

CHEF — at — HOME

Food Facts – By Mrs. Hina Gautam

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April 2021 • 18th Issue

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- Soya Chunk & Besan for Diabetes
- Kodri Green Upma
- Patra & Methi Khandvi
- Miracle Fruit Jamun for Diabetes
- Freedom from Diabetes by Dr. Pramod Tripathi

CHEF — at — HOMIE

Food Facts – By Mrs. Hina Gautam

Founder & Editor

Mrs. Hina Gautam

Art & Design

The Ground Realities

Recipe Assistant

Gita Khuman

Photography

Harsh Chaudhary

Styling

Arohi Brahmhatt

Digital Marketing Analyst

Harsh Chaudhary

For Further Information Contact

Just Cook

20, Haveli Bungalows,

Opp. Drive in Cinema,

Drive in Road, Bodakdev,

Ahmedabad - 380054

T : 70692 62794

www.hinagautam.com





Hello all readers,




Hope all of you are well and safe from COVID! We all are facing pandemic issue and now know the value of healthy and immune body.

This issue is for awareness and management of Diabetes. One in six people with diabetes in the world is from India. In addition to people with diabetes, the country also has a huge burden of prediabetics. If we target them with information on the right lifestyle options to keep blood sugar under control, we can prevent at least a third of people from developing diabetes.

We have tried to guide our readers with good information and food recipes for diabetes. Hope it would be helpful to all who suffer from this lifestyle disorders.

Hina Gautam

Mrs. Hina Gautam

 mrshinagautam
 hinagautam
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Surprising Facts about Diabetes



1. You can have Diabetes n not know it. Frequent Urination, Unusual Thirst, Extreme Fatigue, Extreme Hunger, Frequent Infections / Tingling / Numbness in the Hands or Feet.
2. Uncontrolled Diabetes can a. ect every aspect of your Health.
 - Dental n Digestive Health
 - Skin health: High Blood Sugar Levels maylead to Infections, Itching n Dryness
 - Vision: Diabetes can lead to Partial or Total Vision Loss
3. Diabetes is a significant Risk Factor for Heart Disease n stroke because it may raise Blood Cholesterol Levels.
4. Stress can increase your Blood Sugar Levels.
5. Diabetes can be managed n Pre Diabetes can be stopped, if caught early n treated with relatively simple measures.
6. Scientists believe that Diabetic people are exposed to a Virus. Their own Immune System then begins to attack their Pancreas.

7. Foods low on the Glycemic index, meaning they don't cause sudden blood sugar spikes are a good bet for Diabetes Diets. One winner : Legumes. Beans, Lentils or Chickpeas per day helped Lower Blood Sugar n Reduce Heart Risk.
8. Just because you're diagnosed with Diabetes doesn't mean you can never have a slice of Cake or Scoop of Ice Cream again. Keep your portions small n substitute sweets with healthy options.
9. About 10% of people with Type 2 Diabetes have a condition called latent autoimmune diabetes or Double Diabetes. They have signs of both types n will eventually have to take Insulin.
10. People with Diabetes feel Angry, Depressed or Anxious. After all, it can be stressful to test your Blood Glucose several times a Day, monitor what you eat n take Insulin Shots.
11. Diabetes is one of the leading causes of Deaths in the World.
12. Thirty minutes of Physical activity n a Healthy Diet can drastically reduce the Risk of developing Type 2 Diabetes.
13. India has the World's highest Diabetes population (35 million people). By 2025, it will shoot to 70 million. Every Fifth Diabetic in the World would be Indian.
14. Individuals with an "Apple" Body shape are at greater risk for Diabetes than "Pear" Body shapes.
15. Overweight Individuals are more prone to develop Diabetes because more Fat requires more Insulin.
16. Smoking can Increase Diabetes Risk by constricting Blood Vessels, Raising Blood Pressure. Thus, promoting Insulin Resistance.
17. In women, Diabetes impacts Estrogen Levels, Menstrual, Ovulation Cycles n Sexual Desires.

Apple Cinnamon Shake

Ingredients

- Apple - 1 (peeled and chopped)
- Almond milk - 2 cups
- Cinnamon powder - ½ tsp
- Ice to serve (optional)

Method

1. Blend apple in a blender using little almond milk
2. Add cinnamon powder and almond milk. Blend again.
3. Pour in 2 glasses and top with ice (optional) to serve.



Green Juice

Ingredients

- Cucumber – half (peeled and chopped)
- Coriander leaves - 2 tbsp (chopped)
- Green apple – ½ (peeled and diced)
- Ginger - a small piece
- Lemon juice – ½ tsp
- Mint leaves - few

Method

1. Blend everything with a glass of water to make green juice.
2. Serve sieved or as it is immediately.



Veg Clear Soup



Ingredients

- Cauliflower – ¼ cup (finely chopped)
- Carrot – ¼ cup (finely chopped)
- Cabbage – ¼ cup (finely chopped)
- Capsicum – ¼ cup (finely chopped)
- Tomatoes – ¼ cup (finely chopped)
- Olive oil - 1 tsp
- Garlic – 2 tsp (finely chopped)
- Ginger - 1 tsp (finely chopped)
- Green chillies - 1 tsp (finely chopped)
- Salt to taste
- Fresh mint leaves – 2 tbsp (finely chopped)
- Coriander leaves – 2 tbsp (finely chopped)
- Lemon juice - 2 tsp

Method

1. Heat the oil in a wok or a deep non-stick pan, add the garlic, ginger and green chillies and saute on medium flame for a few seconds.
2. Add all the vegetables and saute on a medium flame for 2 minutes.
3. Now add 3 cups of hot water, salt and pepper, mix well and cook on a medium flame for 3-4 minutes, while stirring occasionally.
4. Remove from the flame, add the mint leaves, coriander and lemon juice and mix well.
5. Serve the mixed vegetable clear soup hot.

10 Easy Ways to Lower Blood Sugar Levels Naturally

High blood sugar occurs when your body doesn't make enough or effectively use Insulin. Here are some easy ways to Lower your Blood Sugar Levels Naturally:

1. Exercise Regularly

Increased Insulin sensitivity means your cells are better able to use the Available Sugar in your Bloodstream. Exercise includes weightlifting, brisk walking, running, biking, dancing, hiking, swimming, etc.

2. Manage your Carb intake

Your body breaks Carbs down into

Sugars. And then insulin helps your body use & store sugar for energy. When you eat too many Carbs or have Insulin-function problems, this process fails & Blood Glucose Levels can rise. A Low Carb Diet helps reduce Blood Sugar Levels & prevent Blood Sugar spikes.

3. Increase your Fiber intake

Fiber slows Carb Digestion & Sugar absorption. For these reasons, it promotes a more gradual rise in Blood Sugar Levels. Foods High in Fibre: Vegetables, Nuts, Fruits, Legumes & Whole Grains.



4. Drink Water & stay Hydrated

Drinking enough Water may help you keep your Blood Sugar Levels within Healthy limits. In addition to preventing Dehydration, it helps your Kidneys flush out the excess Sugar through urine.

5. Implement Portion control

Portion control helps regulate Calorie intake & can help maintain a moderate Weight.

Here are some helpful tips for managing portion sizes:

- Measure & Weigh portions.
- Use smaller plates.
- Avoid all-you-can-eat restaurants.
- Read Food Labels & check the Serving sizes.
- Keep a Food Journal.
- Eat slowly.

6. Choose Foods with a Low Glycemic Index

The Glycemic Index measures how we absorb or digest foods, which affects the rate at which Blood Sugar Levels rise. Foods with a Low Glycemic Index include: Barley, Yogurt, Oats, Beans, Lentils, Legumes, Wheat Pasta, etc.

7. Manage Stress Levels

Hormones such as Glucagon & Cortisol are secreted during stress. These hormones cause Blood Sugar Levels to go up. Exercises & Relaxation like Yoga & Mindfulness-Based stress reduction may also help.

8. Get enough Quality Sleep

Poor Sleeping Habits & a Lack of Rest can also affect Blood Sugar Levels & Insulin Sensitivity. They can increase

Appetite & promote Weight Gain.

9. Try apple cider vinegar

Studies show that Vinegar significantly influences your Body's response to Sugars & can help Improve Insulin Sensitivity.

10. Eat Fenugreek Seeds

Fenugreek Seeds are a great source of Soluble Fiber, which can help manage Blood Sugar Levels. Studies have shown that Fenugreek can effectively Lower Blood Sugar in people with Diabetes.

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Kodo Millet Paniyaram

Ingredients

- Kodo millet - 1cup
- Udad dal – ¼ cup
- Methi seeds – ½ tsp
- Onion – ½ cup (finely chopped)
- Ginger – 1 tsp (finely chopped)
- Chilli - 1 tsp (finely chopped)
- Carrots – ½ cup (grated)
- Salt to taste
- Oil - 1 tbsp
- Mustard seeds – ½ tsp
- Hing - a pinch
- Curry Leaves - few

Method

1. Soak kodo millet for 5 hours. Separately soak udad dal with methi seeds for 5 hours. Drain and grind separately to make a smooth batter. Mix both.
2. Allow to ferment overnight. Add salt.
3. Heat oil, add mustard seeds, curry leaves and hing. Saute for a while.
4. Add ginger chilli and onion and stir for 3 minutes. Add this to the batter and mix well.
5. Pour batter in a greased paniyaram pan. Top all paniyaram with grated carrot. Cover and cook well on both the sides till light brown and crispy.
6. Serve with sambhar.





Kodri Green Upma

Ingredients

- Kodri - 1 cup (cooked)
- Ginger chilli - 1 tsp each (chopped)
- Coriander leaves – ½ cup (chopped)
- Mint leaves - 2 tbsp (chopped)
- Jeera – ½ tsp
- Fresh coconut - 2 tbsp (grated)
- Lemon juice - 1 tsp
- Green peas – ½ cup (boiled)
- Capsicum – ¼ cup (chopped)
- Onion - 2 tbsp (chopped)
- Salt to taste
- Oil - 2 tsp

Method

1. Grind coconut, coriander, ginger, chilli, mint, jeera, salt, lemon juice with little water to make green chutney.
2. Heat oil, add onion. Saute for a while. Add capsicum, boiled green peas and green chutney. Saute for a minute.
3. Add cooked kodri and salt. Mix well.
4. Serve hot.

Little Millet Idli

Ingredients

- Little millet - 1 cup
- Udad dal – ¼ cup
- Methi seeds – ½ tsp
- Sabudana – ¼ cup
- Salt to taste
- Coriander leaves – ½ cup (finely chopped)

Method

1. Wash and soak separately little millet, sabudana, udad dal with methi seeds in water for 5 hours in a bowl. Drain and grind each separately to make a smooth batter. Mix it well.
2. Let it ferment overnight. Now add salt to taste and coriander leaves. Mix well.
3. Pour batter in greased idli plates and steam for 10 minutes.
4. Take out idli plates from steamer and rest for 2 minutes. Gently remove idli from the mould and serve with chutney.



Miracle Fruit for Diabetes – Jamun



Black plum or jamun is a powerhouse of health benefits. If you have Diabetes, then Jamun is all that Goodness your Body needs! Jamun is tagged as "Fruit of Gods". A Fruit on which God Ram survived 14 Years in Forest.

Health Benefits of Jamun for Diabetics:

1. Jamun (Black plum) is known for bringing Blood Sugar Levels under control.
2. The Fruit carries no Sucrose which helps in bringing down Sugar Levels in Blood & Urine.
3. But that's just the Benefits of the Pulp of Jamun. Its Seeds can do much more for Diabetics. Jamboline in Seed of Jamun helps in converting

Starch into Sugar which helps in controlling Blood Sugar Level.

4. It increases Insulin activity & Sensitivity.
5. Regular consumption of this fruit from a young age, even when you are not affected with Diabetes, can help in Prevention from the onset of Diabetes.

Here's how you can incorporate Jamun in your Diet:

- To begin with, you can have Jamun Juice for Breakfast.
 - For Mid-Meal Snacking, just pick two of them & that's all you need.
 - Prepare Jamun Pancakes by adding its Pulp to Wheat-Flour.
 - You could also prepare flavored Yogurt with the same.
 - Jamun Milkshakes are just yummy!
6. You can also prepare Jamun Smoothies & Ice-cream of the same. It is good to get your kids to eat Jamun from an early age so they are protected against the onset of Diabetes.

Pumpkin Guvar Subzi

Ingredients

- Chopped guvar - 1 cup
- Pumpkin - 1 cup (peeled, chopped)
- Grated garlic - 1 tsp
- Red chilli powder - 1 tsp
- Turmeric powder - ¼ tsp
- Coriander powder - 1 tsp
- Asafoetida - a pinch
- Ajwain - ½ tsp
- Salt to taste
- Coriander leaves - 1 tsp (chopped)

Method

1. In a non-stick kadai, heat oil and add ajwain when it crackles add asafoetida.
2. Add garlic and saute. Add guvar & little water and cook it for 3-4 minutes.
3. Add pumpkin and cook it for another 4-5 minutes with water.
4. Add all dry spices, salt and mix well.
5. Garnish with coriander leaves. Serve hot.



Pesarattu

Ingredients

- Whole moong - 1 cup
- Ginger - 1 tsp (grated)
- Green chilli - 1 tsp (chopped)
- Jeera - ½ tsp
- Onion - ½ cup (chopped)
- Besan - 2 tbsp
- Salt to taste
- Ghee - 2 tbsp

Method

1. Wash and soak moong for 6 hours. Drain water. Grind soaked moong with add onion, chilli, ginger, jeera to make a thick, slightly coarse batter.
2. Add besan and salt to taste.
3. Heat a thick dosa tawa and pour some batter on it. Spread it to a medium thick layer.
4. Pour little ghee around edges and cook till crispy on both the sides.
5. Serve hot with tomato coconut chutney.





Khandvi

Ingredients

- Besan - 1 cup
- Butter milk – 2 ½ cups
- Turmeric – 1 pinch
- Salt to taste
- Hing - 1 pinch
- Oil - 1 tbsp
- Rai - 1 tsp
- Sesame seeds - 2 tsp
- Coriander leaves - 2 tbsp (chopped)
- Coconut - 1 tbsp (grated)

Method

1. In a bowl mix besan, butter milk, salt and turmeric. Whisk well to make a thin batter.
2. Sieve the batter to remove any lumps
3. Pour the batter in a pan and cook till dripping consistency. Stir continuously with whisk to avoid lumps.
4. Pour the batter on a clean kitchen platform surface and spread with spatula to a thin layer. Wait for 5 minutes. Cut in to long stripes. And make khandvi rolls.
5. Arrange these rolls on a plate. For tempering, heat oil and add rai, sesame seeds, hing, red chilli powder. Pour this on khandvi rolls.
6. Garnish with coriander leaves and coconut to serve.

Hummus

Ingredients

- Chickpeas - 1 cup (soaked and boiled)
- Garlic - 2 cloves (chopped)
- Tahini - 1 tbsp
- Lemon juice - 2 tsp
- Salt to taste
- Olive oil - ¼ cup
- Chilli powder - ¼ tsp
- Salad sticks to serve

Method

1. Combine chickpeas, garlic, tahini, olive oil, salt and little water in a grinder jar and blend till smooth.
2. Transfer the mixture in a bowl, whisk well. Pour it in a serving bowl, drizzle olive oil and sprinkle red chilli powder.
3. Serve with salad sticks.





Methi Khandvi

Ingredients

- Gram flour (besan) - 1 cup
- Buttermilk - 3 cup
- Turmeric powder - ½ tsp
- Methi leaves and green chili paste - ½ cup
- Salt to taste.
- For garnish and tempering
- Oil - 3 tbsp
- Mustard seeds - 1 tsp
- Fried methi leaves - 3 tbsp
- Methi sambhar (pickle masala) - ½ tsp

Method

1. Mix all the above ingredients well to make a smooth paste. There should be no lumps.
2. Heat the mixture and stir it continuously.
3. When very thick, taste by spreading a little paste on a plate. If after about 1 minute the mixture can be rolled and lifted, it is ready for spreading.
4. When ready, spread the mixture thinly on any working surface with the help of a spatula.
5. Cool and cut in about 50mm strips.
6. Roll the strips (like pinwheel) and arrange it on a plate.
7. Heat oil in a vessel for tempering and add mustard seeds.
8. When the seeds start popping, pour it over the rolls.
9. Garnish it with fried methi leaves and sprinkle little sambhar masala.
10. Serve with green chutney.

Karela & Insulin does the same work

If there's one vegetable that most people avoid because of its taste, it has to be bitter melon or bitter melon, also known as 'Karela' in India. But don't judge a book by its cover – this bitter vegetable has been used in traditional medicine to deal with a wide variety of health problems, including diabetes. Bitter Gourd contains an Insulin-like compound called Polypeptide-p or p-Insulin which has been shown to control Diabetes naturally.

Here's Why Bitter Gourd Juice Works For Diabetics:

✓ Karela Juice is an excellent Beverage for Diabetics. Bitter Gourd helps regulate the Blood Sugar Level in your Body. Bangalore-based Nutritionist Dr. Anju Sood explains, "Karela Juice makes your Insulin active. When your Insulin is active, your Sugar would be used adequately & not convert into Fat, which would eventually help in Weight Loss too"

✓ It needs to be understood that nothing can substitute the importance of prescribed medicine & medical assistance. However, one can do a lot at Homefront to manage their Diabetes well. Drinking a Glass of Bitter Gourd Juice could be one of them.

✓ Including Karela in different forms,



everyday in your Diet has shown even reductions in dosage of Medicines in Diabetics. There are many ways to Incorporate Bitter Gourd in your Diet! Karela Juice, Karela Vegetable sauteed with some Spices(eaten with Roti/Rice), Karela incorporated in Salads, in Fillings, etc. Truth is Always Bitter n so is Karela for Diabetics! It creates Magic. High blood sugar occurs when your body doesn't make enough or effectively use Insulin.

Here are some easy ways to Lower your Blood Sugar Levels Naturally:

1. Exercise Regularly

Increased Insulin sensitivity means your cells are better able to use the Available Sugar in your Bloodstream. Exercise includes weightlifting, brisk walking, running, biking, dancing, hiking, swimming, etc.

2. Manage your Carb intake

Your body breaks Carbs down into Sugars. And then insulin helps your body use & store sugar for energy

When you eat too many Carbs or have Insulin-function problems, this process fails & Blood Glucose Levels can rise. A Low Carb Diet helps reduce Blood Sugar Levels & prevent Blood Sugar spikes.

3. Increase your Fiber intake

Fiber slows Carb Digestion & Sugar absorption. For these reasons, it promotes a more gradual rise in Blood Sugar Levels. Foods High in Fibre: Vegetables, Nuts, F r u i t s , Legumes & Whole Grains.

4. Drink Water & stay Hydrated

Drinking enough Water may help you keep your Blood Sugar Levels within Healthy limits. In addition to preventing Dehydration, it helps your Kidneys flush out the excess Sugar through urine.

5. Implement Portion control

Portion control helps regulate Calorie intake & can help maintain a moderate Weight.

Here are some helpful tips for managing portion sizes:

- Measure & Weigh portions
- Use smaller plates
- Avoid all-you-can-eat restaurants
- Read Food Labels & check the Serving sizes
- Keep a Food Journal
- Eat slowly

6. Choose Foods with a Low Glycemic Index

The Glycemic Index measures how we absorb or digest foods, which affects the rate at which Blood Sugar Levels

rise. Foods with a Low Glycemic Index include: Barley, Yogurt, Oats, Beans, Lentils, Legumes, Wheat Pasta, etc.

7. Manage Stress Levels

Hormones such as Glucagon & Cortisol are secreted during stress. These hormones cause Blood Sugar Levels to go up. Exercises & Relaxation like Yoga & Mindfulness-Based stress reduction may also help.

8. Get enough Quality Sleep

Poor Sleeping Habits & a Lack of Rest can also affect Blood Sugar Levels & Insulin Sensitivity. They can increase Appetite & promote Weight Gain.

9. Try apple cider vinegar

Studies show that Vinegar significantly influences your Body's response to Sugars & can help Improve Insulin Sensitivity.

10. Eat Fenugreek Seeds

Fenugreek Seeds are a great source of Soluble Fiber, which can help manage Blood Sugar Levels. Studies have shown that Fenugreek can effectively Lower Blood Sugar in people with Diabetes.



Patra

Ingredients

- Patra leaf - 10 big
- Besan - 2 c
- Ginger chilli paste - 2 tsp
- Imli water - 1 tbsp
- Oil - 2 tbsp
- Rai - 1 tsp
- Til - 1 tbsp
- Hing - pinch of
- Soda - pinch of
- Salt to taste
- Grated coconut - 2 tbsp
- Coriander - 2 tbsp (chopped)

Method

1. Take a bowl, add besan, ginger chilli paste, hing, imli water, pinch of soda, salt and little water to make a thick paste.
2. Wash and clean patra leaves on both the sides, remove thick veins with knife. Now spread besan paste on greener side and place on other leaf over it.
3. Again spread besan paste evenly over the leaf. Now fold leaves from both the sides and roll it a tightly from one end to other end.
4. Finally secure the other end using besan paste and keep aside. Prepare all rolls same way.
5. Now steam these rolls for 20 minutes.
6. Turn off the heat. Let it cool for 10 minutes. Now cut each roll into thick slices and keep aside.
7. Heat oil in nonstick pan. Temper with mustard seeds, til, hing and add patra slices, toss gently and heat for 2 minutes. Garnish with coconut, coriander and lemon slice to serve.

Oats Khichdi

Ingredients

- Oats - 1 cup
- Yellow moong dal – ½ cup
- Ginger chilli - 1 tsp each (chopped)
- Onion – ½ cup (chopped)
- Tomato – ½ cup (chopped)
- Carrot – ¼ cup (chopped)
- Green peas – ½ cup
- Turmeric – ½ tsp
- Hing - a pinch
- Salt to taste
- Ghee - 1 tsp

Method

1. Wash and soak moong dal for 5 minutes.
2. Heat ghee in a pressure cooker, add cumin seeds and hing. When they sizzle, add curry leaves and ginger. Saute till it turns aromatic.
3. Add chopped onions, green chilli and saute till they change colour. Add tomatoes and fry till they turn soft and mushy. Add carrot and peas, saute for about 2 to 3 minutes.
4. Drain the water from moong dal and add along with turmeric. Saute for about 2 to 3 minutes. Add 1 cup of oats, salt and stir well for about 2 minutes.
5. Pressure cook for two whistles in 4 cups of water.
6. Serve oats khichdi warm after garnishing with some coriander leaves with raita.



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Multy Grain Methi Mathri

Ingredients

- Bajra flour – ¼ cup
- Juvar flour – ¼ cup
- Rajagara flour – ¼ cup
- Besan – ¼ cup
- Wheat flour – ¼ cup
- Oil to fry
- Salt to taste
- Ajwain - 1 tsp
- Red chilli powder - 1 tsp
- Dry ginger powder – ¼ tsp
- Baking soda – ¼ tsp
- Kasuri methi - 2 tbsp

Method

1. Mix all dry ingredients in a bowl, add 2 tbsp of oil and make stiff dough with water. And give rest for 30 minutes.
2. Divide the dough, roll, and cut squares, deep fry in hot oil.
3. Let it cool to store and use.

Mexican Tart

Ingredients

- Tart shells
- Boiled red beans - 1/4 cup
- Boiled sweet corn - 1/4 cup
- Chopped capsicum - 1/4 cup
- Chopped spring onion - 1/4 cup
- Salsa - 1/2 cup
- Salt, Oregano, Chilli flax to taste
- Olive oil - 1 tbsp

Method

1. Mix all ingredients in a bowl except Tart shell.
2. Fill Tasty shell with this mix to serve as starter.



Pesto Chickpeas Salad

Ingredients

- Boiled chickpeas - 1 cup
- Cucumber - 1 cup (diced)
- Onion – ½ cup (diced)
- Tomato – ½ cup (diced)
- Basil - 1 cup
- Garlic - 2 cloves
- Olive oil - 2 tbsp
- Walnuts - 3
- Salt and pepper to taste

Method

1. Blend basil, garlic, salt, pepper, olive oil and walnuts with little water to make pesto.
2. In a bowl mix boiled chickpeas, onion, tomatoes, cucumber and pesto.
3. Serve.



Reversing Diabetes

It seems counterintuitive that a country that gave birth to Ayurveda, Yoga, and vegetarianism should be plagued by one of the worst lifestyle diseases of the 21st Century: Diabetes! But the numbers don't lie. With more than 70 million diabetics, India has earned the dubious sobriquet of **Diabetes Capital of the World**.

Worse, one in five diabetics aren't even aware they have diabetes!

Even worse. They are constantly told that diabetes is irreversible! This is simply not true. And we, at FFD, have proven this thousands of times over. With more than 7500 successful reversals and tens of thousands more at various stages of reversal. FFD is helping diabetics worldwide re-experience the sweetness of life. Their stories can be read and watched on our website and social media channels.

Defining Reversal

At its most basic, reversal is simply the opposite of the usual diabetes progression. So, instead of an increase in medicine, reversal decreases and ultimately stops medicines. From fat gain, reversal brings muscle gain, fitness levels improve, energy levels rise, and there is a general all-round improvement, i.e. physical, emotional, and mental.

How does this happen? FFD's reversal program takes the participant through

the 5 phases of reversal, viz: Adjustment, Acceleration, Inner Transformation, Athletic Identity, and finally, Independence. This journey is driven by FFD's four protocols of diet, exercise, medical, and internal transformation.

The Reversal Journey

The diet protocol which takes place in Phase 1, introduces the participant to a healthy plant-based diet that helps reduce acidity and inflammation in the body. It also improves micro-nutrition, reduces fat and above all blood sugar levels. Phase 2 accelerates the process, introduces concepts like juice feasting and intermittent fasting. These help in detoxification, repair and rehydration. It also speeds up fat loss. Phases 3 & 4 puts the focus on exercise. FFD's fitness experts draw up personalized routines that factor in any limitations individual participants may have. The final phase prepares the participant to sustain the reversal they have experienced. This is where our protocol of inner transformation comes into play. Stress is a common and potent trigger for insulin resistance; through a series of mental healing and calming practices, participants are taught how to release stress, achieve mental strength, and experience emotional equilibrium.

The Food Factor

It goes without saying that diet plays a massive role in the reversal process. This

of course means adopting a plant based diet, but vegetarians will be surprised to learn that several items that are traditionally considered healthy are in fact poison to the system. Milk, for instance, is a big contributor to fluctuating BS levels. Just one cup of tea with milk, without sugar, can push up BS readings by up to 100 points! The idea that milk is healthy is a myth. And it is just one of many myths that contribute to the rising number of diabetics worldwide. In fact, Dr. Pramod Tripathi, FFD's founder, in association with Mandira Bedi is soon to release a special series entitled Diabetes Myths Busted, on this very topic.

One of the most powerful recipes in our arsenal is the FFD Green Smoothie. This unique libation blends commonly available ingredients, like leafy greens, herbs, fruit, and anti-diabetic powders to create a powerful drink that no diabetic should be without. The recipe has been shared elsewhere in this issue; it is also freely available on our website and social media channels.

Although most of our participants experience stoppage of medicine in a few weeks, the entire reversal process takes a full year to be sustainable. This is why our flagship program: The Intensive Reversal Program (IRP) is a yearly, online program.

Exercise your right to be fit

Since lifestyle causes diabetes, it only makes sense that lifestyle can also reverse it. But all exercises are just not

equally beneficial—especially for the diabetic. Walking, for instance, although prescribed as a must-do is not at all the best exercise for diabetics. That honour goes to anti-gravity exercises like simple stair-climbing, and movements like the nitric oxide dump—a unique 4-minute routine that is amazingly effective in controlling BS and building muscle mass. This simple routine is available on our Youtube channel along with other exercises you can do.

The good news is that the idea that diabetes can be reversed is gaining traction. We regularly see participants in various stages of diabetes—some suffering for 20-30 years—discover good health and their own Freedom from Diabetes.

About the Author

Dr. Pramod Tripathi, Founder, Freedom from Diabetes is a pioneering voice in diabetes management and reversal. Dr. Pramod has an MBBS with a Diploma in Diabetes Management. He has also earned an Advanced Diploma in Yoga. He is a Practitioner in the Art of Living, Neuro Linguistic Programming, Pranic Healing, Reiki, and Vipassana Meditation, and a Yoga instructor in Diabetes Management. Through his programs, videos and writings, Dr. Pramod Tripathi freely shares information and insights to help diabetics manage and reverse their condition.



Website: www.freedomfromdiabetes.org
Phone: +91 77760 77760



Stunning Green Smoothie Recipe

For 500 ml

- ANY ONE MAJOR GREEN
- ANY TWO MINOR GREENS
- 1/2 cup of ANY ONE FRUIT FROM THE LIST GIVEN BELOW
- Lemon juice - 1 tbsp
- Rock salt - 1/2 tsp
- Cinnamon powder - 1/8 tsp
- Black pepper powder - 1/8 tsp
- Turmeric powder - 1/8 tsp
- 1 Glass water (250 ml)

Put all ingredients in blender with 1/2 cup water and churn for 3 minutes taking a break after every 30 seconds of churning to reduce the heat generated. Blend it into a smooth medium thin liquid. Add enough water to make it 500ml. Drink without straining it. It is really tasty, healthy and refreshing!

List of Major Greens:

(To be used in Rotation)

1.5 cups of any of the following leaves chopped with tender stems only-

- Garden Sorrel /Ambat Chuka / Khatta bhaji
- Safflower/ Kardai
- Amaranth/ Rajgira-Green or Red
- Hemp / Ambadi
- Bathua
- Radish leaves
- Beetroot leaves
- Lettuce
- Spinach/ Palak (To be used twice a week and Hypothyroid & Uric Acid patients to avoid)
- Kale (Hypothyroid patients to avoid)
- Bokchoy (Hypothyroid patients to avoid)

Or Any Locally Available Edible Green Leaf Except Fenugreek (Methi) and Dill leaves (Shepu, Suwa)

List of Minor Greens:

- 10-20 leaves of any of the following-
- Curry leaves/ Kadipatta
- Mint leaves/ Pudina
- Coriander leaves
- Tulsi
- Celery
- Parsley
- Betel leaf / Paan ka patta (1 only)
- OR any other Herbs

List of Fruits Allowed

- Apple
- Guava
- Pear
- Dragon fruit
- Kiwi
- Berries
- Peach (Hypothyroid patients to avoid)

Rajma

Ingredients

- Rajma (kidney beans) - 1 cup (soaked, pressure cooked)
- Onions – ½ cup (finely chopped)
- Tomatoes – ½ cup (finely chopped)
- Tomato puree - 1 cup (fresh)
- Ginger-garlic chilli paste - 1 tbsp
- Red chilli powder - 1 tsp
- Garam masala - 1 tsp
- Oil - 1 tsp
- Ghee - 1 tsp
- Salt to taste

Method

1. In a non stick kadai, add oil and ghee, sauté onions in it.
2. Add tomatoes, saute. Add ginger, garlic, green chilli paste.
3. Add tomato puree & cook it for 5 minutes.
4. Add rajma, garam masala, red chilli powder, salt and water. Mix well and cook it for 30 minutes on low heat.
5. Serve hot.





Veg Adai

Ingredients

- Chana dal – ¼ cup
- Udad dal – ¼ cup
- Moong dal – ¼ cup
- Kodo millet – ½ cup
- Ginger - 1 inch
- Dry red chilli - 4
- Coconut – ¼ cup (grated)
- Hing – ¼ tsp
- Carrot – ½ cup (grated)
- Cabbage – ½ cup (grated)
- Onion – ½ cup (grated)
- Salt to taste
- Curry leaves - few
- Soda – ½ tsp
- Curd - ½ cup
- Oil – 1/2 cup

Method

1. Rinse and soak all dals and kodo millet for 5 hours. Drain and grind to a paste. Add coconut, chillis, ginger and curd. Blend to make a thick batter.
2. Pour it in a bowl. Add hing, salt and soda. Whisk well.
3. Add grated carrot, cabbage and onion. Mix well.
4. Heat a thick shallow fry pan. Grease with good amount of oil and pour batter, cover and cook till crispy on low heat. Flip the side and cook again. It would take around 10 minutes for cooking.
5. Remove from pan and serve with curd.

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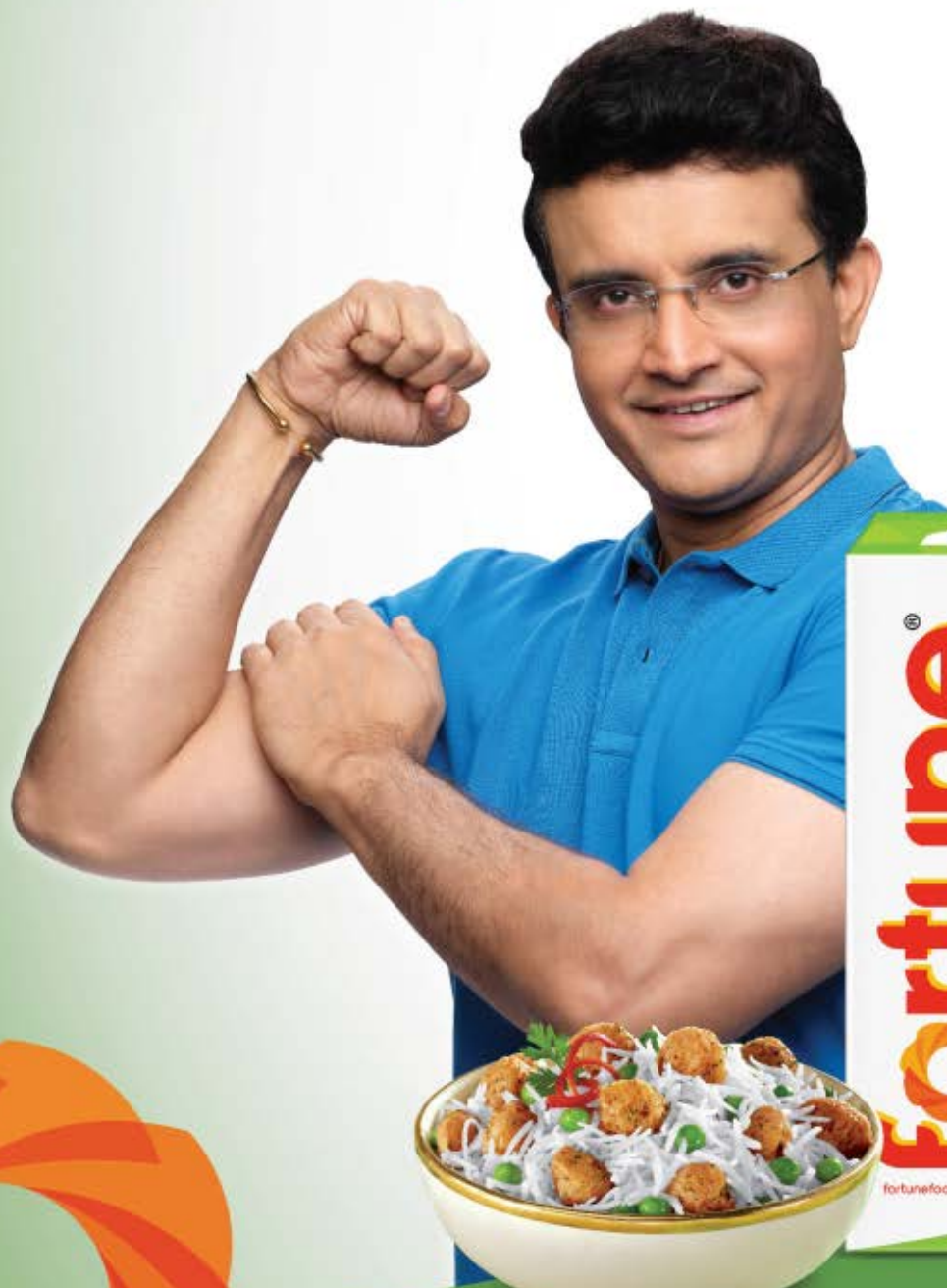
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For a healthy growing nation

15x MORE PROTEIN THAN MILK*

Other benefits of Soya Chunks for diabetic person :

- Extremely rich in fibre, aiding better digestion
- Great source of omega-3 fatty acids
- Rich in iron and boosts blood circulation



100% VEG

Soya: A High Quality Wonder Food

A popular Plant-Based Meat & Dairy Alternative, Soya is the World's most widely cultivated Legume. Having been existing in many forms like, Soya Milk, Sausages, Soya Cheese & Soya Yogurts, etc.



Health Benefits of Soya:

100 grams of Uncooked Soya Chunks has 345 calories with 52 grams of Protein, 0.5 grams Total Fat, 33 grams Carbohydrates & 13 grams Dietary Fibre.

- Full of Polyunsaturated (Good) Fats, Proteins & Omega 3 Fatty Acids.
- Rich in Calcium & Iron, while providing no Extra Sugar or Sodium to the Body.
- Faster Muscle Building & Metabolism.
- Improves Bone, Hair & Skin Health.
- According to a 2015 study, it was found that Soy Chunks can Lower the levels of Bad Cholesterol & also protect Heart from Ailments.
- It acts as a Shield to the excess Fat from accumulating around the Organs, aiding to Weight-Loss.
- Chunks are loaded with Fibre, allowing Food to pass slowly from System, keeping you full for Longer.
- Many Observations & Human clinical

Studies have shown that adding Soy to Diet leads to Lower Diabetes Risk & Improved Insulin Sensitivity, as well as Lower Cardiovascular Disease risk.

- It exerts Anti-Diabetic Effect on Body.
- The isoflavones present in Soy help in not only lowering Cardiovascular disease risk but also keep other Organs like Kidney & Liver away from Danger limit.

How to Incorporate Soya in Diet:

It might sound a little Complicated to add Soy to your regular Diet, out of the blue if you haven't been using it already. But we assure you that it is easy. All you need to do is Replace a few things with Soy & in no time.

- Soy Chunks can be crushed to obtain a powdered form which can be further used in making a Soy Dosa Batter, as a coat for Soy Tikkis & can even be added to your Regular Flour.
- You can make Soya Dosa/Parantha for Breakfast.
- It can also be a part of your main course meal like Soybean Pulao, Soy Chaap or even Soy Biryani.
- Soy is present in a Lot of Forms in the Market like Soy Chunks, Soy Keema, etc., that can be helpful in making lip-smacking Snacks like Soy Fingers, Soy Nuggets & even Soy Chilli Manchurian.
- Substituting Cow Milk with Soya Milk is yet another way you can incorporate it in Diet.

How much to Eat/Drink?

Overeating Soya can even cause Constipation, Nausea, & Increase the frequency of Urination.

Excess of Protein due to an over consumption of Soya can elevate the levels of Uric Acid in your Body, which in turn can: Damage Kidneys & lead to Immense Pain.

"Eating 25 to 30 grams of Soya a day is beneficial & won't Increase the Estrogen Levels in Body. Neither will it increase the Uric Acid Levels in Body"

End Note for Readers:

So, you see, Moderation is the key for this Wonder Food to do its Magic but it is worth every claim of making you Healthy!

Soya Upma

Ingredients

- Soya granules - ½ cup
- Suji - ½ cup
- Green chilies chopped - 2
- Onions finely chopped - ½ cup
- Curry leaves - few
- Coriander chopped - 1 tbsp
- Tomato chopped- ½ cup
- Mustard seeds - ½ tsp
- Chana and urad dal - 1 tsp
- Turmeric powder - ¼ tsp
- Oil - 2 tbsp
- Salt to taste.
- Lemon juice - 1 tsp

Method

1. Dry roast suji in a heavy pan. Now roast granules same way. Heat oil in pan.
2. Add dals and stir for few seconds. Add mustard seeds and cook till it splutters.
3. Add chilies, curry leaves and chopped onion. Stir till onion is tender.
4. Add suji and soya granules. Stir for a minute. Add 2 cups boiling water and salt to taste stir and cook.
5. Add tomatoes, lemon juice and coriander. Mix well and serve hot.





Protein Salad

Ingredients

- Chickpeas - 1 c (boiled)
- Peanuts - 1/2 c (soaked)
- Paneer - 1/2 c (diced)
- Salt to taste
- Red chilli powder to taste
- Chat masala to taste
- Coriander - 1 tbsp (chopped)
- Mint - 1 tbsp (chopped)
- Oil - 1 tsp

Method

Mix everything well, to serve



Sprouts and Spring Onion Tikki

Ingredients

- Moong sprouts - 1 cup (boiled)
- Spring onion – ½ cup (chopped)
- Ginger chilli garlic - 1 tsp each
- Roasted chana powder – ¼ cup
- Salt to taste
- Oil - 1 tbsp

Method

1. Blend the moong sprouts in a mixer to a coarse mixture without using any water.
2. Transfer to a deep bowl and mix in all the remaining ingredients.
3. Divide the mixture into 12 equal portions and roll each portion into a tikki.
4. Heat a non-stick tava (griddle) and grease it with ¼ tsp oil. Cook all the tikkis on it, using 1 tsp of oil, till they turn golden brown in colour from both the sides.
5. Serve immediately with mint and onion chutney.



Stuffed Bajri Paratha

Ingredients

- Paneer -1 c (grated)
- Green chillies -1 tsp (crushed)
- Chaat masala - 1/2 tsp
- Salt to taste
- Coriander - 2 tbsp (chopped)
- Bajri flour - 1 c
- Ghee - 1 tbsp

Method

1. Mix paneer, salt, chilli, coriander, salt, chaat masala.
2. Make a soft dough of bajri flour with water n little salt.
3. Make a round roti with fingers from dough, put stuffing to it, cover with another roti, seal edges.
4. Roast on hot tawa with little Ghee. Cut and serve.

Diabetes Food List

Best & Worst Choices

Your food choices matter a lot when you've got diabetes. Some are better than others. Nothing is completely off-limits. You mainly must stick to the "best" options!



Starch

Your body needs Carbs! But you want to choose wisely.

Best Choice:

- Whole grains (Brown Rice, Oatmeal, Quinoa, Millet)
- Baked Sweet Potato
- Items made with whole grains and very little added Sugar

Worst Choice:

- Processed Grains (White Rice or White Flour)
- Cereals with little Whole Grains & lots of Sugar
- White Bread
- French Fries

- Fried White-Flour Tortillas

Vegetables

Best Choice:

- Fresh Veggies (Raw, Steamed, Roasted, grilled)
- Plain Frozen Vegetables
- Greens such as Kale, Spinach. Iceberg Lettuce is not as great because it's low in Nutrients.
- Low Sodium or unsalted Canned Vegetables

Worst Choice:

- Canned Vegetables with lots of added Sodium
- Veggies cooked with Lots of added Butter, Cheese or Sauce

- Pickles, if you need to limit sodium. Otherwise, pickles are OK.

Fruits

They give you Carbohydrates, Vitamins, Minerals & Fiber. Most are naturally low in Fat & Sodium. But they tend to have more Carbs than Vegetables do.

Best Choice:

- Fresh Fruit
- Plain Frozen Fruit
- Sugar-free or Low-Sugar Jam

Worst Choice:

- Canned Fruit with Heavy Sugar Syrup
- Chewy Fruit Rolls
- Regular Jam & Jelly
- Fruit Punch, Fruit Drinks

Dairy

Keep it low in fat! If you want to splurge, keep your portion small.

Best Choice:

- 1% or skim milk
- Low-Fat Yogurt
- Low-Fat Cottage Cheese
- Low-Fat Sour Cream

Worst Choice:

- Whole Milk
- Regular Yogurt
- Regular Cottage Cheese
- Regular Sour Cream
- Regular ice cream

Fats, Oils & Sweets

They're tough to resist!

Best Choice:

- Nuts, Seeds, Avocados
- Foods that give you omega-3 fatty acids (Salmon & Tuna)
- Plant-based Oils (Canola, Grapeseed,

or Olive Oil)

Worst Choice:

- Trans fat. It's bad for your heart! Check the ingredient list for anything that's "partially hydrogenated"
- Coconut oil & Palm Oil.

Drinks

When you down a favorite drink, you get more Calories, Sugar, Salt & Fat than you bargained for.

Best Choice:

- Unflavored Water or Flavored Sparkling Water
- Unsweetened Tea with slice of Lemon
- Light Beer, Wine or Non-Fruity Mixed Drinks
- Black Coffee

Worst Choice:

- Regular Sodas
- Regular Beer & Fruity Mixed Drinks
- Sweetened Tea
- Coffee with Sugar & Cream
- Flavored Coffees & Chocolate Drinks
- Energy Drinks

Green Muthiya



Ingredients

- Chopped spinach and Radish leaves - 1 cup
- Chopped spring onion leaves - 1 cup
- Chopped methi leaves - 1 cup
- Green garlic leaves (optional) - ½ cup
- Green chili, Ginger & Garlic paste - 1 tsp
- Salt as required
- Sugar - 2 tsp
- Soda bicarbonate - 1 tsp
- Turmeric, Red chili and Hing powder as required
- Sesame seeds - 2 tsp
- Curd - 1 cup
- Wheat flour - 1.5 cup
- Bajra flour - 1 cup
- Besan flour - 1 cup
- Oil - 2 tbsp

Method

1. Mix all the above the ingredients well and make a Dough. Shape them into rolls. Steam rolls for 30 minutes.
2. Take oil in pan add mustard seeds, after it crackles add curry leaves, then add cut pieces of muthiya.
3. Mix well together. Garnish it with coriander and tomato sauce.

Thali Peeth



Ingredients

- Jowar flour – ½ cup
- Gram flour - 2 tbsp
- Bajra flour - 2 tbsp
- Wheat flour – 2 tbsp
- Rice flour - 2 tbsp
- Ginger garlic paste - 1 tsp
- Green chilli - 1 tsp (finely chopped)
- Turmeric powder – ¼ tsp
- Coriander powder – ½ tsp
- Cumin powder – ¼ tsp
- Ajwain – ½ tsp
- Sesame seeds - 1 tsp
- Coriander leaves - 1 tbsp (finely chopped)
- Onion – ¼ cup (finely chopped)
- Salt to taste
- Water to knead dough
- Oil for roasting

Method

1. In a few large mixing bowl take all the flours add ginger garlic paste, green chilli, turmeric, coriander powder, cumin powder, ajwain, sesame seeds, coriander, onion and salt. Mix well.
2. Add water as required and knead a dough.
3. Take a small ball of dough and flatten over butter paper.
4. Peel off the butter paper sheet slowly without breaking your thalipeeth. Smear some oil over the thalipeeth. Cover and cook on both sides on medium flame. Serve hot.

Tofu Veg Bhurji

Ingredients

- Tofu - 100gm (grated)
- Ginger garlic - ½ tsp each (minced)
- Onion - ¼ cup (chopped)
- Tomato - ¼ cup (chopped)
- Capsicum - ¼ cup (chopped)
- Green peas - ½ cup (boiled)
- Turmeric - ¼ tsp
- Red chilli powder - ½ tsp
- Garam masala - ½ tsp
- Chat masala - ¼ tsp
- Jeera - ½ tsp
- Coriander leaves - 1 tbsp (chopped)
- Salt to taste
- Oil - 2 tsp

Method

1. Heat oil. Add jeera, ginger, garlic and Onion, stir for 2 minutes.
2. Add tomato, capsicum, green peas and again stir for 2 minutes.
3. Add all seasonings and grated tofu, cook for 2 minutes.
4. Garnish with coriander, serve hot with roti.



25+ ક્વૉલિટી ટેસ્ટ

કારણ કે તમારો હક્ક છે કે તમને મળે બેસ્ટ

fortune[®]
besan



હાથનો
સ્પર્શ નહીં

Besan: Diabetic-Friendly!

Chickpea Flour/Besan is made from Dry Chickpeas, also known as Garbanzo Beans. Chickpea Flour is popularly used in Indian, Pakistani, Bangladeshi & other Cuisines. It is used as the Batter to make Hot Pakoras in India. In southern France, it is used to make Socca. A Great Gluten-Free substitute for Wheat or All-Purpose Flour, which can also be used to thicken Sauces or Curries.

Besan Nutrition Level:

Chickpeas are High in Protein & Fibre. As well as several Minerals & Vitamin-B, Chickpea flour has the same nutritious qualities. Chickpea flour is Gluten-Free & has lots of Protein & Fibre. A Great choice for Vegans & Vegetarians. With 356 calories per Cup of Flour, there is 21g of Protein, 10g of Fibre, 53g of Carbs & 6g of Fat.

Diabetes:

A chronic Disease that affects an estimated 50 Million People in our country. According to the Diabetes Foundation of India (DFI), this figure is likely to go up to 80 million by 2025, making India the 'Diabetes Capital' of the world. Diabetes requires life-long Management & Control. Certain Lifestyle changes & a strict Diet can help curb further Health Hazards. Diabetes is a condition that cannot be cured completely so it's important to have Healthy Diet.

Diabetics are required to alter their Diet, which means: More Fibre & Proteins to



the Diet & reduce the consumption of Carbohydrates & Sugar to manage Blood Sugar Levels.

Wheat Atta that we get is generally mixed with Refined Flour, which does no good to Diabetics. As a result, Fibre, Vitamins & Minerals become concentrated & highly toxic for Pancreas of a Diabetic, struggling to manage Blood Sugar Levels. It is always Better to use One Grain at a time. And that Grain is Chickpea & it's Flour!

Benefits:

Besan has a lot of Health & Beauty benefits. You will start consuming it every day after reading about its amazing Benefits here!

- Soluble Fibre that not only Reduces Blood Cholesterol Levels but also aids in Slow Absorption of Sugar into the Bloodstream, causing Blood Sugar Levels to Rise slowly.
- Can Reduce the Risk of Coronary Heart Disease, Obesity, Diabetes & even some types of Cancer.
- High Fibre content. The fiber in chickpeas also makes them Heavyweight in terms of helping with Digestion, preventing Constipation & aiding in Weight Loss since they fill you up.
- Having Calcium & Magnesium in an ideal ratio
- High amount of Folate, which is essential for a Healthy Pregnancy.
- Good dose of Energizing Vitamin-B like Vitamin B6 & a decent amount of Heart-healthy Potassium.
- They even contain some of the powerful Antioxidant Mineral, as well as iron & plenty of plant-based Protein.
- Maintain Healthy Blood Pressure Levels & Decrease chances of having Heart Attack/Stroke.
- Chickpeas provide ample amounts of Polyphenols, many of which are potent Antioxidants.
- Besan can absorb the excess Oil

from your Skin & removes all the Pimple-causing Bacteria. It has Antibacterial properties that make it a great product for your Skin.

- Chickpea flour is both a High-Fibre & Protein Good, which helps you feel full & often curbs a food cravings. That can make losing Weight fast in a Healthy way to a realistic Goal.

Diabetic's Best Friend: Chickpea Flour!

Chickpea flour has a form of complex Carbohydrate called Starch that the Body is able to slowly digest & use for energy over time in a much more beneficial way than consuming refined Carbohydrates!

There's a lot of evidence pointing to the fact that High-Fibre Diets are a much more effective Type-2 Diabetes natural cure than Diets Low in Fibre. Legumes in general cause less of a rise in Blood Glucose than foods like Potatoes or any sort of Wheat-based Flour Food.

While Refined Flours can quickly Raise Blood Sugar Levels & lead to "spikes and dips" in Energy. While Chickpea Flour is slower-burning Carbohydrate that doesn't impact Glucose Levels as substantially, which means it has a Lower Glycemic load. Eating more Low-Glycemic Foods is a way to naturally Reverse Diabetes, have more Energy & prevent Sugar cravings.

How To Incorporate: (for Diabetics)

- Besan Cheela
- Chickpea Salad
- Walnut Quinoa with Chickpea
- Chickpeas & Pumpkin Seed Salad

- Besan Bhurji
- Peanuts coated with Besan
- Besan Vegetable Pakoras
- Besan Tortillas
- Oats & Besan Dosa
- Besan Sandwich
- Besan Chakli
- Besan Kadhi
- Sugar-Free Besan Laddoo

It is thus a Magical Key for a person suffering from Diabetes! Even for a normal person, this creates Magical Health Benefits. What are you waiting for? Let's slowly switch from Heavy to Healthy.



Besan Patudi

Ingredients

- Besan flour - 1 cup
- Cumin seeds - 1 tsp
- Red chilli powder - 2 tsp
- Coriander powder - 2 tsp
- Pinch hing - 1
- Turmeric powder - 1 tsp
- As needed salt
- Oil - 1 tsp

Method

1. Heat 1 tbsp of oil in a pan add cumin seeds, hing, red chilli powder, turmeric powder, coriander powder. Stir it for a second.
2. Add 2 cup of water and bring it boil. Add besan flour and salt, stir it well. Close the lid and cook it for 5 minutes.
3. Turn off the heat and spread it on a greased plate.
4. Allow it to cool and cut into a square shape. Your patudi is ready keep aside and serve with kadhi or aachar.

Methi Gota

Ingredients

- Besan - 1 cup
- Methi patta - 1 cup (chopped)
- Ginger chilli - 1 tsp (chopped)
- Ajwain - 1/4 tsp
- Hing - pinch of
- Coriander - 2 tbsp (chopped)
- Salt to taste
- Curd - 1/4 cup
- Soda pinch of
- Oil to fry

Method

1. Take besan in bowl, add everything except soda and methi.
2. Make a batter with water, mix well and keep it aside for 15 minutes to set.
3. Now add chopped and washed methi leaves and soda, whisk the batter for 2 minutes.
4. Deep fry medium size gota in hot oil till crispy. Serve with besan kadhi and chutney.

For Besan Kadhi Chutney

Mix 1 tbsp of besan with 1 glass of water, whisk well. Add salt, turmeric, 1 tbsp of sugar, pinch of citric acid, heat 1 tbsp of oil temper with rai, curry patta, green chilli. Add besan batter in it and cook till it boils and serve with besan gota.



Moong Dal Methi Subzi

Ingredients

- Moong dal - 1/2 c (soaked)
- Methi leaves - 1/2 c (chopped)
- Ginger chilli - 1 tsp (chopped)
- Onion - 2 tbsp (chopped)
- Salt to taste
- Jeera - 1 tsp
- Red chilli powder - 1/2 tsp
- Dhana jeeru powder - 1 tsp
- Garam masala - 1/2 tsp
- Turmeric - 1/4 tsp
- Oil - 2 tbsp

Method

1. Drain water from moong dal, heat 2 tbsp oil, add jeera. Let it splatter. Add ginger chilli and onion, saute for 2 minutes.
2. Add soaked moong dal and all seasoning and stir well.
3. Serve hot with roti or paratha.



Dudhi Chana Dal

Ingredients

- Dudhi - 1
- Chana dal - 1 cup
- Onion - ½ cup (chopped)
- Tomato - ½ cup (chopped)
- Ginger chilli garlic - 1 tsp each
- Red chilli powder - 1 tsp
- Turmeric - ½ tsp
- Garam masala - ½ tsp
- Sambhar masala - 1 tsp
- Kasuri methi - 1 tbsp
- Cumin seeds - 1 tsp
- Mustard seeds - 1 tsp
- Hing - a pinch
- Salt to taste
- Oil - 2 tbsp
- Coriander leaves for garnishing

Method

1. Wash and soak dal for 40-45 min, drain and keep aside.
2. Peel dudhi and cut into cubes.
3. Heat oil in a pressure cooker. Add cumin seeds, mustard seeds, once they pop add hing. Add chopped onion and stir till it becomes golden brown. Add ginger-garlic paste and again sauté it.
4. Add chopped tomatoes, chili powder, turmeric, garam masala, sambhar masala, salt and stir fry until tomato pieces become little bit soft, do not overcook.
5. Now add the drained chana dal, dudhi and 1 cup water. Mix well and pressure cook for 4-5 whistles on medium flame.
6. Allow to cool down and add kasuri methi, chopped coriander leaves, Stir.
7. Serve it with roti or steamed rice along with salad or raita.



Foods to control Low Blood Sugar Level



Diabetes is a tricky Disease to handle. Doctors believe that Low Blood Sugar is more dangerous to the body than High Levels. This is because the Brain, depends upon Glucose to meet its Energy requirements. In the absence of a sufficient Quantity of Glucose, it can suffer a Stroke, Seizure or Permanent Brain Damage.

Best Foods to Boost Sugar are:

1. Granola Bars

Granola bars give an immediate boost in the Blood Sugar Levels. They improve Energy Levels & Increase Blood Sugar.

2. Fresh/Dried Fruits

Apples, pears, bananas, apricots, and oranges are good to eat. Nuts like Almonds, Walnuts, Pistachios & Apricots. They provide Healthy dose of Glucose to the system.

3. Fruit Juice

Fruit juice, especially Pineapple & Grape

Juice are the Best choice as they Spike Sugar Levels, providing Vitamins & required Minerals.

4. Cookies

They provide a Boost of Energy & help you to reach normal Sugar Levels. Choose the ones that are Rich in Oats, nuts & have Fewer amounts of Fats.

5. Candies

These spike up Blood Glucose & bring down the Trembling, Blurred vision. They can be readily broken down in the Body for Energy.

6. Soda

Choose a Non-Diet variety of Soda, if you are facing sudden dips in Blood Sugar Levels. The diet variety has more Chemicals, which won't provide you with the Instant surge in Sugar that you so desperately need.

7. Milk

It is rich in Protein & Calcium, which make it a Healthy choice of Drink to provide you with Sugar pronto. You could add some Sugar if you feel your Energy levels are low.

8. Sugar

If your Blood Sugar has dipped low or if you find no Healthy Snack nearby, chomp down a tablespoon of Sugar or lick Spoonful of Honey.

9. Yoghurt

Eat a Bowl of Yoghurt with Berries/Nuts & watch your Blood Sugar Levels improve.

10. Whole Grain Toast

The whole-grain toast ensures that the Glucose Levels stay stable & the subsequent dips in the Blood Sugar Levels are avoided.

11. Sweet Potatoes

They are rich in Fibre & Antioxidants having a Low Glycemic Index which helps to stabilize Blood Sugar Levels for a long time.

12. Cheddar Cheese

When you feel that your blood glucose levels are dipping, you could have a

slice of Cheddar to improve them.

13. Smoothies

Full of Protein, Vitamins & Fibre as well. Mix some Yoghurt with Milk/Juice, Oats, Nuts & Berries, have Jarful of Healthy goodness that will bring your Glucose Levels to normal.

14. Sugar-Free Peanut Butter

A Healthy dose of Nutrition without a steep Sugar Spike. This is best for those people who are beginning to feel the Symptoms of Low Blood Sugar & aren't yet in Dangerous Territories.



Oats Apple Phirni

Ingredients

- Oats - 1 cup (coarse powder)
- Apple - 1 (grated)
- Skim milk - 2 cups
- Sugar free - 1 sachet

Method

1. Heat milk in a deep non-stick pan and bring it to boil.
2. Add oats, mix well and cook on medium flame for 2 minutes while stirring continuously.
3. Remove from flame, add sugar substitute, mix well and keep aside to cool slightly.
4. Add apple, mix well and refrigerate it for at least 30 minutes.
5. Serve chilled.



Strawberry Yogurt

Ingredients

- Strawberry - 1 cup
- Hung curd - 400 gm
- Milk powder - 1/2 cup
- Muesli & Almond flakes for garnishing

Method

1. Finely chopped or crushed strawberry, mix everything in a big glass bowl and whisk and fold lightly.
2. Garnish with muesli and almond flakes and serve chilled.





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Mrs. Hina Gautam