



Recipe Booklet

Department of Clinical Nutrition & Dietetics

Built for Birthing

WHEAT HARIRA WITH NUTS

Ingredients	
Wheat flour	50 gm
Milk	500 ml
Ghee	15 gms
Almond	25 gm
Pista	25 gm
Sugar	tsp

Method:

1. Roast the wheat flour in ghee on medium flame.
2. Boil the milk and add sugar in it
3. Add this milk while stirring the flour to avoid lumps
4. Garnish with nuts

Total no.of servings - 5

Serving size- 100ml

Serving suggestion : To serve this healthy drink with fresh fruit.

Nutritive value of the recipe per serving:

Energy : 216 K.cal Protein: 6 gms Iron:0.9 mg Calcium: 148 mg Fiber:2.3 gms

Health Benefits of the recipe:

1. This snack gives a perfect blend of energy, protein and calcium
2. Keeps you hydrated.

OATS & BANANA SMOOTHIE

Ingredients	
Almond milk	500ml
Banana	125gms
Oats	75gms
Peanut butter	25gms
Flax meal	25gms
Brewer's yeast	25gm
Honey (or preferred sweetener to taste)	50ml
cinnamon	½ tsp
Nutmeg powder	½ tsp
2 tsp vanilla extract (optional)	2 tsp

Method:

1. Roast the Oats for 1-2 minutes.
2. Mix all ingredients in a blender and blend to desired consistency.
3. Garnish with cinnamon and nutmeg.
4. Freeze the banana and slice it, add crushed ice or refrigerate smoothie for 15 minutes if you want it colder.

Total no.of servings 4

Serving size- 150ml

Nutritive value of the recipe per serving :

Energy :186. K.cal Protein: 7 gms Iron: 1.86 mg Calcium : 116 mg Fiber: 4 gms

Health Benefits of the recipe:

1. This quick snack bite for Moms is a good source of essential fiber, proteins and fats. A tasty prebiotic snack.
2. Good for a mother with lactose intolerance too.

PANJEERI LADDU

Ingredients	
wheat flour	120 gms
semolina	100 gms
makhana	100 gms
Dry coconut	50 gms
Almonds	50gms
sugar	100gms
Ghee	50 gms

Method:

1. Roast all the nuts in 1 tsp of ghee in a pan and grind coarsely - keep aside.
2. In the same pan add 1 tsp of ghee, and roast wheat flour and semolina.
3. Mix both the mixtures after cooling
4. Heat the Jaggery with little water.
5. Mix the jaggery water into the roasted dry fruit powder and wheat flour and make into a laddu.

Total no. of serving 10

Serving size- 1 laddus

Serving suggestion : You may have this laddu along with cup of hot milk

Nutritive value of the recipe per serving

Energy : 104 K.cal Protein: 2.5 gms, Iron: 0.8 mg, Calcium: 13 mg, Fiber: 2.6 gms

Health Benefits of the recipe:

1. A blend of nuts and seeds , rich in healthy fats, protein and fiber.
2. A good source of minerals, especially magnesium..

ENERGY BITES

Ingredients	
Whole rolled oats	200gms
Shredded, unsweetened coconut	60 gms
Sesame seeds	15gms
Ground flaxseed meal	30gms
Honey (can substitute with maple syrup)	30ml
Peanut butter	100 gms
Cinnamon	½ tsp
sea salt	To taste
Optional add-ins: chocolate chips, raisins, or dried cranberries	

Method:

1. In a large bowl, add all ingredients.
2. Mix all ingredients with a spoon until well incorporated.
3. Place the bowl in the refrigerator for about 10-15 minutes or until the mixture is firm.
4. Make small balls with a tablespoon of dough. Set aside on a plate and repeat with remaining mixture.
5. Enjoy as a snack or store in your fridge/freezer to eat later

Total no.of servings- 10

Serving size- 2 (small) Bites

Serving suggestion : You may have these yummy energy bites along with fresh vegetable juice.

Nutritive value of the recipe per serving :

Energy : 178 k.cal, Protein: 5 gms, Iron: 1.7 mg, Calcium: 46.8.mg, Fiber:2.3 gms

Health Benefits of the recipe:

1. A quick snack rich in antioxidants and fibre that provides satiety.
2. Good to maintain a healthy weight too !

FLAXSEEDS COCONUT JAGGERY CHIKKI

Ingredients	
Fresh Coconut powder	100gms
Flaxseeds powder	80gms
Jaggery	80gms
Ghee	30gms

Method:

1. Roast the flax seeds (make it into powder) and fresh grated coconut separately.
2. Melt jaggery
3. Add flaxseeds powder, grated coconut and ghee , cook till the mix leaves the sides of pan
4. Mix mixture properly.
5. Grease the tray and set the mixture on the tray then cut with a greased knife into equal pieces and serve.

Total no.of servings 8

Serving size- 2 nos

Serving suggestion : Serve fresh fruit (150-200 gms) rich in Vit C with this chikki to enhance nutrient absorption

Nutritive value of the recipe per serving :

Energy : 175 kcal Protein: 2.9 gms Iron: 3mg Calcium: 40mg Fiber: 4.5gm

Health Benefits of the recipe:

1. This recipe is rich in antioxidants, calcium, iron and Omega 3 Fats
2. An easy to prepare and Handy snack

MULTISEED MUKHWAS

An After- Meal Refreshing Snack

Ingredients	
Flax seeds(alsi)	30 gms
Black sesame seeds (kala til)	30 gms
white sesame (til)	30 gms
fennel seeds (saunf)	30gms
Pumpkin seeds	30gms
lemon juice	1 tbsp
salt	½ tsp

Method:

1. Mix all the ingredients in a bowl, add lemon juice, salt and mix well, cover and keep a side for an hour
2. Dry roast the mix on a pan for 2-3min till it starts giving good aroma
3. Cool and mix well
4. Store in airtight container

Total no. of servings 15no.

Serving size- 2 -tsp (10 gms)

Nutritive value of the recipe per serving :

Energy : 100 K.cal, Protein: 4.gms, Iron: 3.2 mg, Calcium:131mg, Fiber: 3 gms

Health Benefits of the recipe:

1. An all-time digestive mix with a pack of all essential nutrients.
2. Handy and refreshing .

PEANUT BUTTER ROASTED CHICKPEAS

Ingredients	
Chickpeas	120 gms
Peanut butter	50 gms
Jaggery	30 gms

Method

1. Preheat your oven to 400°F
2. Combine all ingredients except the chickpeas in a small mixing bowl. This will be your marinade
3. Add the dry chickpeas to the peanut butter sauce and fold them together to evenly coat all of the chickpeas.
4. Transfer to a lined baking sheet, and bake for 20-25 minutes at 400°F.
5. Use these baked chickpeas on your favorite bowls, wraps, or just on their own for a delicious protein at any meal – Enjoy!

Total no.of servings 4 no. -Serving size- 30gms /day

Nutritive value of the recipe per serving

Energy : 196 K.cal Protein: 9gms Iron:2.5mg Calcium : 57.7mg Fiber:9gms

Health Benefits:

1. This snack is a protein booster.
2. Also rich in iron and Calcium.

OATS NUTRI BARS

Ingredients	
Oats	100 gms
Almonds	20 gms
Walnuts	20 gms
flaxseeds	20 gms
Sugar /honey	50ml

Method:

1. In a pan roast the oats and nuts separately until golden brown.
2. Finely chop the almonds and walnuts.
3. Mix with the honey.
4. Transfer into a baking dish and bake at 170 degrees until firm.

Total no.of servings 5 no. Serving size- 2 no (small)

Serving suggestion : Serve this healthy nutri bar with a glass of lime water to enhance iron absorption.

Nutritive value of the recipe per serving

Energy : 194 K.cal Protein: 6.gms Iron: 1.4mg Calcium: 69mg Fiber: 5gms

Health Benefits:

- 1) It's high in fiber and hence gives satiety.
- 2) Oats is a prebiotic that may increase levels of healthy gut bacteria,

CHIA SEED PUDDING

Ingredients	
Almond milk	150ml
Chia seeds	5 gms
Pomegranate seeds	10 gms
jaggery liquid	To taste

Method:

1. Prepare jaggery water by blending jaggery in water.
2. To make pudding, combine the chia seeds, jaggery water and the almond milk in a container,
3. Mix well and give your jar a vigorous shake to distribute the chia seeds somewhat evenly.
4. Refrigerate for 10-15 minutes, and then give it another shake or stir to loosen up any clumps of seeds and return to the refrigerator for at least 5-6 hours, or overnight.
5. Garnish with pomegranate seeds.

No. of Servings 1 ; Serving size: - 150ml

Serving suggestion : You can top up this pudding with your favorite nuts and if your a sweet lover can add some honey or jaggery liquid.

Nutritive value of the recipe per serving

Energy : 89 k.Cal Protein: 2gm Iron: 0.8.mg Calcium- 173mg Fiber-4gms

Health benefits :

- 1) Chia seeds are good sources of omega- 3 fats ,proteins, soluble fiber, iron and other antioxidants.
- 2) The recipe uses almond milk which is suitable for lactose intolerant individuals.

SPROUTED GREEN GRAM TIKKI WITH MINT CHUTNEY

Ingredients		
Tikki	Sprouted Green Gram	100 gms
	Wheat flour	25 gms
	Capsicum	50 gms
	Carrot	50 gms
	Beans	50 gms
	onion	50 gms
	Lime juice	10ml
	Oil	25 ml
Mint Chutney	Mint Leaves	100 gms
	Garlic	1tsp
	Green chilly	2-3no

Method

1. Blend the boiled sprouted green grams .
2. Mix all the ingredients, wheat flour and salt for taste and knead properly
3. Give the shape of small tikki and shallow fry
4. Sprinkle lime juice and serve with mint chutney

Mint chutney: Mix all the ingredients and grind it.

Total no. of servings : 5 , Serving size- 2 pieces + 2tsp mint chutney

Nutritive value of the recipe per serving

Energy:- 161.K.cal Protein: 8.4.gms Iron: 6.mg Calcium-145mg Fiber-9.2gm

Health Benefits:

1. Rich source of protein and fiber with the goodness of vegetables too
2. Also boosts immunity