients in your diet through vegetables and fruits!

Complex Carbs

Finally, eating complex carbohydrates which are different from regular carbs plays an important role in strengthening your body against fatigue. It is a small change in your food habits, but its benefits are huge. Complex carbs are the healthiest carbs in nature and the best sources of raw energy. Replacing carbs with complex carbs can significantly reduce risks of several health issues. Weight loss is a good example of something that occurs after switching to complex carb diets. Brown rice, hundred percent whole wheat bread, sweet potatoes, oats, etc. are all examples of complex carbohydrates that greatly benefit the body.

CHOCOLATE GRANOLA



Rachna Karera
-Ahmedabad



This recipe of chocolate granola bar is so delicious and easy to make. It is healthy especially for kids who love chocolates and it is gluten free too.

Ingredients:

Whole Rolled Oats - 1 cup
Brown Sugar - ¼ cup
Almonds Chopped - ¾ cup
Walnut Chopped - ½ cup
Grated Coconut - ½ cup
Cocoa Powder - ¼ cup
Maple Syrup - 3 Tbsp
Vanilla Essence - ½ Tsp
Pinch Rock Salt
Coconut Oil (Melted) - ¼ cup
Choco Chips - ¾ cup

Process:

1. Pre Heat the oven at 120 Degree for 10 mins.
2. In a bowl mix oats, almonds, grated coconut, cocoa powder, walnut, brown sugar and rock salt
3. In another bowl mix together maple syrup, coconut oil & vanilla essence.
4. Mix dry and wet ingredients properly.
5. Spread the mixture evenly in lined baking tray, Use spatula to press evenly.
6. Place the tray in oven for 15 mins, Remove and mix the Granola.
7. Again bake for 15 mins.
8. The Granola will turn golden brown.
9. Allow it to cool completely.
10. Once cool add chocolate chips in the Granola and mix them.
11. Store in air tight container, It will stay fresh for two weeks.

OATS AND WHOLE WHEAT COOKIES

Ingredients:

Butter at room temp - ½ cup

Oats - 1 cup

Wheat flour - 1 cup

Powdered sugar - 1 cup

Vanilla essence - 1 tsp

Milk - 2 tbsp

Cinnamon powdered - 1 tsp

Baking soda - 1 tsp

We can also use half whole wheat flour and half maida for lighter cookies.

Process:

1. In a bowl take butter, sugar, vanilla essence until creamy.
2. In another bowl mix all dry ingredients oats, wheat flour, cinnamon powder and baking soda.
3. Mix the dry ingredients into butter mixture and knead until the cookie dough comes together.
4. Preheat the oven at 160 degree.
5. Divide the dough into small round balls.
6. Place these balls on greased non stick tray at a distance as they spread.
7. Bake for 15 to 20 mins.
8. Pull out the tray from Oven and let it cool.
9. Store it in an air tight container.



MANGO ICED TEA

Mango Iced Tea is a delicious, sweet and tangy refreshing beverage that is the most perfect in the heat of summer. Homemade Mango Iced Tea is very similar to making hot tea, however, there are a few differences. Follow these simple steps on how to make great tasty iced tea. Here is my recipe, which is the perfect complement to a hot day.

I have always loved mango iced tea with lemon and this great thirst-quencher just takes it one step further. The mango gives this refreshing drink and nice color, too.



Ingredients:

2 Ripened **Mango**
4-5 cup **Water**
2-3 tsp **Black Tea**
1 tbsp **Lemon Juice**
4-5 tbsp **Sugar** or As Per Taste
Mint Leaves for Garnishing
Lemon Slices for Garnishing
Ice Cubes

Process:

1. Wash and peel the mango, cut into cubes, blend in a blender, make puree and Keep aside.
2. Heat water in a pan till boiling point. Add black tea, sugar mix well and boil for 2 minutes.
3. Strain in pitcher, let it be cool down. Once completely cool, add lemon juice and then keep in fridge till chilled.
4. Lastly mix mango puree in prepared liquid lemon tea and mix well.
5. Take serving glass, add ice cubes and prepared mango tea.
6. Garnish with mint, lemon slice and serve chilled.



Binjal Pandya
-USA

PUDINA AAM PANNA

Pudina Aam Panna is an Indian drink renowned for its heat-resistant properties. Pudina Aam Panna traditional Indian household summer drink which contain the goodness and exciting flavor of mint and mango. Pudina Aam Panna made with real mint and raw mangoes. A delicious summer cooler made from raw mangoes, flavored with mint leaves roasted cumin seeds and black salt.

Aam Panna is made from green mangoes and is light green in color, and is consumed as a tasty and healthy beverage to fight against the intense Indian summer heat. Now have the summer favorite Aam Panna with the Pudina twist. Tangy Raw Mango and Mint Drink, Aam Zor or Aam Panna many a names to the same drink, is an ultimate Indian summer drink for beat the heat. Serve your guests and enjoy the summer by preparing your dish with this tasty and delicious pudina aam panna.

Green mango is a rich source of pectin, which gradually diminishes after the formation of the stone. Unripe mango is sour in taste because of the presence of oxalic, citric and malic acids.

Ingredients:

3-4 Medium Size **Green Raw Mangoes**
1 cup **Brown Sugar**
1 tbsp **Roasted Cumin Powder**
1 tsp **Black salt**
Salt
¼ cup **Mint leaves**
Ice Cubes

Process:

1. Place mangoes along with 2 cup water in a sauce-pan and bring to a boil. Simmer for 10 minutes or you can pressure cook mangoes with water till soft or 3-4 whistle.
2. Let it cool down completely and then peel the mangoes and get the pulp with the help of a spoon and discard the seeds.
3. Now add the mangoes pulp into a blender along with mint leaves, sugar and ½ cup water, blend it and make a smooth puree.
4. Remove it into a pitcher, then add roasted cumin powder, black salt, salt and mix it well.
5. Add 2-3cup chilled water, mix it again, pour it into the serving glasses.
6. Then garnish it with mint leaves, ice cubes and serve immediately.



POWER PACK NAMKIN

Ingredients:

Puffed Rice 2 bowl
Wheat Puffed 1 bowl
Makhane 1/2 cup
Sabudana 1/2 cup
Ground Nuts 1/2 cup,
Roasted Grams 1/2 cup(Dariya)
Almonds 1/2 cup,
Cashews 1/2 cup,
Raisins 1/2 cup,
Sesame Seeds 2 tbsp,
Curry Leaves 10 to 15,
Fine chopped Green Chillies 2 tbsp,
Flaxseeds and Melon Seeds 2 tbsp,
Pumpkin Seeds 1 tbsp,
Butter 1 tbsp,
Oil 4 tbsp,
Cumin 1/2 tsp,
Asafoetida 1/2 tsp,
Turmeric Powder 1/2 tsp,
Salt to taste
Chaat Masala 1/2 tsp,
Red Chilli Powder 1 tsp
Powder Sugar 2 tbsp



Neelam Barot
- Anand

Process:

1. In a nonstick pan add 1 tbsp butter add makhana and roast them.
2. Roast till they turn crispy, then transfer them to a plate.
3. Add 2 tbsp oil into pan add sago pearls and shallow fry them.
4. When they start to pop up transfer them to a plate.
5. In same pan add peanuts, almond, grams , cashews and roast them one by one. After they get roasted transfer them to a plate.
6. Add sesame seeds, flaxseeds, pumpkin and melon seeds in it. Mix it well and shift it in plate.
7. Add 2 tbsp oil in large pan add cumin seeds, asafoetida and turmeric powder.
Add chopped green chillies, curry leaves and roast them.
8. Now add 2 cup thick flatten rice, roast for 4 to 5 minute.
9. Add 1 cup puffed wheat , fried sago pearls, makhane, dryfruit mixture and give a quick mix.
10. Add salt to taste, chaat masala, chilli powder and sugar powder.
11. Mix it and remove from flame add raisins and leave it for some time.
12. Power pack namkin is ready to serve store it in air tight container for 10 to 15 days.

At-Home Remedies for KIDNEY STONES!

Mrs Hina Gautam

Kidney stones are one of those ailments that no one really thinks about until they are suffering from it. Rates of kidney stones in India is high with at least 1 in 10 people experiencing kidney stones at least once in their lifetimes. These natural deposits in the kidneys are usually benign and very small in size. But, even a slightly bigger stone can cause severe pain when passing or can even lead to other complications by getting stuck! In some cases, even surgery becomes necessary. But, you don't need to worry because today we are going to look at some natural and easy to execute helpful remedies for kidney stones that you can do at home itself!

Pomegranates!

Pomegranates are loved by almost all because of their juicy delicious tangy taste and their beautiful red colour too! But not many people know that pomegranate seeds are also a powerful cure for kidney stones. They help the kidneys flush out all impurities include stones and even reduce the acidity level in your urine. Simply drinking pomegranate juice or incorporating pomegranate seeds in your food can help relieve the pain of kidney stones!



Magnesium

It is true that Magnesium is not a food technically, but it is abundantly present in many natural vegetables and fruits and is a renowned cure for kidney stones. Magnesium prohibits the formation of Calcium Oxalate, which is exactly what kidney stones are made of. Due to this, even doctors recommend a Magnesium rich diet whenever a patient is suffering from stones. Spinach, bananas, chickpeas, kidney beans, etc. are all rich sources of Magnesium. Whole wheat too contains a high amount of Magnesium and can help in curing and preventing kidney stones!

Tulsi

Tulsi, or Basil, is another strong dissolvent of kidney stones. Making a tea with basil leaves in it and adding basil to your meals can help greatly in relieving pain from stones. Basil contains a substance called ascorbic acid in it which dissolves stones in our kidneys. Basil juice is the best form to consume it in!



Root of Dandelion

Dandelion are pretty yellow flowers that we have all seen in decoration and at weddings and such. But, did you know that the roots of this flower have powerful healing properties for our bodies? Especially, when it comes to kidney stones. The roots act as a powerful diuretic which makes you urinate frequently, helping in cleaning your kidneys. It has a strong detoxifying effect and is also used to detox one's liver and gallbladder. Making a tea of dandelion root can work quite effectively when suffering from kidney stones!

POMEGRANATE CRANBERRY CHUTNEY

Ingredients:

Pomegranate seeds - ½ cup

Cranberry - ¼ cup

Brown sugar - 1 tbsp

Salt pinch of.

Green chilly rings - 1

Coriander chopped - 1 tbsp

Olive oil - 2 tbsp

Water - ¼ cup



Mrs. Hina Gautam

Process:

1. Mix everything and cook for 5 minutes on low heat.
2. You can store it in fridge for 3 days.
3. Can be served with multigrain chips.



PESTO SAUCE

Quick and easy pesto to top your pasta. A great change from red sauce.

Ingredients:

Fresh basil leaves - 1 cup

Chopped walnuts - 4 pieces

Garlic, peeled - 2 cloves

Grated Parmesan cheese - 2 tbsp

Olive oil - ¼ cup

Salt and pepper to taste.

Process:

1. In a food processor, blend together basil leaves, walnuts, garlic, and cheese. Pour in oil slowly while still mixing. Stir in salt and pepper.
2. And use it.





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HIGH CHOLESTEROL, BYE CHOLESTEROL!

Getting diagnosed with high Cholesterol after reaching mid-life is often a bad visit to the doctor's! This is because having a high cholesterol for too long surely increases your risk of cardiac disease and failure! Doctors will recommend several changes to one's lifestyle that can help them cope with this problem and perhaps even bring the cholesterol levels down to normal. But, none of that can happen if you don't change your diet first! Because most cholesterol problems are caused by eating unhealthy foods that are high in saturated fats. There is no need to worry too much though because this is one problem that can easily be reversed with concentrated effort in diet.

Here's How!

Mrs. Hina Gautam

— Beans in Food —

Beans have a strong negative effect on bad cholesterol in our body and can lower your cholesterol levels within a week of eating regularly. Several types of beans such as kidney, soybeans, garbanzo beans all benefit the body greatly. They are high in fibre and contain high amounts of protein. Add to that the fact that they have no cholesterol makes them perfect food to eat when dealing with high cholesterol. Plus, there are many recipes that work with beans and are delicious to eat!

— Soluble Fibre —

A diet rich in soluble fibre which is commonly found in fruits is another way of reducing cholesterol levels quickly. There is a particular type of soluble fibre called Pectin which reduces bad cholesterol in the body by at least 10%. Simply eating apples, grapes, other citrus fruits as well as strawberries on a regular basis can help regulate

your cholesterol levels. Simply having a non-cooked breakfast which is replete with dairy and fruits is a great start to the day if you are dealing with this pesky cholesterol problem!

— Good Oils —

Oil is usually thought to be a culprit in causing high level of cholesterol in body but that is actually the opposite when it comes to certain types of oils. Olive oil especially helps reduce the cholesterol levels while other vegetable-based oils like Canola, sunflower, and soy are also great for your health. So, make sure to cook with these whenever you use oil in cooking and say goodbye to high cholesterol!



Garlic is Your Best Friend!

Garlic is a common component in most Indian meals and people love its flavour in their foods. It is also one of the fastest ways to drop down one's bad cholesterol quickly. There are two types of cholesterol, one that is bad and one that is good for you. Eating garlic-rich diets can reduce the bad type of cholesterol while having no effect on the good type of cholesterol. It is cheap, it is healthy, and it is fast, which is why it is your best friend if you are suffering from high cholesterol levels.



TOM YUM CUPS

Ingredients:

6 Tomatoes cut into halves (deseeded)

Soft Paneer - 100gms

Pea Masala - 3tbsp

Curd - 2tbsp

Salt as required

Black Olive, Jalapeno, Black Sesame Seeds, Olive Oil, Chili Flakes for Garnishing (as required)

Process:

Pea Masala: 1 cup peas, crush them in mixie till fine paste. Take oil in a pan, add bay leaf and add pea paste with 1/2tsp haldi and cook till water gets burnt. Then add 1tsp red Chili powder, 1/4 tsp garam Masala and 1/4 tsp chat masla And salt as required.

1. In a bowl mash paneer, add in pea masala, salt, curd and mix well till smooth.
2. Fill in the tomato cups with above mixture, drizzle olive oil and garnish with olives, jalapenos, Chili flakes and black sesame seeds.



Devashree Thaker
-Ahmedabad



BAKED POTATO BURGER

Ingredients:

1 big **potato** and 4 mini **potatoes**
1/2 Cup **bhaji** (pav bhaji's bhaji)
Cheese slice as required (optional)
White sesame seeds,
Red Chili powder
olive oil as required

Process:

1. Cut potato into halves and brush them with oil and sprinkle salt.
2. Bake them in pre heated oven at 200 degree for 10 min.
3. Small potatoes will take 15mins and big will take 25mins.
It should turn golden brown from edges.
4. Spread bhaji on one potato slice and place cheese slice on it and cover with other potato slice.
5. Drizzle some olive oil and sprinkle red Chili powder and white sesame seeds.
6. Insert tooth pick and serve.



Ami Bhatt
- Vadodara

PUMPKIN SOUP

Ingredients:

2Cup nicely cut **Pumpkin**
1/4 Cup Chopped **Onion**
1Tbsp **Ginger-Garlic** Paste
2Tbsp **Olive Oil**
1 Tbsp **Black Pepper**
1 Tbsp **Sugar**
1 Squeezed **Lemon Juice**
Salt to Taste
Fresh Cream
Water

Process:

1. In a deep fry pan take oil and saute everything.
2. Add 2 cup water to this and cook until pumpkin is soft,
3. Once it comes to room temperature grind it into a mixie until smooth paste.
4. Garnish it with fresh cream.
5. Now serve hot with bread slice.

VEG SPROUT MOMOS

Ingredients:

- 2 Cup **wheat flour**
- 1 Tbsp **Ginger-Garlic** paste
- Salt** to Taste
- 1 Tsp **Chilli** paste
- ¼ Cup finely chopped **Cabbage**
- 1 Tsp **Soya Sauce**
- ¼ Cup grated **Carrot**
- 1 Tsp **Sugar**
- ¼ Cup finely chopped **Onion**
- 1 Tbsp Oil ¼ Cup boiled **Sprouts**

Process:

1. In a bowl take wheat flour add some salt and knead it soft and keep aside.
2. Take oil in a fry pan and sauté all the veges and sprouts mixing with all masalas and keep aside to get it cool.
3. Now make small round shapes from the kneaded flour and fill it with the stuffing and give them desired shape to the momos.
4. Steam this momos in a steamer for around 10 minutes.
5. Now serve hot with either Schezwan Sauce or Chutney.



STUFFED POTATO APPAM

This recipe is very easy to make for every meal. Goodness of corn, coconut and potato make the dish delicious and tempting.

Ingredients:

Mashed potato - 2 cup

Corn flour - ¼ cup

Salt to taste.

Chat masala - 1 tsp

Roasted cumin powder - 1 tsp

Fresh grated coconut - ¼ cup

Ginger chili paste - 1 tbsp

Lemon juice - 1 tsp

Sugar - ½ tsp

Chopped coriander

Garam masala - ½ tsp

Oil for roasting

Sesame seeds and mustard seeds for sprinkle - 1 tbsp

For Stuffing:

Oil - 1 tsp

Cumin seeds - ½ tsp

Sesame seeds - 1 tsp

Crushed boiled corn - 1 cup



Jasmita Parsana

-Rajkot

Process:

1. In a bowl take all the ingredients for potato mixture, combine it well.
2. Keep it aside for a while.

For Stuffing:

1. Heat the oil in a pan on low flame. Add cumin seeds, sesame seeds in it let it splutter.
2. Now add crushed corn and ginger chili paste in it and cook it for a while till the raw aroma goes out.
3. Now add garam masala, salt, lemon juice and sugar in it. Stir it well, add coconut in the pan and cook it for 3-4 minutes.
4. Now add chopped coriander in it, mix it well and switch off the flame. Let it cool.

To make a ball:

1. Grease your palm with little oil and spread lemon sized ball of potato dough. Put a 1 tsp stuffing in the centre.
2. Fold the potato dough around it and seal lightly. Roll it in dry corn flour and keep aside.
3. Heat the appam tray on medium heat, grease it with oil and put some sesame seeds and mustard seeds in each cavity of tray.
4. Place a stuffed potato ball in to each cavity of appam tray, pour 1 tsp oil in it and roast it on low flame.
5. Allow the potato ball to cook for 3 minute and carefully turn it and roast other side till golden brown on all side.
Serve hot with chutney.



DHABEWALI DAL

This dal is healthy as well as delicious. This dal is one of those dish which you cannot resist to eat. The dal is a mixture of varieties of pulses, cooked with onion, garlic and tomatoes and perked up with chosen spices.

Ingredients:

Rajma (red kidney beans) - ¼ cup
Green split Bengal (moong dal) - ¼ cup
Masoor dal (red lentil) - 1/8 cup
Split toor dal (split pigeon peas) - 1/8 cup
Chana dal (split Bengal gram dal) - 1/8 cup
Oil - 3 tbsp
Clove - 2
Star anise - 1
Cinnamon - 1 inch
Cumin seeds - 1 tsp
Chopped onion - ¼ cup
Chopped fresh garlic - 1 tbsp
Green chili (slit it) - 2
Grated ginger - 1 inch
Big tomato chopped - 1
Turmeric powder - 1 tsp
Coriander powder - 1 tbsp
Red chili powder - 1 tsp
Kitchen king masala - 1 tsp
Garam masala - 1/8 tsp
Pinch of asafetida
Salt to taste

For tempering:

Butter - 1 tsp
Oil - 1 tbsp
Curry leaves - 4 to 5
Dry red chili - 1
Chopped coriander

Process:

1. Soak rajma and dal separately for 3 hours and in another bowl soak the all dal for ½ hour.
2. Wash all dal and rajma and drain water. Now take pressure cooker add rajma, all dal, water, ghee, salt and turmeric powder.
3. Pressure cook it for 3-4 whistle on low flame.
4. Switch off the flame and let the pressure cooker cool down.
5. Now heat the oil in a pan on medium heat.
6. Add cumin seeds, clove, star anise, cinnamon and let it be crackled.
7. Now add chopped onion, green chilli and garlic in a pan. Sauté it for 3 minutes until it becomes golden brown. Now add grated ginger and cook it for a minute.
8. Add red chilli powder, coriander powder, garam masala and chopped tomatoes. Cook it for 4-5 minutes.
9. Now add all dal mixture in the pan and stir it well.
10. Add kitchen king masala and salt boil it for 5-6 minute on low flame.
11. In the last drizzle lemon juice over the dal and switch off the flame.
12. In a small pan heat butter and oil on medium heat add pinch of asafetida, curry leaves and red chilli.
13. Switch off the flame and immediately pour over the cooked dal. Mix it.
14. Garnish with fresh coriander and serve hot with jeera rice.



Arthritis Meets Focused Diet!

Mrs. Hina Gautam

Arthritis is a very common condition that many elderly people complain about once they get to a certain age. But, even young people sometimes, due to all manner of reasons, suffer from one or another form of arthritis. There are three main types of arthritis: osteoarthritis, rheumatoid arthritis, and psoriasis arthritis. Even though they are all caused in different ways, in this article we will explore different healthy natural ways that we know of to relieve the pain of arthritis and even cure it!



WHOLE GRAIN CEREALS

The grains we eat deeply impact the well-being of our bodies. What type of bread you eat could be the cause of your arthritis problem. For example, all refined grains are shown to have a contribution in inflammation of the body, including joints. Which is why it's important to try and consume whole grains instead of refined grains. Grains such as Millet, Quinoa, Brown Rice, and Whole wheat can make a noticeable difference if included in your daily diet. Replacing refined foods with whole grains is a sure-shot way of relieving arthritis pains.

A Rainbow of Vegetables

In our last edition, we had pointed out the benefits of eating a diverse and balanced diet is the best way to get the most out of your food. An easy way to ensure this diversity, as we told you, was to make sure you eat various colours of vegetables. The same applies here too! The more diverse your vegetable choices, the better it is for your body. Red and green peppers, sweet potatoes, carrots, squash, olives, onions, garlic, and leeks are all very good for arthritis. And the best part is, there are many delicious recipes that incorporate at least a few of these veggies!

Fruits to the Rescue!

Fruits are nature's desserts and are often very tasty to eat and enjoy. Which is great for people suffering from arthritis because fruits are high in antioxidants which protect the body against free radicals which cause tissue damage. This helps with joint pain and inflammation very effectively! Anthocyanins present in red and purple fruits such as strawberries, cherries, raspberries, blueberries, etc. help with pain from arthritis. Also, citrusy fruits, as usual, are very beneficial for dealing with arthritis. Oranges, grapefruits, and limes are perfect because the high amount of Vitamin C present in them helps in maintaining healthy and pain-free joints!



AMARANTH LEAVES AND RAW MANGO FRITTAFFLE

Amaranth Leaves and Raw Mango Frittaffle. Vegan recipe, Low fat, high fiber and protein recipe. Good for diabetic patients also. A Healthy Fusion of Fritter + Waffle = Frittaffle.

Amaranth leave(Tandaljo) and Raw Mango Frittaffle is a combination of Fritter and waffle. It tastes like Fritter and made and looks like Waffles.



Dr. Nehal Shah
-Ahmedabad

Ingredients:

Green gram Flour - 1 cup
Amaranth leaves - 1/2 cup chopped
Raw Mango - 1/2 cup (peeled and Shredded)
Onion - 1 medium (peeled and shredded)
Green Chilli - 1 (chopped)
Baking Soda - 1/2 teaspoon
Salt - 1/2 teaspoon
Red chili powder - 1/2 teaspoon
Turmeric powder - 1/2 teaspoon
Coriander powder - 1/2 teaspoon
Roasted Cumin powder - 1/2 teaspoon
Chaat Masala - 1 1/2 teaspoon
Asafoetida (Hing) - 1/2 teaspoon
Oil - 1 tablespoon
Water - 3/4 cup and as required

Process:

1. Pluck all the amaranth leaves, wash and chopped roughly.
2. Wash and fine chopped green chilli.
3. Peel and shred onion and Raw Mango with help of shredder.
4. Now take a mixing bowl and add Green gram flour, amaranth leaves, shredded raw mango, onion, green chilli, and all spices except baking soda.
5. Now add gradually water into the mixing bowl and make a batter like pancake consistency.
6. Add baking soda and oil in batter and whisk it in one direction.
7. Spray little oil on Pre heated waffle maker and spread batter on waffle plate. Cook for 15 minutes approximately.
8. Once Frittaffle cooked turn off waffle maker and take out Frittaffle.
9. Serve hot frittaffle with raw mango slice or any sweet and sour chutney.



PALAK BITES

These small palak bites are rich in protein and vitamin A. Spinach is a good source of iron also. Easy to make this healthy dish.

Ingredients:

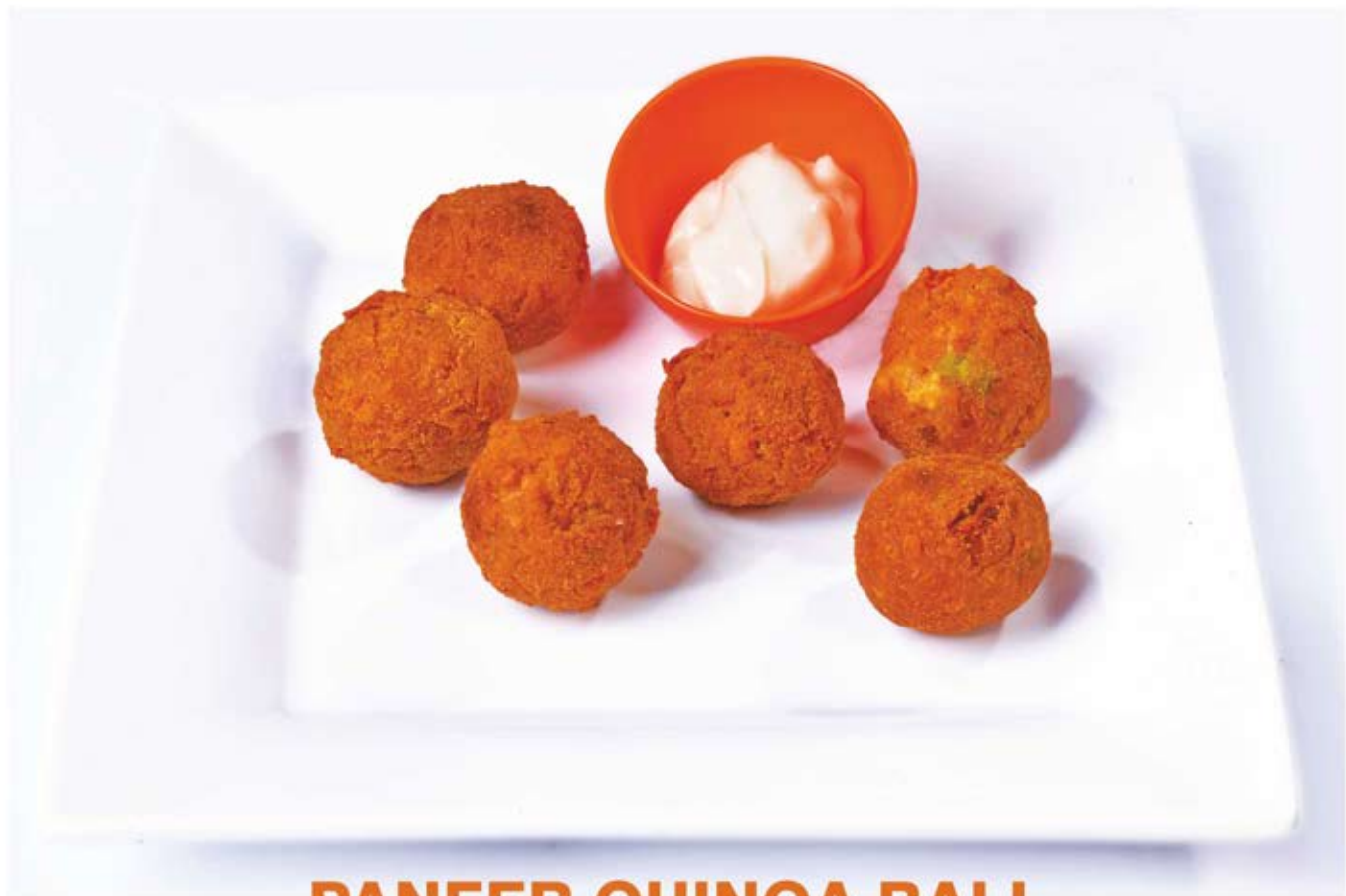
Masoor dal - ¼ cup
Chana dal - ¼ cup
Urad dal - ½ cup
Chopped palak - 100 gm
Medium chopped onions - 2
Ginger garlic paste - 1tbsp
Chopped green chilli - 1
Salt to taste.
Red chili powder -1 Tsp
Turmeric powder - ½ tsp
Coriander cumin powder - 1 tsp
Garam masala - 1 Tsp
Oil for deep fry.
Coriander leaves - ¼ cup

Process:

1. First mix all the dal and soak it in water for 3 to 4 hours.
2. Chop palak finely.
3. Then prepare ginger garlic paste.
4. Crush the soaked dal then add chopped palak, green chilli, onion, ginger garlic paste, salt, turmeric and coriander cumin powder.
5. Make small balls and deep fry them.
6. Serve with Green Chutney.



Jyotasana Parasar
 -Ahmedabad



PANEER QUINOA BALL

Quinoa and paneer is a healthy fusion. Paneer also known as cottage cheese is full of calcium and quinoa is full of fibre and protein. Let's relish this healthy version of the two.

Ingredients:

Fresh paneer - 200 gram
Quinoa - ¼ cup
Coriander leaves - ¼ cup
Onion - 1
Ginger garlic paste - 1 Tbsp
Chopped green chilli - 1
Fresh bread crumbs - 1 cup

To make slurry:

Maida - 2 tbsp
Salt to taste.
Red chili powder - 1 Tsp
Turmeric powder - ¼ Tsp
Garam masala - 1 tsp
Oil to deep fry.

Process:

1. First take quinoa and grind it until it turns into powder form.
2. Then take paneer and grate it.
3. Put coriander leaves, ginger garlic paste, salt, red chili, garam masala, turmeric powder and mix well.
4. Make medium size balls and cover them with the slurry and bread crumbs.
5. Refrigerate them for 10 minutes
6. Lastly deep fry the balls and serve with mayonnaise.



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
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Say Goodbye to High Blood Pressure!

Mrs. Hina Gautam

High blood pressure affects one third of the world's population and is often called the silent killer because its outward symptoms often do not present themselves readily. Which is why, when you do diagnose it at a regular checkup, it is important to take precautionary measures immediately! The best way to curb the effect of high blood pressure is to monitor one's diet rigorously and make sure to cut down on salt. Salt is present in many things, that a lot of times is not obvious to us, like cheese and processed breads have a high amount of salt in them. But, apart from cutting down on salt, what are some things that you should be eating and how they help? Let's find out!

Leafy Leafy Greens

Green leafy vegetables are perhaps part of every such list that helps deal with a physical ailment, and it is for good reason too! It is not possible to overstate the many benefits of leafy greens as they have so many!

Green veggies contain a good amount of potassium which helps the kidneys clear out salt from the body, thus reducing high blood pressure. They also contain iron which helps the body's bloodflow become stronger by increasing haemoglobin! Good examples of such leafy greens are lettuce, spinach, kale, collard greens, etc. All of these and other leafy green vegetables are usually easily available and can help your body regulate blood pressure very effectively!



Berries are Best

Different types of berries contain a substance called Flavonoids that helps with reducing the body's hypertension which in turn reduces blood pressure. Blueberries, raspberries, and strawberries are all excellent sources of these compounds and make for really good breakfast foods. Simply eating some berries every day with milk and cereal in the morning is enough to help!

Beat it With Beetroot

Beetroot is one of those vegetables that is a versatile health benefactor and finds its way into any healthy diet. In case of high blood pressure, beetroots are rich in a compound called Nitric acid which has a dilating effect upon your blood vessels. The constriction of these vessels is the main reason people get high blood pressure, so eating

beetroots works at the very root of the problem! If you drink beetroot juice, it has shown to reduce blood pressure within a day of consumption, making it one of the fastest-acting high blood pressure cures in the kitchen!



BEETROOT PARATHA

A healthy and tasty red coloured paratha made with grated beet, which is served with pickle and raita. Beetroot keeps blood pressure in check, helps weight loss, have some anti cancer properties too. It also improves athletic performance.

Ingredients:

Grated Beet - 1 Bowl
Wheat flour - 1 cup
Rice flour - ½ cup
Curd - ½ cup
Salt to taste.
Green Chilli - 3 - 4
Green garlic - ¼ cup
Mint leaves - 10
Grated Jaggery - 1 tsp
Garam Masala - ½ tsp
Oil - 2 tsp

Process:

1. Take a bowl, salt, curd, grated jaggery, grated beet, garam masala, green chilli, green garlic, mint and grind it. Mix with both flours to make soft dough.
2. Make parathas from dough and shallow fry. Make pieces and serve hot with mint chutney.



Krishnaba Wala
-Rajkot



BEET SLAW

Crunchy beet Carrot Slaw, a colorful healthy side dish you can feel good about the serving. Its gluten free and vegetarian. It has a tangy taste

Ingredients:

Grated beet - 2 cups
Grated carrot - 1 cup
Grated apple - 1 cup
Parsley chopped - 1 cup
Lemon juice - 1 tsp
Olive oil - 1 tbsp

Process:

1. Mix everything.
2. Chill and serve in salad course.



Geeta Khuman
-Ahmedabad



FLATULENCE

is Discomfort

When we are children flatulence is never more than a thing to laugh about! It sounds funny and children cannot stop making jokes about it. However, the adults who have to deal with the problem on a regular basis do not laugh about it. Because it can be a real painful problem to deal with. Gas, when stuck in the body, can cause all manners of problems. The first discomfort is pain in the abdomen, it could happen at any point around any organ as the wind travels within your body. Secondly, it can also cause bloating in the body which is very uncomfortable to deal with and can have an overall negative impact upon your energy levels and motivation to be active! But, it is just another natural condition that we must all deal with and there are ways to do just that!

Rosemary, Sage, & Thyme

These three spices are not very commonly used in Indian cuisine but have a wonderful aromatic flavour that can enhance the taste of anything they are added to. All three have a great soothing effect on the digestive system and can help prevent your body from producing wind. Adding them to your regular diet, by simply sprinkling a small amount when cooking can really ease the problem of flatulence! Other herbs such as fennel seeds and caraway are really helpful too, if you can find them!

Mint Tea

Finally, just like what we eat can help, so can what we drink! Drinking mint tea, for example, can really finetune your digestive tract and eradicate any extra wind that might get trapped in your body. Peppermint tea, if you like that better, even helps relax the muscles of the colon which relieves the discomfort caused by trapped wind dissipate quickly. Drinking a cup of nice mint tea or peppermint tea after a heavy meal, always helps with the digestion afterwards and makes sure you don't have to go through the discomfort of flatulence!



Mrs. Hina Gautam

Yoghurt

One of nature's best gifts to us is the helpful bacteria that live in live yoghurt. Flatulence is essentially a problem of your inner bacteria producing wind when they break down carbohydrates and proteins. These bacteria are not harmful but are an important part of our digestive system! So, when you hear bacteria there is no need to panic, because we already have several types of bacteria living in our bodies. Eating yoghurt on a regular basis can help your body digest food effectively and prevent many problems related to indigestion, such as flatulence!



DEALING WITH MOUTH ULCERS AT HOME!

Indian cuisine is known for its heavy use of spices and condiments. Usually this results in some of the best tasting foods around the world, especially if done right. But, simply eating too much spicy food is not good for the digestive system and can cause all manner of problems. One such problem is getting mouth ulcers. Similar to stomach ulcers, these occur on the inside of the mouth and make it very painful to use the mouth, be it for speaking or chewing! The discomfort caused by mouth ulcers can be mitigated with a healthy diet and taking certain precautions in what you eat! Here is how!

Mrs. Hina Gautam

Milk & Potatoes



Usually milk and potatoes are not clumped together in any category, but here it is necessary to do so because they both share one thing in common which helps prevent and treat mouth ulcers! It's the fact that they are both good sources of Vitamin B along with whole grains. A deficiency in Vitamin B can weaken your mouth and cause all sorts of oral problems. Making sure that you are getting enough of it is essential. When you already have mouth ulcers, eating hot and crunchy foods is a big no, so eating mashed potatoes and drinking milk drinks are perfect!

Tea to the Rescue!

There are a few types of tea that are very beneficial when dealing with mouth ulcers and other oral problems! Prime among them is Chamomile tea which has many healing properties and has a soothing effect on your mouth, both healing your ulcers as well as reducing the pain caused by them. Another helpful ingredient that is used in teas is Tulsi leaves which have strong natural anti-inflammatory properties. Adding a few leaves of Tulsi into your drinks can go a long way to preventing mouth ulcers from happening in the first place!

Bland & Soft Foods!

When you have ulcers, be it in your mouth or stomach, doctors will always tell you be very careful about what you eat. Eating soft and bland foods is essential when dealing with any type of ulcers. Moong dal, khichri, upma, idlis, paneer, and soft vegetables are all recommended. Bananas are another source of help because they contain a lot of potassium which helps with any inflammation occurring in the body. There are so many options for delicious food that can be made from these ingredients, as long as they are not oily, crunchy, or spicy. Taking it easy with your meals is the first step to recovery from both mouth ulcers as well as stomach ulcers!



CARROT PHIRNI

Phirni is very rich and creamy rice pudding and popular traditional Indian dessert too. Carrot phirni is one of the variation too normal kesar phirni which has a lovely colour and delicious and now I would like to share it with you.

Ingredients:

Grated Carrot - 1 cup
Almond Milk - 200 gram
Chenna - ½ cup
Powdered Sugar - ½ cup
Boiled Rice - ½ cup
Saffron pinch of
Ghee - 1 tsp



Bhaveshwari Patgir
-Rajkot

Process:

1. Take a pan add ghee and roast grated carrot add chenna to it. Then add almond milk, powdered sugar and rice and boil for 10 min. Add saffron to the phirni and set it. Take a bowl and serve chilled.





CASATTA KHEER

A variation to the regular kheer , served in two flavors.

Ingredients:

Fortune Basmati Rice - 200 gms

Sugar - 200 gms

Milk - 1 Ltr

Saffron dissolved in milk

Almond chips

Rose essence color

Vanilla essence

Cardamom powder

Rose petals

Process:

1. Heat milk in a non stick pan.
2. Add rice to it and continuously stir.
3. When rice gets softened, add sugar and stir the kheer till rice gets crushed and the kheer becomes semi - liquid to thicker consistency.
4. Let the kheer rest for 15 -20 mins.
5. Divide the keer in two parts. In one part of kheer add rose essence and rose petals.
6. In the another part of kheer add saffron and cardamom powder.
7. Now in a plate place two rings of different sizes in one another.
8. Fill one ring with the rose kheer and the other with saffron kheer and keep in the refrigerator to set.
9. After half an hour remove the rings and serve chilled casatta kheer.



Heena Kothari
-Ahmedabad

CAN DIET HELP WITH MIGRAINE?

Mrs. Hina Gautam

There are few things that compare in pain and frustration to having a migraine attack, especially because there is usually little you can do about it! Anyone who deals with migraine will tell you that a migraine headache is not like a regular headache that most people experience every now and then. The pain is intense, it is repetitive, and it won't stop. So, what can be done to overcome such a problematic condition? Can diet help in any way? Well, of course it can! Nature's first medicine, food, is related to the cure and prevention of most known health problems. For migraines too, there is a way to combat it and even conquer it over a period of time. Let's learn how!

Dark Chocolate



It is important to make a distinction here the chocolate has to be of the dark variety that contains high amounts of cacao. Milk chocolate has been known to be a trigger for migraine among many people. Dark chocolate, on the other hand, is a much more bitter tasting dessert and has several health benefits. It contains a high amount of the mineral Magnesium which is hard to find in a regular diet. Magnesium is an element that has a relaxing effect on our body's stress levels. Eating some dark chocolate in solid or liquid form at least once a week can help replenishing the Magnesium levels in your body and keep the migraine at bay!

Figs/Anjeer

Figs are a commonly found dry fruit that are very nutritious and delicious to have.

They contain a high amount of Potassium which, along with other electrolytes, helps the body deal with any sort of inflammation, which is what a migraine attack is!

Dehydration is a known trigger of migraine in many people and figs help counter that problem effectively by replenishing the body's electrolytes. Making a shake of Anjeer or incorporating it into a regular dish can help your body deal with inflammation caused from a migraine, preventing further attacks even!



Sweet Potatoes

Sweet potatoes are a highly underrated food in all of the vegetables. People love their cousins the regular potatoes, but sweet potatoes are not that widely used. This is a pity because sweet potatoes are jam-packed with healthy nutrients and minerals that the body needs. They are far healthier to consume than yellow potatoes because they contain a lot more beneficial compounds. They are especially high in Vitamin C, copper, manganese, niacin, Vitamin B1, B2, B6, and phosphorous! A lot of these essential elements help your body become strong against inflammation, relieving the stress of a migraine attack! The best part is that they are delicious to eat and there are several easy recipes which make good use of them!

DARK CHOCOLATE DATES



Rakhi Shah
-Ahmedabad



Ingredients:

Dates - 5

Almonds and Cashews - 10, Roasted

Cocoa powder - 2 tbsp

Sugar (crushed) - 2 tbsp

Coconut oil - 1/3 cup

Crushed almonds to garnish.

Process:

1. Carefully open the date lengthways and remove the seed. Try to split the date down the middle.
2. Insert the nuts then fold the date back.
3. Place in the freezer for 5 mins while you make the chocolate coating.
4. Melt the coconut oil and then mix with the cocoa powder and sugar until smooth.
5. Coat all the dates with the chocolate dip. Place on grease proof paper and keep in the freezer for 5 mins.

Food That Helps During Flu

Mrs. Hina Gautam

Flu, as it is commonly referred to, or Influenza, is a serious illness that can come with the changing of seasons or by coming in contact with someone affected. Because it is a viral fever, it is not possible to cure it with antibiotics. Even then, it weakens the immune system which can cause bacterial infections too, so you need to take antibiotics regardless. This weakens the body further and it can be very hard to maintain any energy while suffering from the flu. But, there are a few cures from the kitchen that can help greatly in dealing with the discomfort of having flu as well as strengthening the body against other infections while you still have Influenza!



Garlic – Nature's Antibiotic

Garlic spells doom for both viruses as well as bacterium! This is not very common in the natural world and so we should feel fortunate that we have the option to eat as much garlic as needed. Using the extract of garlic has scientifically been shown to fight flu. Moreover, being a decongestant, it is also useful in relieving a lot of the symptoms of Influenza. Simply drinking its juice or adding it to whatever meals you are allowed to eat by the doctor is enough to bolster your speedy recovery!

Beta Carotene from Veggies

Some vegetables contain a substance called Beta Carotene in large quantities. This nutrient is the precursor to vitamin A, which our body absorbs from it. Vitamin A is one of the most crucial vitamins our body needs when dealing with sickness because it production of white blood cells, our and bacteria harming us, Vitamin A in carrots, spinach, and broccoli. on a fluid diet, you can make a that can be easy to digest!



strengthens the immune system. Increasing the body's soldiers trying to kill all bad viruses helps during Flu. It is most easily found Because doctors recommend being smoothie out of these or soups

Sour Vitamin C

Finally, Vitamin C is very essential for the body to fight off any illness, not just the Flu. This is because it is the biggest factor in solidifying the body's defence against outside agents! If your immune system is up and running in full force, most diseases and health issues can be dealt with easily! A lot of fresh fruits contain a high amount of Vitamin C and can go along perfectly with the allowed diet for Flu. Making freshly squeezed juices from apples, oranges, lemons, etc. that have a high amount of sourness to them, and then diluting it with water, makes for the perfect natural medicine when trying to cure Influenza!



BHUMI's strives to cater to baking with health in mind and has been known for their Fusion Flavours ever since its incorporation in July 2017.

Now a days we all have become health conscious and know the importance of eating multigrain. We, at BHUMI's, use multigrain flour and avoid artificial flavours and colours in our desserts. We are very particular about the quality of raw material which reflects in the taste of the final dessert. We also believe in using natural ingredients for the decoration of the desserts that at the same time give a hint of the ingredients used inside. Baking from fresh seasonal ingredients, composed especially for a pre-booked order is our key feature. Coming from a health conscious family where only the best quality ingredients are used, we strive to make our products as healthy and natural as possible. All our desserts, specially cakes, are freshly made from scratch and designed as per the customizations specially for their customers. A smile on the client's face and customer satisfaction is our top most priority.

BHUMI's has a wide range of fusion as well as regular flavours for desserts. Our range of products include Cakes, Cupcakes, Bite-size Cupcakes, Tea-time Cakes, Cookies, our own version of Fusion Trifle Pudding, Cake on Stick, Mousse etc. that cater to Birthdays, Anniversaries, Gatherings n Kitty Parties, Dessert counters at parties, weddings and other celebrations, Gifting purposes of special festivals like Rakshbandhan, Diwali etc. BHUMI's has some unique range of desserts in the areas like Gluten-free, Farali etc. Our strong dislike for artificial colour has lead to successful creation of our own recipe of Natural Pink Colour that is made fresh everytime for the order.

Fusion flavours like Paan, Gulabjamun, Rose-Rasgulla, Rose-Pistachio are few of the names of our widely welcomed flavours along with the regular ones like Chocolate Truffle, OREO, Butter Scotch etc. Though these flavours are new, they are loved by all age group people. Paan is our signature flavour and often people associate BHUMI's with Paan flavor.

We at BHUMI's love experimenting and making unusual flavours as a passion. Few of our inventions are based on our customers' needs and demands like the Farali cake - which was requested by a customer for her friend's day of fasting.

We also make cakes with removable fondant accents, to match with the theme, that allows our customers to relish the cake in its purest form.



GONE WILL BE THE DAYS OF GASTRITIS!

Mrs. Hina Gautam

Gastritis can be caused by many individual things, or a combination of all of them. But when it does happen, it is very uncomfortable and problematic. It becomes hard to figure out what to eat and what not to, and the fear of stomach ulcers always looms! But, there is no reason to worry, as mindfulness of your diet is all that is needed to avoid this painful problem. Gastritis is caused when the lining of the stomach, for one reason or another, gets damaged. This causes heartburn, and mild to severe discomfort in the abdomen. Because many things cause it, it is hard to point a finger at any one thing in particular, but food certainly plays a large part. Especially in spice-loving countries like India! Let's learn how to manage and prevent this from happening!

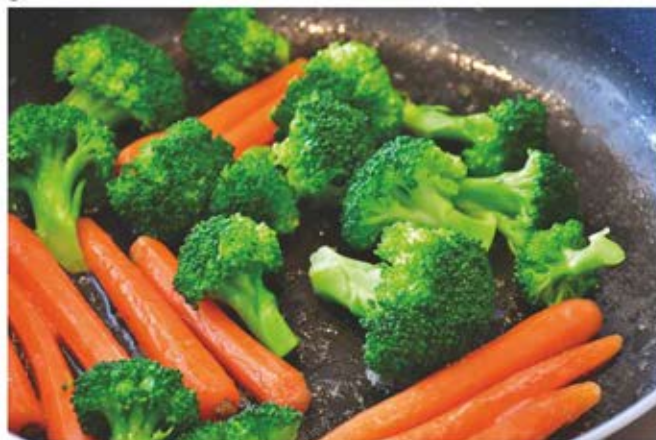
Bananas!

When suffering from Gastritis, bananas can be like balm to the inside of your stomach! They provide potassium which gives the body energy, but also sooth the pain of gastritis. Even if you don't have gastritis, eating bananas on a regular basis is always good for the stomach as well!

High-Fibre Foods

Fibre is one such component of foods that makes the entire digestive process smoother! Men, especially, as they age, do not get enough fibre in their diet and many of their health issues are triggered from there itself! Gastritis is one such problem. Eating fibre-rich diets can go a long way to help your digestion work smoothly and the possibility of

getting gastritis reduces significantly! Apples, carrots, beans, broccoli, all are high in fibre and also lower the acidic content of the stomach, making them perfect for treating and preventing gastritis!



White Rice

Increasingly with obesity and diabetes spreading everywhere, we hear bad things about white rice! But, it is only bad if eaten too much. Natural white

rice is very bland, which is perfect food for dealing with gastritis. Any and all sorts of oily, spicy, and processed foods can make gastritis worse or even cause it sometimes. White rice is also very versatile and can be eaten with

Know What to Avoid!

In gastritis, it is also just as crucial to know what to avoid as it is to know what to eat. Spicy foods are a strict no-no! As are dairy products. Dairy, as such does not cause gastritis, but it increases the acidic content of your stomach which intensifies your symptoms. Late-night meals are also a big culprit that need to be avoided if you want to prevent gastritis from happening! Stress caused by foods eaten late at night can cause a lot of damage to the stomach lining which is the direct cause of gastritis!

many different types of foods, while providing a good amount of energy to the body as well. So, when dealing with a gastritis attack, you can never go wrong with eating white rice with meals!

How to Cure **CONSTIPATION** with FOOD

Mrs. Hina Gautam

Constipation is a condition that is experienced by 1 in every 5 people at some point. It is a simple enough problem in most cases and can be fixed using home remedies. There are many naturally available cures for constipation, as we will discuss and explore here. Most people nowadays shrug off natural cures to ailments because they think it is all superstition and there is no science behind it. This could not be further from the truth. Of course, there are many charlatans who take advantage of people's trusting nature, but that does not mean that Ayurveda, which has been a legitimate branch of medicine for thousands of years is all hocus pocus! Let's look at some of the most commonly found cures for constipation in nature!

LEMON

One of nature's most versatile foods, lemon is used as a healing and soothing agent around the world.

It has long been known that lemons have great health benefits and have been a consistent part of human diet for many ages.

The digestive properties of lemon help with unclogging any blockage that might be preventing you from experiencing normal stool. It increases the efficiency in the gastro-intestinal tract and alleviates symptoms of both constipation as well as diarrhoea! Just pour some lemon juice with warm water and honey early in the morning and say goodbye to **Constipation!**

MILK

Milk too, just like lemon, helps unclog the digestive tract. It is a commonly used food in India, so it is never hard to find some milk. When you experience constipation, simply drinking a cup of milk, with a little bit of sugar and ginger can go a long way to helping you cure it!

FLAXSEED

Another commonly found food in India is Flaxseed. It is one of the healthiest seeds available to us and is often underrated in its usage. Flaxseed contains in it several beneficial elements such as Omega 6 fatty acids, antioxidants, and a lot of fibre! Fibre, as we all know, is the cure to constipation, and Flaxseed is abundant in it. Just eating a little bit of Flaxseed daily can keep constipation at bay!

ALOE

Not a lot of people know that Aloe is a consumable and when eaten or drank, it benefits the body in several ways. It is known for being a healthy laxative that once consumed helps clear blocks in the bowel. It is also one of the safest natural foods to eat because it is known to have no harmful side-effects and is only beneficial to the body! Drinking aloe juice, or simply eating some of it can help a lot with constipation!

So, the next time you or someone in your home is suffering from constipation, all you need to do is find one of these four natural remedies and the problem will be solved in a jiffy!



BROKEN WHEAT PULAO

Ingredients:

1 cup **Broken Wheat(dalia)**
1 cup mix **Dals**
2 cup diced mix **Vegetables**
(Peas, Carrots, Potatoes, French Beans)
1/4 cup finely chopped **Coriander**
1 medium size **Onion** (chopped)
1 tbsp finely chopped **Garlic**
1 tsp finely chopped **Ginger**
3-4 **Green Chillies** lengthwise slited
8-10 **Curry Leaves**
3-4 **Cloves**
1-2 **Cinnamon**
1/4 tsp **Mustard** seeds
1/2 tsp **Cumin** seeds
1 tsp **Turmeric** powder
1 tsp **Red Chilly** powder
1 pinch of **Asafoetida**
1 tbsp **Oil**
1 tbsp **Ghee**
Salt to taste

Process:

1. Wash & soak dalia & dal together and cut all vegetables.
2. Now heat oil & ghee together, temper it with mustard seeds, cumin seeds, cloves, cinnamon, asafoetida, curry leaves & green chillies.
3. After few seconds add onions & saute it.
4. Now add coriander & vegetables mix & saute for 2 minutes.
5. Now add, ginger, garlic & other spices too.
6. Add soaked dalia & dal & add water to 1:3 ratio.
7. Add salt, mix well & bring it to boil.
8. Once it starts boiling, slow down heat & cover it & let it cook on simmer.
9. As water is reduced, our pulao also cooked. Serve hot with curd, papad & pickle.



Deepa Rupani
-Ahmedabad



KODRI GREEN MEAL

Kodri (White millet) is considered as good substitute of rice for diabetics. We can make many various dishes from this Gluten free grain. Now a days, as people becomes more health conscious, Kodri took place in many kitchens. This fully loaded one pot meal is "**TOTAL HEALTH WITH TASTE**" category dish. Lots of veggies, all pulses, paneer, spices all combine in one meal & make lip smacking one pot meal indeed. No one can deny this one pot meal.

Ingredients:

- 1 cup **Kodri (White Millet)**
- 1 cup **Mix Dal**
- 1 cup **Mix Vegetables**, Chopped
- 1/4 cup **Paneer Cubes**
- 1 bunch **Fresh Coriander**
- 3 **Green Chillies**
- 7-8 **Garlic Cloves**
- 1 **Onion** Finely chopped
- 1 **tbps Oil**
- 1 **tbps Ghee**
- Salt** to taste.

Process:

1. Wash kodri & dals & soak them till you cut veggies & prepare rest of ingredients.
2. Make paste of coriander, green chillies & garlic.
3. Heat ghee & oil mix in nonstick pan. Add onions & saute, after few minutes add vegetables also. Mix well & cook for few minutes.
4. Now add prepared paste. Mix well & add soaked kodri & dals. Add water (1:3) & salt. Mix well & let it boil.
5. Once it starts boiling, slow down heat & cover pan with lid & let it cook.
6. At last add paneer cubes & mix well. Cook for few more minutes till water completely absorbed.
7. Serve hot with curd & papad.



GREEN GLORY SOUP

Winter is a season, when we can rejuvenate our inner health with great resistance power & energy. Special Shiyalu Paaks, fruits including Amla , hot beverages like raab, kadha & soups, hot & spicy dishes - lists go on & on in winter special items. Piping hot soups are my favourite in winters. Giving little twist in Spinach soup made this healthy soup.

Ingredients:

25-30 Tender **Spinach Leaves**
15-20 Fresh **Mint Leaves**
1 cup Roughly Chopped **Coriander**
1 cup Roughly Chopped **Spring Onion Greens**
2 tbsp **Ghee/Butter**
1 tbsp **All Purpose Flour**
3 tbsp **Fresh Cream**
Salt to taste

Process:

1. Wash & clean all leaves & roughly chop it.
2. Now in a deep vessel add all leaves & 4-5 cups of water & blanch it for 5 minutes.
3. Drain out excess water. Once it cool down, make smooth puree.
4. Now in other pan heat ghee/butter & add flour & cook it little, stir continuously.
5. Then add puree & about 1 cup water, mix well & stir continuously to avoid lumps.
6. Add salt, pepper & cream & cook for 3-4 minutes. Adjust thickness of soup by adding more or less water.
7. Serve hot.

FLAXSEEDS RAITA

Flax seeds are packed with beneficial nutrients, omega -3 fatty acids and fiber. This is one of the best way to add it in your daily diet.

Ingredients:

Curd - 1 cup

Grated cucumber - ½ cup

Carrot - ¼ cup

Green chilly chopped - 1

Coriander and mint (finely chopped) - 1 tsp

Lemon juice - ½ tsp

Salt to taste.

Flax seeds powder - 1 tsp

Whole Flax Seed - 1tsp

Process:

1. Mix everything and garnish with whole flax seeds.
2. Serve chilled with parathas.



Geeta Khuman
-Ahmedabad



CHEESE BROCCOLI TOTS



Broccoli is a great source of vitamin K and C, and a good source of folate. So these tots not only taste yummy but are also a healthy serving.

Ingredients:

Broccoli chopped - 1 cup
Broccoli florets par boiled to serve.
Grated cheese - 1 tbsp
Boiled potato - 1
Garlic minced - 1 clove
Chili flakes - ½ tsp
Oregano - ½ tsp
Bread crumbs - ¼ cup
Salt to taste

Process:

1. Par boil chopped broccoli.
2. Mix boiled potato, chopped broccoli, garlic, chili flakes, oregano, salt, cheese and smash well. Shape into tiny tots and roll in bread crumbs.
3. Shallow fry with olive oil in nonstick pan.
4. Screw and serve on wooden stick with parboiled broccoli florets.



Mrs. Hina Gautam



BABY POTATO WITH SOUR CREAM

Ingredients:

Baby potatoes - 250 grams

Sour cream - 1 cup

Olive oil - 2 tbsp

Chilli flakes - 1 tsp

Parsley chopped - 1 tsp

Garlic minced - 1 clove

Salt to taste.

Process:

1. Boil and peel potatoes.
2. Mix sour cream, salt, minced garlic, parsley. And keep aside.
3. Now arrange baby potatoes, pour mix sour cream and sprinkle chilli flakes and drizzle some olive oil to serve.

WHITE CHOCOLATE CRANBERRY BARKS

White chocolate fused with the dried fruits and coconut to give a new taste.



Kiran Amin
-Ahmedabad

Ingredients:

White chocolate - 250gms

Dried cranberries - 100gms

Orange zest

Pinch of sea salt.

Shredded coconut or any roasted dry fruits (optional)

Process:

1. Melt the White Chocolate in a double boiler or MW for burst of 10 seconds until it is evenly melted
2. Spread the melted chocolate immediately on a tray lined with butter paper.
3. Sprinkle the salt and cranberries, add dry fruits or coconut flakes if you wish.
4. Keep it in the fridge for an hour before use.
5. Store in an airtight box in fridge.
6. Serve with ice-creams, thick shake, cakes or just snack as it is.



APPLE PIE

One of the most popular American dessert with a wonderful cinnamon aroma. This recipe produces a flaky pastry crust and juicy apple filling.

Ingredients:

For the filling

Peeled and diced apples - 1cup

Castor sugar - ½ cup

Lemon juice -1 Tsp

Cinnamon powder - 1 tbsp

Walnuts and raisins - ¼ cup

For the Pie:

Maida - 350gms

Butter - 200 gms

Cold milk - 1 tbsp

Castor sugar - 100 gms

Process:

For the Filling:

1. Cook all ingredients for 10 minutes on a low flame.

Process:

For the Pie:

1. Mix all the ingredients and make a firm dough and fridge it for an hour.
2. Then roll the dough and lay it on the pie tray. Put the filling.
3. Prepare some strips to cover the pie after filling.
4. Bake for 35 minutes at 170C in a preheated oven.
5. Remove when totally cooled down.
6. Serve with ice-cream. (Optional)

CHIA DATES CHOCOLATE PUDDING

This pudding is perfect treat for summer months . Along with it's medicinal values the taste is also unbeatable .

Chia seeds are a good source of Omega 3 fatty acids and calcium. Dates are good source of iron , minerals and fibers .

Ingredients:

- 1/4 cup soaked **Chia Seeds**
- 1/2 cup soaked seedless **Dates**
- 1/2 cup melted **Chocolate** syrup
- 1/4 cup **Cereals** or **Museli**
- 1/4 cup half crushed **Marie Biscuits**
- 1 scoop **Vanilla Ice Cream**

Process:

1. In a tall glass arrange all ingredients as shown in a picture.

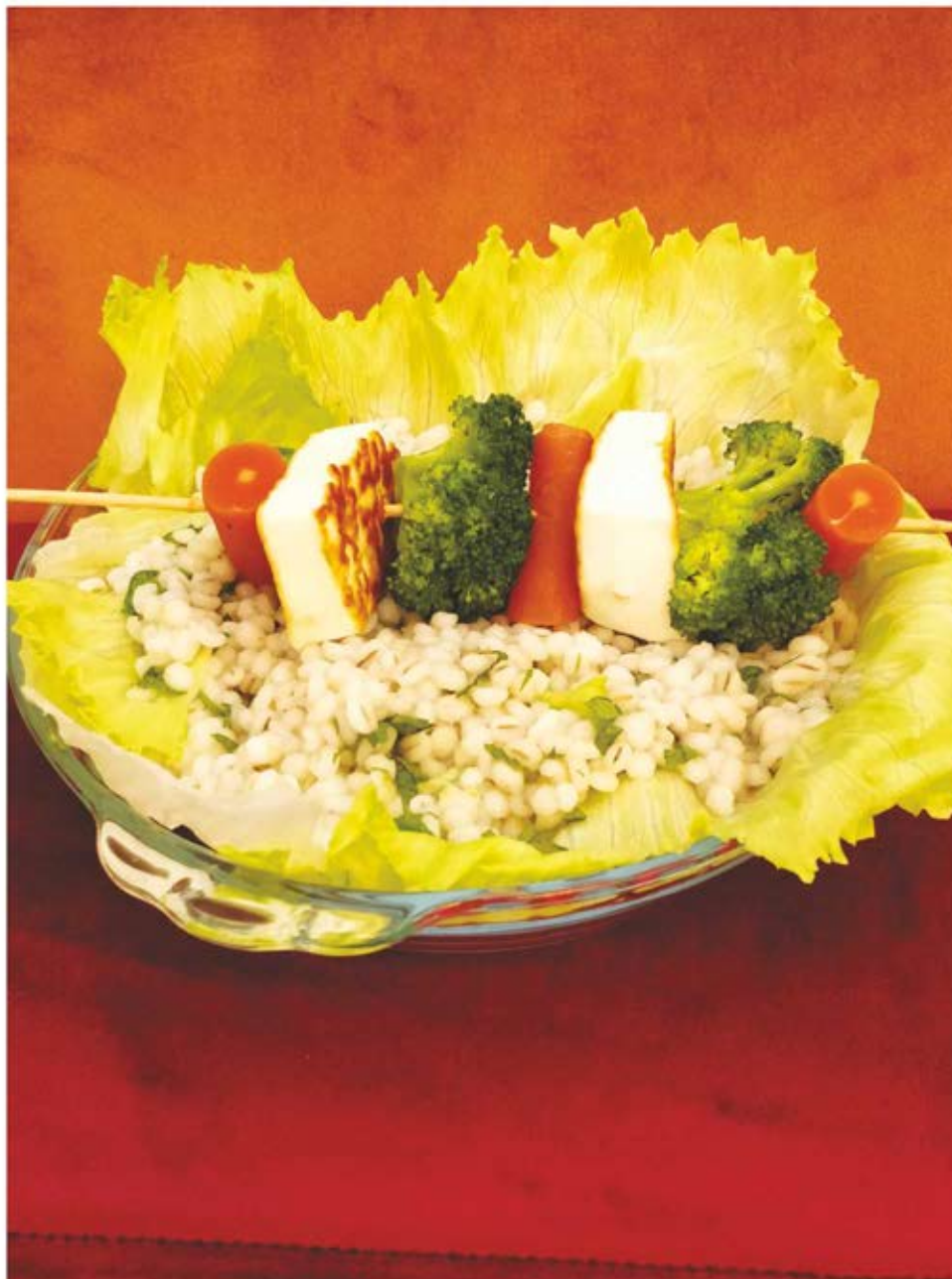


Bhavika A. Bhuta
-Mumbai



VEG PANEER STEAK WITH SPICED BARLEY

Barley is rich in vitamins , minerals and excellent source of fibers . It's a versatile grain and helps in digestion, it lowers cholesterol in the blood . Veggies are good source of Vitamin K and Vitamin C.



Ingredients for Steak

1/2 cup **Carrots**
1/2 cup **Broccoli**
1/2 cup **Paneer**
1 tsp **Garlic** crushed
Salt - Pepper to taste

Process:

Parboil veggies.
Shallow fry paneer. Now
Marinate them with garlic,
salt and pepper.
Arrange wooden skewers as
shown in a picture.
Roast them on tava (optional)

Ingredients for Spiced Barley

1/4 cup **Barely** pressure
cooked with 1 cup water and
salt.
1 tsp **Green Chillies** chopped
1 tsp **Pudina Leaves** chopped
1 tsp **Coriander Leaves**
chopped

Process:

Mix everything and keep it
aside.
Arrange lettuce leaves on a
flat platter.
Spread some spiced Barley
on top.
Arrange veggies on skewers
as shown in the picture.

MUESLI DESSERT CUP

Perfect for a snack or a dessert after dinner.

Ingredients:

Yogurt - ½ cup
Condensed milk - ½ cup
Fresh cream - 85 ml
Mango puree - 70-80 gm
Muesli - 4-5 tbsp
Honey - 2-3 tbsp
Whipped cream - 2 tbsp
Chopped mangoes - 2-3 tbsp
Caramelized Cranberry - 1 tbsp
Caramelized Dry fruit
(Almond and Walnut) - 4-5 tbsp



Priyanka Gandhi
-Ahmedabad

Process for Baked Yogurt:

1. Take a glass bowl, add yogurt, condensed milk and fresh cream to it.
2. Add mango puree (you can add other fruit of your choice) to the bowl and whisk it properly.
3. Take glass and fill it with above mixture upto 50% level.
4. Take a baking tray and fill it with water. Put this glass on the tray and bake it for 10 to 15 min at 180 degree. Water is added to tray so that glass does not break in oven due to high temperature.
5. Take the glass out of oven and allow it to cool down to room temperature.
6. Once it is at room temperature, refrigerate the baked yogurt for 30 min to allow it to set properly.
7. Baked yogurt is ready.

For Decoration:

1. Take whipped cream and add some icing sugar and whip it for few minutes with beater.
2. Take the whipped cream in a piping bag and add to yogurt glass to make a separate visible layer in serving glass
3. Add muesli (you can add honey or chocolate) to make another layer.
4. Make another layer of whipped cream on top of muesli layer.
5. Add some chopped mangoes on whipped cream layer.
6. For garnishing add caramelized dry fruits on top layer.
7. You can add whipped cream on top if required.
8. Refrigerate the serving glass and serve chilled.



Acupressure

Health is not merely the absence of disease. Rather it is a state of physical, mental and social well being. When you are really a healthy you don't feel your body. All ancient medical sciences and techniques have this idea at the core of their approach.

Acupressure is one of such ancient alternative medicine technique. It is based on the concept of life energy which flows through "meridians" in the body. In treatment, physical pressure is applied to various points of the body with the aim of clearing blockages in these meridians. Pressure may be applied by hand or with various devices. It is originated in India and then was taken to China where it found its place. In the recent times, this technique has become very popular when allopathy and other techniques have failed to cure certain diseases.

All our internal organs mirrors in our hand and foot in the form of various points. When any part of the body gets diseased, it impacts related points of the body. This causes pain in those points. Pressing such points in a certain scientific way produce electro-magnetic waves. These waves travels to respective organs and parts of the body, cure the disease. This the basic concept behind Acupressure technique. Even if body has no disease, practicing this technique regularly maintains the energy balance of respective organs of the body and keep them healthy.

There are many benefits in adopting Acupressure technique to remain healthy or to cure diseases. Just to name a few:

1. It's very simple to understand and practice.
2. It is not expensive. Common man can easily afford it.
3. It does not have any side effect.
4. Person himself/herself can use it without any help from other person.

Acupressure has been a proven technique to heal certain physical problems such as BP, headache, bronchitis, asthma, gastric acidity, ulcer, constipation, migraine, vertigo, irritable bowel syndrome, gastro oesophageal reflex disease, disc prolapse, complications due to chemotherapy, menopause, excessive bleeding and many more. Likewise, to cure many mental illnesses such as depression, anger, fear and worries. This is an ultimate therapy for soul and body that provides natural treatment to the patients.

Let me give you few easy acupressure tips for some common ailments. You can practice these yourselves regularly and get rid of those ailments.

1. In case of headache or other problems related to head and brain, just press on the top of thumb for 1-2 minutes.
2. For knee pain just massage the middle joints of both middle and ring fingers daily for few minutes.
3. Massage on all fingers for body pain and joints pain.
4. For back pain massage on sides of feet.
5. For diabetes, apply pressure on pancreas correspondence point in palm near thumb.
6. To reduce gas, press between thumb and index finger in both hands.



Bhargavi Trivedi
Acupressure Therapist
-Ahmedabad



JUICE

cure

Mrs. Hina Gautam

COLD

Carrot, Pineapple, Ginger, Garlic

DEPRESSION

Carrot, Apple, Spinach, Beet

HEADACHE

Apple, Cucumber, Kale, Ginger, Celery

DIABETES

Carrot, Spinach, Celery

ULCER

Cabbage, Carrot, Celery

ASTHMA

Carrot, Spinach, Apple, Garlic, Lemon

HIGH B.P.

Beet, Apple, Celery, Cucumber, Ginger

ARTHRITIS

Carrot, Celery, Pineapple, Lemon

KIDNEY DETOX

Carrot, Watermelon, Cucumber, Cilantro

KIDNEY STONE

Orange, Apple, Watermelon, Lemon

EYES

Carrot, Celery

STRESS

Banana, Strawberry, Pear

CONSTIPATION

Carrot, Apple, Fresh Cabbage

FATIGUE

Carrot, Beet, Green Apple, Lemon, Spinach

HANGOVER

Apple, Carrot, Beet, Lemon

MEMORY LOSS

Pomegranate, Beets, Grapes

NERVOUSNESS

Carrot, Celery, Pomegranate

INDIGESTION

Pineapple, carrot, Lemon, Mint



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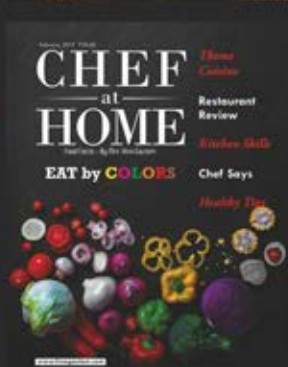
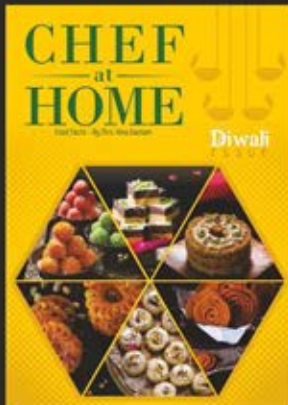
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