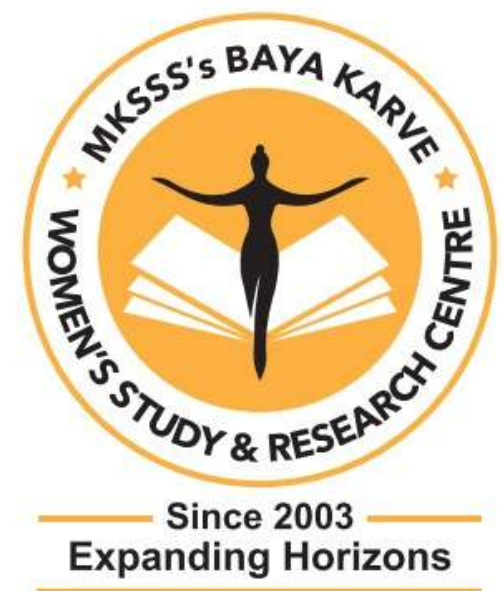


# स्वास्थ्य शिल्पी

A compilation of  
68 recipes using  
16 healthy Indian food  
ingredients.

## Volume 1 - Book 1



**MKSSS's  
Baya Karve  
Women's Study  
and Research  
Centre**

**Certificate  
course in  
Indigenous  
Nutrition**

**Authors:**

The students of

Certificate course in Indigenous Nutrition - Batch 1

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Dr. Vibhusha Jambhekar

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# Foreword

Bharat-Ratna Maharshi Dhondo Keshav Karve believed that “Women’s Education & National Development are complementary to each other.” Therefore, he founded ‘Anath Balikashram’ – currently known as Maharshi Karve Stree Shikshan Samstha (MKSSS) - with the only thought, i.e. “Women Empowerment through Education !”

No doubt, education is the fundamental need to empower women, but still there are many other aspects which directly affect ‘women empowerment.’ Physical Health is one such aspect. As healthy lifestyle assures empowerment of body, nutritional food assures healthy lifestyle. Considering this fact, Baya Karve Women’s Study and Research Centre has initiated a Certificate course in Indigenous Nutrition and I am very happy to know that the students of its first batch have prepared original recipes using local food ingredients, which are now being published through this book.

As we know taste is one of the vital senses of human body and it helps us decide what to eat and it also influences how efficiently we digest the food. The sense of taste is stimulated when nutrients or other chemical compounds activate specialized receptor cells within the oral cavity. These receptors 'taste' the luminal content and transmit signals that regulate nutrient transporter expression and nutrient uptake, that in turn releases gut hormones and neurotransmitters that are involved in the regulation of energy in the body. Every nutritious food is not necessarily tasty and also every tasty food is not nutritious. Hence there must be a proper balance of both, taste and nutrition, while preparing any food. I know; this balance is well maintained in all the recipes that are published in this edition.

MKSSS always strives to provide balanced and healthy food in all facilities, like hostels and canteens. I must say that this book is a value addition for hostels and canteens as well as students and staff of all the units. Hence, I would like to appeal to all the units to refer this book for healthy and highly nutritious food in day-to-day diet.

Finally, all the recipes mentioned in this project, have prepared with the help of indigenous food ingredients. It assures the health-outcome of local ingredients and it is well proportionated with the aims and objectives of MKSSS; as Maharshi Karve himself, always insisted upon indigenous approach while working on the mission of women empowerment.

I hope, this book – Swasthya Shilpi - will be very helpful in spreading awareness about the importance of a healthy lifestyle, among society - the Indian way.

With the best compliments,

Dr.P.V.S.Shastri

Secretary

MKSSS

# Preface

I am delighted to share with you the first recipe book in the series स्वास्थ्यशिल्पी.

At Baya Karve Women's Study and Research centre, we work with a social health approach. We believe that Mental and Physical health go hand in hand. For any individual, to use his optimum potential, health plays a key role. So it is necessary to spread awareness about the importance of healthy lifestyle, among the society.

Our unique course in Indigenous nutrition enriches the students with all the practical knowledge about food and its connection with health and complements their professional work and personal needs.

The students of the first batch of Certificate course in Indigenous nutrition have done a wonderful job through their project work. They have prepared original recipes based on local food ingredients from various parts of India.

I hope you will not only enjoy cooking these great recipes at your home but it will also improve the taste and nutritional quality of your meals.

Best Regards,  
**Swati Ranade,**  
Unit Head

# Introduction

“अन्नात् जायते मनः”

This book is a culmination of my firm belief that it is our food which nourishes us, who we are is a reflection of what we eat and even how we think is governed - to some extent by our food. Hence, it is extremely important that we respect food and consider it as the energy we obtain from earth for maintaining our health. This is possible if we consider the origin, locality, traditional practices and seasonality of food and learn to look beyond merely proteins and calories. Coming from a background of family members working in the field of ‘chemical free’ agriculture, it has made me realize that the nutritional value of food is influenced right from the stage of its growth in the field to the way we use it in our kitchen. Hence it has always been on my mind to design a thoroughly researched, scientific nutrition course which not only considers the scientific aspects of food (nutritive values, food combinations, individual nutrient requirements etc.) but also the traditional wisdom about our food so that our food habits are healthy, sustainable, environment friendly and most important – enjoyable by all.

My immense gratitude to MKSSS’s Baya Karve Womens Study and Research Centre for providing me this opportunity. Through this course we wish to empower as many individuals as possible to look at food as something which is very interesting, use our kitchen as a pharmacy to maintain our

family's health, prevent lifestyle disease and last but not the least not be misled by most of the non-scientific diet fads around.

This book is the result of our successful 1st batch of our 'Certificate course in Indigenous Nutrition'. More information on the course is attached in this book. It reflects the keen interest of all the course participants about our food. This book is a compilation of recipes made using traditional, highly nutritious food ingredients which are local to our region. These are hence familiar and can be used easily. None of these recipes contain any practice like frying or usage of sugar or refined ingredients, and yes the recipe is tasty, and hassle free to make. This is most important for making healthy food your 'lifestyle' and not a short lived diet. We urge all of you to use this book to your benefit.

Congratulations to all course participants, and thanks to BKWSRC and team and our visiting faculty for making this book a success.

**Dr. Vibhusha Jambhekar**

Nutritionist

Chief faculty for the course



# Green Tomato

RECIPES BY:  
ADITI SHIRALKAR



# Green tomato marmalade



## Ingredients:

- 5 Medium size Green tomato
- 1 Bowl Seed less Date
- 1 Lemon
- 1 Orange
- Lemon for juice uses.
- Orange for peel uses.

## Preparation::

Firstly separate the Dates from each other and soak them in water for at least 8 hours before start to make marmalade. Dates bloom in the water and become soft.

## Recipe:

1. Chop the green tomato in small pieces.
2. Now grind the dates in mixer and make a smooth liquid and strain with strainer. Now switch on the gas and put a Pan or Cauldron.
3. Now in the pan or cauldron put chopped tomatoes and dates liquid.
4. Now add 1 table spoon lemon juice in it.
5. After that grate an Orange peel half a table spoon in it.
6. Now let all the mixture cook for 15 to 20 minutes on low flame
7. After that let it cool down completely.
8. Now your Marmalade is ready to eat. You can have it with Chapati and Bread.

## Tips:

Put Marmalade in glass jar and store in the kitchen cupboard, not in the fridge. It is naturally acidic and therefore less likely to grow any unwanted bacteria.

# Green tomato Salad



## Ingredients:

- 3 medium size Green tomatoes.
- 1 table spoon Black pepper powder.
- ½ table spoon Lemon juice
- 1 tea spoon Salt
- 1 table spoon Unpolished Sesame seeds
- Coriander.

## Recipe:

1. Chop the Green tomatoes in round shape.
2. Put all chopped round shape tomatoes in a bowl.
3. Now roast the unpolished sesame seeds but do not over roast them and after cooling them
4. Add in to bowl. After that add 1 table spoon of Black pepper powder in it.
5. Add 1 tea spoon of Salt.
6. After that add half (1/2) table spoon of lemon juice to it.
7. And last but not the least add finely chopped coriander for garnish.

# Green tomato moong dal



## Ingredients:

- Green tomato ½ kg.
- Moong dal ½ cup
- Garlic 3 cloves
- Green chilli 3 nos
- Turmeric powder ½ tsp
- Coriander powder 1 tsp
- Salt
- Water
- 2tsp of Oil
- Urad dal ½ tsp
- Mustard seeds ½ tsp
- Cumin seed ½ tsp
- Crushed garlic
- 3 Red chilli
- Asafoetida powder ¼ tsp
- Curry leaves 5 to 6

## Recipe:

1. Chop the Green tomatoes in big size (1 tomato 8 pieces) because after cooking tomato shrink. And put them side.
2. Wash the moong dal before cooking.
3. Turn on the gas and place the pressure cooker on it, now in pressure cooker add washed moong dal, 3 cloves of large garlic if you have small garlic you can add 4 to 5 cloves, after that add 1 tea spoon of salt, ¼ tea spoon of Turmeric powder, 1 cup of water.
4. Now close the pressure cooker and make only 2 whistle on low flame.
5. After whistle put pressure cooker a side.
6. Turn on the gas and put a pan on it.
7. Add chopped tomatoes in the pan, add 3 green chilli slit. (slit keeping one side intact, slit from other side)

8. Add 1 tea spoon of turmeric powder, 1 tea spoon of salt, 1 tea spoon of Coriander powder.
9. Now mix everything and close the pan with lid and cook it all for 15 minutes so the green tomatoes and green chilli become soft.
10. After 15 minutes see all the mixture is cooked now in the pan add cooked moon dal and  $\frac{1}{2}$  cup of water to get right consistency.
11. Now cook it for 5 minutes on medium flame.

### **To make Tempering:**

1. Turn on the gas and put Tempering pan on it, now add oil once oil get heated add mustard seeds, cumin seeds, crushed garlic, red chilli, asafoetida powder, and curry leaves.
2. Now add the tempering to the pan. And coriander for garnishing.



# Green tomato salsa



## Ingredients:

- 5 Medium size of Green tomato
- 3 Medium size of Onion
- 1 Lemon
- 3 Large size of Garlic cloves
- 2 Green chilli
- Salt 1 ½ tsp
- 2 Table spoon of Olive oil
- Coriander.

## Recipe:

1. Take a bowl
2. Now chop the Green tomatoes finely, after that take onions and chop them finely and add them all into the bowl
3. After that chop the garlic and add to the bowl
4. Now take green chilli and slit them and remove the medial part of chilli and chop them finely and add to the bowl.
5. Add salt, 1 lemon juice, olive oil and coriander.
6. Now mix them well and it's ready.

# Barnyard millet

RECIPES BY:

AARTI SUHAS VAIDYA



# Millet Barnyard Upama



## Ingredients:

- 2 tbsp oil
- $\frac{3}{4}$  tsp mustard
- 1 tsp cumin
- 1 tsp urad dal
- Few curry leaves
- $\frac{1}{2}$  onion (finely chopped)
- 1 inch ginger (finely chopped)
- 2 chilli (finely chopped)
- $\frac{1}{2}$  tsp salt
- 3 cup water
- 1 tsp sugar
- 1 cup millet
- 1 tsp ghee
- $\frac{1}{2}$  lemon juice
- 2 tbsp coriander (finely chopped)
- Tomato (finely chopped)

## Recipe:

1. Firstly, in a large kadai heat 2 tbsp oil. splutter  $\frac{3}{4}$  tsp mustard, 1 tsp cumin, 1 tsp urad dal and few curry leaves.
2. Further add  $\frac{1}{2}$  onion, 2 chilli and saute until the onions soften slightly.
3. Add 1 chopped tomato
4. Additionally, add 1 carrot,  $\frac{1}{2}$  capsicum, 5 beans, 3 tbsp peas and saute for a minute.
5. Now add 1 tsp salt, saute on low flame until the spices turn aromatic.
6. Add 3 cup of water and get the water to a rolling boil.
7. Now keep stirring in one hand and add 1 cup Barnyard Millet slowly.
8. Make sure to keep stirring to prevent lump formation.
9. Cover and simmer for 2 minutes or until the Barnyard Millet absorb all the water.
10. Add 1 tsp ghee and 2 tbsp coriander. mix well.

# Millet Barnyard Dosa



## Ingredients:

- 2 bowl Barnyard Millet
- 2/2 bowl urad dal
- 1/2 tsp methi seed
- Oil as required
- Water

## Important:

- Fermentation is an important step and it could take anywhere between 6-14 hrs depending on the weather where you live. This process takes longer during cold weather and as less as 6 hours during extremely hot and humid weather.
- Do not skip methi seeds (fenugreek seeds) as it helps in the fermentation process.
- Millets must be soaked for a minimum of 6 hrs to make the grains more digestible.
- Ingredients proportion and batter consistency are the deciding factors of the texture of dosa. I find 2 bowl millets to 1/2 bowl urad dal works well.

## Recipe:

1. Wash Millets properly
2. Soak for 6-8 hours
3. Wash urad dal & soak for 8 hours
4. Add methi seeds
5. After 8 hours grind & mix
6. Ferment for 8 hours
7. Batter is ready
8. Add salt, black peeper powder
9. Prepare dosa



# Millet Barnyard Khichadi



## Ingredients:

- 1 bowl millet
- 1/2 bowl peas
- 1 /2chopped carrot
- 1/2 bowl moong dal
- 1 Chopped onion
- 1 tsp Hing
- 1/4 tsp jeera
- 1/4 tsp mustard
- 1/4 tsp haldi
- 1 tsp masala of choice
- 1/2 tsp salt
- 1 tsp oil
- 2-3 Bowl water
- coriander leaves
- 1/2 tsp red chilly powder

## Recipe:

1. Melt 1 tbsp oil in a pressure cooker and, 1/4 tsp mustard, 1/4 tsp jeera and 1/4th tsp hing
2. Once the jeera & mustard starts crackling, add 1 tbsp chopped onion, curry leaves, 1/2 bowl moong dal, 1 bowl soaked millet, 1/2 tsp salt, 1/2 chopped carrot, fresh peas, chopped French beans, 1/4 tsp haldi, 1/2 red chilly powder and 1tsp garam masala or any other by choice and sauté
3. Mix well and add 2.5 bowl water and cover the cooker
4. Pressure cook till 1 whistles and transfer to a serving bowl
5. Garnish with chopped coriander leaves & Serve hot



# Millet Barnyard Appem



## Ingredients:

- 1 bowl Barnyard Millet
- 1/2 bowl urad dal
- 1/2 tsp methi seed
- Oil as required
- Water

## Tips

- Ingredients proportion and batter consistency are the deciding factors of the texture of dosa. I find 2 bowl millets to 1/2 bowl urad dal works well.
- Fermentation is an important step and it could take anywhere between 6-14 hrs depending on the weather where you live. This process takes longer during cold weather and as less as 6 hours during extremely hot and humid weather.
- Do not skip methi seeds (fenugreek seeds) as it helps in the fermentation process
- Millets must be soaked for a minimum of 6 hrs to make the grains more digestible

## Recipe:

1. Wash Millets properly and soak for 6-8 hours
2. Wash urad dal & soak for 8 hours
3. Add methi seeds
4. After 8 hours grind & mix. Fement for 8 hours
5. Batter is ready
6. Add salt, black peeper powder
7. Prepare appem in appem pan
8. Additionally onion, gram dal etc can put for taste

# Fermented foods

RECIPES BY:  
SAVITA KANADE



Fermentation is the oldest and most economic method for producing and preserving traditional foods and has been around for thousands of years. The health benefits of fermented foods are plenty because the bacteria make them safe and enhance their nutrition

# Fruit Shrikhand



## Ingredients:

- 2 cups Cow milk
- 2 cups Buffalo milk Total 4 cups milk, preferably unpasteurized
- 1 cup mixed seasonal fresh chopped fruits - red and black grapes, orange segments, diced apple pieces, chopped kiwi, mango pieces if in season
- 2 Tablespoon pomegranate kernels
- 1 tablespoon chopped date pieces
- 1/4 Cup milk, if needed to get the right consistency
- 1/4 teaspoon orange zest – optional
- A fistful of raisins
- A pinch of salt to balance the taste and flavour

## Recipe:

1. Boil both the types of milk separately. Let milk come to a lukewarm state. Mix both kind of milk and set the curd as you would do normally. Check occasionally, we don't want sour curd. Meanwhile, keep a vessel and a large strainer lined with a clean and thin cotton cloth ready. Put the strainer over the vessel/bowl and pour the curd in the strainer.

2. Water(whey) will start dripping immediately from the strainer. Transfer the bowl along with the strainer and curd to the refrigerator as soon as possible. This will slow down (almost stop) the process of fermentation and save the curd from turning sour. This way we will get a sweet tasting hung curd of the correct sourness. Let the water drip from the curd till you get a thick mass of required consistency.
3. This will take 2-3 hours or more. In the meantime prepare, wash and chop fruits of your choice. Keep the pomegranate kernels ready. Separate orange segments and also remove the thin membrane over them. If mangoes are in season; nothing like it!!
4. Take out the hung curd from the strainer and transfer it to a bowl. Smoothen the curd with a whisk to remove all the lumps and give it a homogeneous texture.
5. Mix just a pinch of salt and 1/2 teaspoon of grated orange zest to give the Shrikhand a fresh and unique flavour. Mix the fruits just before serving and enjoy! Adjust the consistency of Shrikhand by mixing few teaspoons milk.



# Fermented Carrots



## Ingredients:

- 1 cup carrot sticks
- Some freshly grated ginger
- 2 tablespoon salt
- We will need a wide mouth jar, filtered water, a clean cotton cloth and a rubber band

## Recipe:

1. Bring 2 cups of filtered water to a light simmer on gas burner. Remove from the heat and stir in the salt, until dissolved - this is brine. Slice the carrots into long medium size sticks and grate the ginger. Put the carrots in a mason jar and arranged closely. Pour the prepared brine over them until they are fully submerged. Sprinkle ginger. Leave one to two inches headspace. Add some kind of fermenting weight to keep the carrots underneath the liquid. This could be a folded up cabbage leaf.
2. Cover with a loose lid, or a tea towel and rubber band. Allow the carrots to sit in an undisturbed place for 3-4 days.
3. The amount of time will depend on the temperature in the house and your preferences. You can taste the carrots each day to see if the desired taste and texture is reached. Once the carrots are done fermenting, cover them with a tight lid and move the jar to the refrigerator.



4. Most fermented vegetables will stay in the fridge for 3-5 months. If you see any mould, or it smells ‘off’, then pitch it. They have a traditional carrot flavour with the addition of a salty, tangy, and slightly sour kick. You can also give them a more classic pickle flavour by adding pickling spices like garlic, onion, peppercorns and dill.

# Fermented Rice Drink



## Ingredients:

- Cooked rice - 2 tablespoons
- Water - 1/4 to 1/2 cup as needed
- Thin buttermilk - 1/2 cup
- Jeera powder - 1/4 teaspoon
- Chopped onion - 1/2 teaspoon optional
- Few green chilli pieces
- Few curry leaves /coriander leaves /pudina
- Salt - as per taste

## Recipe:

1. Take 2 tablespoon rice in a bowl.
2. Mash it lightly and mix up to 1/2 cup of regular, room temperature water.
3. Stir the mixture, cover and leave it overnight for at least for 10 to 12 hours.
4. Next morning, mash the rice well with the back of a spoon or with an old style wooden whisk. Transfer the contents to a glass. Pour buttermilk in it.
5. Mix well, sprinkle salt, Jeera powder, curry leaves/coriander leaves etc. and enjoy this super healthy but simple to make pro biotic drink.

# Moong dal Idli



## Ingredients:

- 1 cup yellow Moong dal, (I prefer unpolished variety)
- 1 inch piece of ginger
- 1 small green chilli
- 1 flat teaspoon salt
- 1/4 teaspoon Methi seeds to help with the process of fermentation
- 1 or 2 teaspoon sour curd
- Wash and soak Moong dal along with Methi seeds for at least 3 hours

## Recipe:

1. After 3 hours, drain water from the dal. Take dal and methi seeds in the mixer jar. Also put the small piece of ginger and a green chilli and grind everything to a smooth batter. Add water little by little till you get a medium thick but smooth batter like usual Idli batter. Keep it covered overnight or at least 8-10 hours. The batter will rise after so many hours, this is a nicely fermented batter.
2. A well fermented batter makes light and fluffy Idlis. No need to add Soda bi carbonate or Eno, which robs the nutrients away.
3. Grease the Idli plates with oil. Add a ladle of batter in each Idli mould. Steam cook for about 15 minutes - on high flame for first few minutes and then rest on reduced flame. Allow the steam to fully release and then allow it to cool off for 5 minutes. Then using a spoon or spatula take out the Idlis from the mould.

# Coconut

RECIPES BY:  
RAJANI ATRE



# Carrot Coconut Laddoo



**Ingredients:** For making 6 laddoos

- Carrot-1 medium
- Coconut-1medium Katori
- Dates:5
- Almonds:5
- Ghee:1/4 tsp

## Recipe:

1. Boil the carrot till soft.
2. Crush it with spoon and saute in ghee for few seconds.
3. Add fresh grated coconut to this and again saute for few seconds till it becomes soft.
4. Add shredded dates, almonds and mix.
5. Remove from heat and wait for few minutes.
6. Bind the mixture into laddoos.



# Pumpkin - Carrot - Coconut milk soup



## Ingredients:

- Pumpkin-75 gms
- Carrot-1 small
- Tomato-1 small
- Onion-1 small
- Coconut milk-150ml
- Oil
- Ginger garlic paste-1/2 tsp
- Curry leaves, tender coriander stems shredded
- Moong and matki sprouts-4 tsp
- Salt to taste

## Recipe:

1. Boil all the vegetables
2. Pass all the boiled vegetables through the blender
3. Heat the oil in a vessel. Add cumin seeds, curry leaves, asafoetida
4. Add ginger garlic paste and saute for few seconds.
5. Pour the vegetables pulp into this
6. Add salt, sprouts and coconut milk and bring it to boil.
7. Soup is ready to serve.



# Coconut water - Cucumber Smoothie



## Ingredients:

- Coconut water(200 ml.of 1 Coconut)
- Cucumber-1 medium
- Corriander and Mint leaves
- Honey-1 tsp
- Lemon paste(with the rind)-1/2
- Coconut pieces
- Pomegranate-handful

## Recipe:

1. Blend the cucumber mint and coriander leaves and mix them with Coconut water and lemon paste to make smoothie.
2. To this add pomegranate and pieces of fresh coconut.
3. Refreshing juice is ready.

# Coconut mix veg cheesy Sandwich



## Ingredients:

- Grated Coconut-1/2 Katori
- Cheese 10 gms
- Sprouts (half boiled) -1/2 katori
- Corn - 4 tsp
- Raw vegetables - (capsicum, cabbage, tomato, onion, carrot)
- Brown bread
- Milk-2 tsp
- Pomegranate-2 tsp
- Shev-4 pinches

## Recipe:

1. Toast the bread slices
2. Melt the cheese slightly in milk and mix
3. To this add grated fresh coconut, all the vegetables, sprouts.
4. Place this mixture between the slices, spread some pomegranate, shev and chaat masala.

# Ash gourd

RECIPES BY:

ANUPAMA BHALERAO



# Ash gourd paratha



## Ingredients:

- Grated ash gourd 2 bowl
- ½ cup wheat flour
- ½ cup jawar flour
- ½ cup rice flour
- ½ cup ragi flour
- Ginger garlic paste 1 tea spoon
- Green chilies paste 1 tea spoon
- Turmeric powder 1/2 tea spoon
- Salt
- White Sesame seeds 2 tea spoon
- Oil
- Coriander
- Mint leaves

## Recipe:

1. Take a bowl. Add grated ash gourd. Add all flours. Turmeric, white sesame seeds, green chilly paste, ginger garlic paste, salt, coriander, mint leaves. Slowly add water in it to make dough. It requires little water, as ash gourd contains water. If required use oil to make soft dough.
2. Make small balls of dough. Make small parathas. roast on pan (tava).
3. Serve with curd and chutney.

# Ash Gourd Thoran



## Ingredients:

- 150 gm cubed ash gourd
- Coconut grated ½ cup
- Ghee 1 table spoon
- Curry leaves 5-6
- Cumin seed 1 tea spoon
- Ginger 1 inch
- Rock salt as required
- Red chili 3-4
- Coriander

## Recipe:

1. Heat ghee in pan. Add cumin seeds, chopped ginger curry leaves.
2. Add cubed ash gourd.
3. Add rock salt to taste.
4. Cover pan and cook for sometime until ash gourd becomes soft.
5. Add grated coconut.
6. Stir well. Garnish with coriander.



# Ash Gourd Kadhi



## Ingredients:

- Chopped Ash gourd cubes 1 bowl
- Ghee 1 tea spoon
- Red chilies 3
- Curd 1 cup
- Besan 2 tea spoon
- Ginger 1 inch
- Curry leaves 5-6
- Cumin seeds
- Salt as required
- Sugar as required
- Coriander

## Recipe:

1. Churn curd, add water. Put besan in it to make paste. Add salt and sugar, ginger to taste. Keep aside.
2. Heat ghee in pan. Add cumin seeds, red chillies, curry leaves. Add ash gourd cubes. Cook till cubes becomes soft. Add paste of curd and besan. Boil for some time. If required add water to get desired consistency. Serve hot. Garnish with coriander.



# Ash gourd salad



## Ingredients:

- Finely chopped ash gourd 1 bowl
- Pomegranate ½ bowl
- Walnut ½ bowl
- Curd 1 bowl
- Chat masala 1 table spoon
- Rock Salt to taste
- Coriander
- Mint leaves

## Recipe:

Take a bowl add ash gourd cubes, pomegranate, walnut, curd, salt to taste, chat masala. Mix it well. Ready to eat.

# Proso millet

RECIPES BY:  
RAJESHWARI JOHARLE



# Proso millet Modak



## Ingredients:

- Proso Millet
- Dates
- Wet Coconut
- Green Cardamom powder
- dry fruits

## Recipe:

1. Take 1 cup of powdered Proso. Now take 1/2 cup of water and add 1/4 th cup of milk in vessel. Add 1/2 tea spoon of cow ghee in it and boil. Add 2 pinch of salt in proso powder and pour in the boiling water. Stir it and cover it for 5 minutes and turn off the gas. Cover it for more 10 minutes. Let it cool.
2. Now grate the coconut. Remove the seeds of dates and grind it with coconut. Add some cardamom powder and some dry fruits in it. Make small balls of this mixture.
3. Now knead Proso Ukkad (wet flour) neatly and make a soft dough. Now make small balls of it and stuff date balls in it. Now make the shape of modak and keep them in steamer.
4. Steam modaks for 20 minuites and the turn off the flame. First offer modaks Shree Ganpati Bappa and then enjoy it with cow ghee.

# Proso Millet Coconut Appe



## Ingredients:

- Proso Millet 1cup
- Urad Dal ½ cup
- Chana Dal ½ cup
- Moong dal ½ cup
- Coconut
- Green chilies
- Jeera
- Ginger
- Coriander leaves
- Curry leaves
- Vegetables of choice

## Recipe:

1. Take Proso Millet and all the dals in one bowl.
2. Wash them and soak for 8 hours. Then grind it and keep the batter in one vessel and keep it for fermentation for 8 hours.
3. After 8 hours add salt to taste , some shredded coconut, jeera powder , add some vegetables if want.
4. Pour this batter in Appe Patra . Cover it and keep on low flame for 10 minutes.
5. Chutney: Grind together coconut ,coriander leaves, chilies, ginger ,jeera, salt and make soft chutney.
6. Serve chutney with hot Appe.

# Proso Millet Potato Thalipeeth



## Ingredients:

- Proso millet flour 2 cups
- 4 boiled potatoes
- Coriander leaves
- Jeera
- Roasted ground nuts
- Green chilies
- Salt to taste
- Curd

## Recipe:

1. Mash potatoes in big bowl . Add proso millet flour in it. Add some coriander leaves, ginger paste in it. Knead soft dough .
2. Make small thalipiths . Apply cow ghee on them.
3. Chutney: Grind ground nuts, chilies, ginger, jeera salt , coriander leaves together. Add some curd and make soft paste.
4. Serve hot thalipiths with chutney.



## Proso Shingole with coconut and groundnut curry



### Ingredients:

- Proso Millet Flour
- Boiled potatoes
- Ginger + Garlic + Green Chilly paste
- Salt to taste
- Ground nut
- Coconut
- Jeera
- Curry leaves
- Onion
- Mustard seeds
- Sesame oil
- Hing

### Recipe:

1. Mix Proso flour with boiled potatoes, ginger + garlic + chilly paste and salt. Knead the soft dough.
2. Make small rings of dough. Keep it aside.
3. Take 2 tsp of sesame oil in one vessel. Keep it on medium flame on gas. Add  $\frac{1}{2}$  spoon mustard seeds, jeera, pinch of hing, onion, curry leaves in the oil. Grind coconut, ground nut, green chilies together with adding water in it. Pour the mixer in vessel. Add salt to taste. Let it boil.
4. Pour all the proso millet flour rings in the curry. Boil it for 10 minutes. Then serve it hot.

# Drumsticks

RECIPES BY:  
KISHOR AMBEKAR



# Drumstick Pulao



## Ingredients:

- Hatsadi Rice about 100 gms
- 2 large Drumsticks
- Ginger about 20 grams
- 2 tomatoes medium size
- 2 medium green chillies
- 1 tbsp cow ghee
- half tbsp salt
- half tbsp turmeric powder
- half tbsp cumin seeds
- half tbsp Goda masala
- half tbsp Garam Masala

## Recipe:

1. Take a bowl, wash rice properly, soak it in water and keep aside.
2. Heat oil in the deep bottom Pan and add cumin seeds and turmeric powder.
3. Add chopped green chillies, Ginger. Stir and fry it on steam.
4. Now add Drumsticks and toss it well.
5. Add rice and double quantity of water to the pan and Goda masala and Garam Masala.
6. Once the water boils, simmer and allow it to cook, till the rice is done, then add salt. Serve it hot.

# Drumstick leaves

## Zunaka



### Ingredients:

- ½ Cup = 60 grams Kulith Flour
- Drumstick leaves One Cup
- 2 green chillies
- Ginger about 20 grams
- ½ tbsp. cumin seeds
- ¼ tbsp. turmeric powder
- ½ tbsp salt
- ½ tbsp Goda masala
- 1 tbsp Cooking Oil

### Recipe:

1. Make a thin batter from Kulith flour. Use ¾ Cup water.
2. Put a pan on heat. Put 1 tbsp cooking oil. Add cummin seeds, chopped ginger and green chilli pieces, fry them for some time.
3. Now add Turmeric powder and properly cut drumstick leaves. mix them well.
4. Add Goda masala and Kulith flour batter, stir well with the masala.
5. Now add water and adjust the consistency of Pitala. It should not be too thick. Add about 4 cups of water. Let it start boiling then reduce heat and cook covered about 5 minutes.
6. Add salt and cook uncovered for 2 minutes.
7. Serve it hot.



# Drumsticks curry



## Ingredients:

- ½ cup tuvar dal
- Drumsticks (2)
- 2 tbsp ghee
- 2 green chillies
- 1/2 tbsp cumin seeds
- 2 tbsp Goda masala
- ¼ tbsp turmeric powder
- 2 tbsp grated fresh coconut
- ½ tbsp. powder jaggery
- 2 kokum
- salt

## Recipe:

1. Rinse tuvar dal very well in water and drumsticks washed, cut into pieces. Heat 2 tbsp ghee in a pan, Add ½ tbsp cumin seeds green chillies (chopped) and turmeric powder
2. Add tuval dal & drumstick pieces mix it well and add double quantity of water. Let it start boiling, then reduce the heat. Cook partially covered.
3. Check after 10 minutes if it is cooked.
4. Add grated fresh coconut, Goda masala and salt. Mix it well. Now it is ready.



# Drumsticks soup



## Ingredients:

- 2 drumsticks
- 1 cup chopped sweet potatoes
- 1 cup of milk
- Chopped Ginger about 20 grams
- 2 tomatoes medium size
- 1 tablespoon ghee
- ½ tbsp. Salt
- ¼ tbsp. pepper
- 2 Green chilies

## Recipe:

1. Heat Ghee in pressure cooker, add chopped ginger, drumsticks pieces, Chillies and chopped sweet potatoes, fry on medium flame for 2 minutes.
2. Add 2 cups of water, mix well and pressure cook.
3. Allow the steam to escape before opening the lid.
4. Blend the mixture along with the milk and 1½ cup of water in a mixture till smooth.
5. Transfer the mixture into a deep nonstick Pan, add Salt and Pepper, mix well and cook on a medium flame for 3 minutes while stirring occasionally.
6. Serve it hot.

# Dudhi

RECIPES BY:  
SWATI BHUPALI



# Dudhi mutka



## Ingredients:

- 1 cup shredded dudhi
- 1/2 cup soaked peanuts
- 1 tbsp soaked chana daal
- 1 cup coriander leaves
- 1 tbsp cumin seeds
- 2/3 garlic clove
- 4/5 green chillies

## Recipe:

1. Grind coriander, cumin, garlic clove, and green chillies.
2. Mix wheat barn with peanuts and chana daal with the above masala.
3. Make dough out of it.
4. Make small uneven balls and steam them in modak patra.  
Alternatively can be shallow fried.
5. Relish it with coconut chutney.

# Dudhi paratha



## Ingredients:

- 1 bowl grated dudhi
- 1 Tbs cumin seeds
- 5-6 cloves of garlic
- ¼ cup coriander
- 2 green chilies
- 2 tbs sesame seeds
- Multigrain atta - wheat, finger millet, amaranth, pearl millet and soybean.
- 2 tbs gram flour

## Recipe:

1. Grate dudhi.
2. Grind coriander, cumin, garlic clove, sesame seeds and green chilies.
3. Mix the above masala with salt and multigrain atta until it forms a dough. Do not add water.
4. Roll into flat parathas.
5. Cook parathas on both sides until crispy.
6. Relish with tomato chutney, pickle or curd.



# Dudhi Mushroom Soup



## Ingredients:

- 1 dudhi
- 1 cup mushrooms
- 2 onions
- 1 tbsp cumin seeds
- 4 to 5 garlic ½ tbsp black pepper powder

## Recipe:

1. Peel and chop dudhi, onions and garlic.
2. Add enough water and steam it until soft in a pot or cooker.
3. On the side, stir fry cut mushrooms until cooked.
4. Mix the steamed veggies and mushrooms together and blend until it becomes puree.
5. Add salt and bring it to a boil.
6. Temper it with cumin seeds, pepper and herbs of your choice.
7. Sever hot with some butter.



# Dudhi chutney



## Ingredients:

- 1/2 bowl dudhi skin
- 1 green chili
- 1 tbsp cumin seeds
- 1/4 cup coriander
- 2 tbs sesame seeds lemon juice

## Recipe:

1. Peel dudhi skin.
2. Roast cumin seed, green chilly, coriander leaves, and sesame seeds.
3. Add lemon juice and salt according to taste.
4. While eating mix curd and make a dip out of it. It's high in minerals.

# Mango

RECIPES BY:  
HIMANI GODBOLE



# Ripe mango paratha

## Ingredients:

- 1 heaped cup wheat flour
- 1/2 cup mango puree
- 1/4 tsp jeera powder
- 1/4 tsp ajwain
- 1/4 tsp black pepper powder
- 1/4 tsp red chilli powder
- 1/4 tsp sesame seeds
- salt to taste
- ghee / oil to toast

## Recipe:

1. Measure and take a heaped cup of wheat flour in a mixing bowl. Add half cup mango puree to it. Add jeera powder, ajwain, black pepper powder, sesame seeds, red chilli powder and required salt.
2. Mix well first then knead it to soft non-sticky dough. Keep it aside for 15 mins.
3. Make small balls out of it. Flatten it slightly with your palms and place it on the rolling board. Sprinkle flour and roll to a small thick circle.
4. Fold them from both sides as shown then fold from other side also like this. Seal it completely.
5. Now turn over to other side and roll it to a slightly thin paratha. Roll the parathas and make it ready.
6. Heat a tawa, place a paratha drizzle oil and slightly on all sides with a ladle. It will puff up nicely.
7. Then turn over and cook on both sides until brown spots appear. Like wise make all the parathas.

# Ripe Mango kadhi

## Ingredients:

- ½ cup Curd
- 4 tbsp. Gram Flour (Besan)
- Pulp of 1 Alphonso mango
- 4 cups water
- Salt as per taste
- 1 tbsp Ghee
- ¼ tsp Asafoetida
- ¼ tsp Red Chilli Powder.
- ¼ tsp Turmeric Powder
- 3-4 Curry Leaves
- Coriander Leaves
- ¼ tsp Coriander Powder.
- ¼ tsp Cumin Powder.
- ¼ tsp Dry Ginger Powder (Sunth).
- Green Chilli as per taste
- Ginger
- 1 Bay Leaf
- ½ tsp Cumin Seeds
- ½ tsp Mustard Seeds
- 1 stick of Cinnamon
- 2 Dried Red Chillies

## Recipe:

1. In a pan, take curd, gram flour, and whisk it well.
2. Then add the mango pulp and whisk again until smooth.
3. Now place the pan on the gas and add water, salt, red chili powder, turmeric powder, coriander powder, cumin powder, dry ginger powder, and stir well.
4. Once the kadhi starts to thicken add green chili, ginger, and curry leaves and let it cook for 5-7 minutes.
5. In a small pan heat the ghee and add the rest of the ingredients in the order mentioned above for the tempering.
6. Pour the tempering over the hot kadhi followed by coriander leaves.

# Raw Mango & Dates chutney

## Ingredients:

- 1 big size raw mango
- Dates 7-10 pieces, deseeded
- Ginger
- 2 cups water
- ¼ cup Jaggery Gud
- 1 teaspoon Salt adjust as per taste
- ½ tablespoon Roasted Cumin Powder
- ½ tablespoon Roasted Cumin Seeds
- ¼ teaspoon Black Rock Salt
- ¼ teaspoon Red Chili Powder
- ¼ teaspoon Garam Masala
- 1 Cinnamon stick

## For dressing :

- Pomegranate
- Grapes
- Apple

## Recipe:

1. Wash, peel and chop green mango.
2. Then deseed the dates, and add to green mango.
3. Add 2 cup of water to mango and dates in a pressure cooker.
4. Now blend the boiled green mango and dates in a mixer.
5. After blending add the spices, salt, roasted cumin powder, black rock salt, red chili powder and garam masala.
6. Also add ginger, roasted whole cumin seeds, cinnamon sticks.
7. Stir everything and let the chutney simmer for 5 minutes.
8. Use jaggery according to taste as a sweetener.



9. Also add water to adjust the consistency of chutney.
10. After 15 minutes of simmering and allow the Chutney to cool down completely. Upon cooling the chutney will further thicken down.
11. Transfer this chutney to clean and dry glass jars and store in refrigerator.
12. Before serving top it with some fresh fruits, like apples, grapes and pomegranates

# Raw Mango Salad

## Ingredients:

- 2 medium-sized unripe mangoes
- 1 tsp tamarind paste (without seeds)
- ½ cup freshly grated coconut
- 1 tsp freshly squeezed lime juice
- Spring onion
- 2 tsp soy sauce
- 1 Chilli
- 1 tsp of jaggery
- 2 tbsp crushed roasted peanuts

## Recipe:

1. Peel and thinly slice mangoes with grater or other tool of choice.
2. Thinly dice spring onion and chilli.
3. Stir or blend all sauce ingredients together.
4. Place salad ingredients in a large mixing bowl.
5. Keep aside peanuts, chili, and some onion slices for garnishing.
6. Pour sauce into mixing bowl and toss salad until evenly combined.
7. Serve immediately.

# Sprouts

RECIPES BY:  
SUCHITRA SHARMA



# Kheer



## Ingredients:

- Milk 3 cups,
- Water 1 cup
- Wheat sprout Daliya 3 tablespoons,
- Jaggery  $\frac{1}{4}$  cup,
- Ghee 2-3 drops
- Lotus flower petal 8-10
- Lotus flower seeds green 8-10
- Pinch of Kesar strands,
- Cardomom  $\frac{1}{4}$  tsp
- Nutmeg powder or grated  $\frac{1}{4}$  tsp

## Recipe:

1. In a pan roast sprouted wheat daliya with some ghee.
2. Add Ghee to pan put jaggery until it gets soft.
3. Roast the lotus seeds with or without ghee. Make a paste of it.
4. Keep all above aside.
5. Take a heavy bottom Sauce pan or kadhai, add milk and water and keep it boil let it boil for 5-7 minutes.
6. Add daliya, Kesar, Nutmeg powder.
7. After the daliya will get semi soft / half cooked, add lotus flower seeds paste and Lotus flower petals.
8. Cook them together for until daliya cooked.
9. Add jaggery and stir continuously for 2-3 minutes. And switch off flame.
10. Now add cardamom powder
11. Serve Hot or chilled.

# Sprouted Moong soup



## Ingredients:

- 1-2 tsp ghee
- 1 cup fresh sprouted moong
- 3 cup vegetables stalk
- 3-4 inch-long fresh lemon grass stem
- 1 bay leaf
- Hing a pinch
- Ginger 1 inch

## Recipe:

1. Take a heavy bottom pot or kadhai add vegetable stalk keep it for boiling. While boiling add some pink salt, bay leaf and lemon grass stem.
2. Boil them together for some time.
3. In a pan or kadhai take some ghee Cook sprouted moong, hing and ginger until the moong gets soft.
4. Cool it then add it in blender with Coriander, Cumin.
5. Add this paste to the boiling vegetable stalk, before adding paste remove the bay leaf and lemon grass stem
6. Blend it and boil for some time.



# Mixed Sprout cutlet



## Ingredients:

- Sprouted Black Chickpeas/ Kala chana 1 cup
- Sprouted Foxtail millet / Ragi / Nachni 2-3 table spoon (sprouted ragi flour can be used as an option)
- Boiled potato Half cup
- Beet root grated 1 table spoon
- Besan 1 table spoon
- Pudina leaves 1 table spoon
- Green chili – 1
- Ginger -1 inch grated
- Red chili powder - 1 tsp
- Garam masala – 1 tsp (optional)
- Amchur powder – 1 tsp
- Salt as per taste

## Recipe:

1. Add Chikpeas and ragi to the blender and grind it. Remove it in plate or in a large bowl. Add boiled mashed potato to it.
2. Chop the chili and mix all other ingredients and bind it to a soft dough.
3. Give shape to the cutlet by using palm.
4. Now take pan and heat Oil, place the cutlets on it. Shallow fry the cutlets from both the sides, place a roasted cashew nut (optional).

# Mix Sprout Salad with Microgreens



## Ingredients:

- 1 cup Sprouted Moong
- 1/4 cup Black chickpeas
- 1 small onion
- 1 small tomato
- 3-4 cherry tomatoes (optional)
- Coriander
- Mint / pudina
- 3-4 tablespoon orange juice (lemon can be used)
- Garlic 3-4 cloves
- Black pepper - 1 tsp freshly grind
- Basil leaves 4-5
- Olive oil for dresing 2-3 tablespoons
- Pink or rock salt
- Pomegranate 3-4 tablespoons
- Sweet corn optional
- Micro greens - Fresh, whichever are available 2-3 tablespoons.

## Preparation:

Take olive oil. Add black pepper, Pink or salt as per taste, Basil leaves, Mint leaves , Chopped garlic. Stir well and keep aside

## Recipe:

1. In a heavy bottom pot keep water for boiling. Add some salt and turmeric to it. Add sprouted black chickpeas. When chickpeas get soft add sprouted moong beans to it.
2. When the sprouts are half boiled remove them from water.
3. Finely chop onion, tomato and coriander.
4. In a bowl add chopped onion, tomatoes, boiled sprouts, pomegranate, orange juice, coriander, Micro greens and the olive oil dressing.

# Ragi

RECIPES BY:

MRUNMAYEE PATWARDHAN



# Ragi laddu

## Ingredients:

- 1 cup- nachani flour.
- 1/2 cup- moong dal flour.
- 1/2 cup- coarse wheat flour.
- 1/2 cup- ghee

## Preparation:

The sweeteners- Gud/ chopped black dates/ rock sugar powder grinded in a mixer- 1/2 or 1/5 cup (as per your taste.)

## Recipe:

1. In a heavy bottom pot keep water for boiling. Add some salt and turmeric to it. Add sprouted black chickpeas. When chickpeas get soft add sprouted moong beans to it.
2. When the sprouts are half boiled remove them from water.
3. Finely chop onion, tomato and coriander.
4. In a bowl add chopped onion, tomatoes, boiled sprouts, pomegranate, orange juice, coriander, Micro greens and the olive oil dressing.

# Ragi idli

## Ingredients:

- Nachani whole- 1 and ½ cup
- Udid daal- 1 cup.
- Rice grains- 1 and ½ cup
- Rock salt as per taste.

## Recipe:

1. Mix the millet, rice and daal in a bowl, soak them in water for at least 7-8 hours. Or over-night.
2. After this, strain the water keep the mixed daals in another bowl and the water in another.
3. Grind the daals together very well, till it becomes a coarse paste.
4. To make it turn into a paste add small portions of the daal stock water along with pinch of salt. (Add salt as per your taste) After grinding it.
5. Pour the mixture into a big bowl and mix it well, dissolve the lumps by kneading it with your hands.
6. Keep it for 7-8 hours or over-night to ferment.
7. After it ferments well, take an idli maker, apply little bit of oil to the idli sections with your fingers or you can use a plastic brush.
8. With help of a spoon pour the coarse mixture into the sections and stem it for about 10-15 minutes.
9. To go along with this idli, one can make a coconut chutney, or a sambar of tur, masur and moong daal. Add the daals in equal proportion. Then add different vegetables like drumsticks, bottle gourd, pumpkin, bitter gourd, tomato and potato; all sliced. Serve.



# Ragi roti

## Ingredients:

- Ragi flour- 1 cup
- Jeera-  $\frac{1}{4}$  cup
- Small onion- 1
- Coconut oil- 1 tsp.
- Salt as per taste.
- Coriander leaves, chopped.
- Water in a bowl.

## Recipe:

1. Add the flour, chopped onion, coriander leaves and salt to season in a bowl. Add water as required to make a dough of this mixture. Make small balls of the same and then fry them on a pan after adding a bit of coconut oil.
2. Coconut oil is beneficial for health anyway. Or you can apply a brush of ghee on the both sides and then bake it in the oven. This is a healthier way to cook it.
3. Serve this along with daal or curry or sambar.

# Ragi salad

## Ingredients:

- Sprouted Ragi- 1 cup
- Celery chopped- ½ cup
- Carrots- ½ cup
- Sesame seeds- 1 tsp
- Soy sauce- 1 tbsp
- Rice vinegar- 1 tbsp
- Salt as per required
- Lime- 1

## Recipe:

1. In a boiling water add the sprouted ragi, boil for a minute, then strain.
2. Mix all the wet ingredients in a small bowl, soy sauce, vinegar, salt, sesame seeds, salt.
3. Add the celery, carrots, sprouted ragi to a bowl.
4. Mix the wet and the dry ingredients.
5. Serve with chopped cilantro.
6. If you want to add the lime as well, then squeeze some of the juice on the salad.

# Ragi

RECIPES BY:  
SMITA DESHPANDE



# Ragi Thaipeeth



## Ingredients:

- One bowl of ragi flour
- half a bowl of sorghum flour
- half bowl of rice flour
- medium size onion
- one bowl of coriander
- coriander-cumin powder half teaspoon
- two pinches of asafoetida (hing)
- half teaspoon turmeric
- spice to taste
- salt
- onion-garlic masala
- oil

## Recipe:

1. First, in a plate add chopped onion, all the flours, spices, coriander, chilli powder, spices, coriander-cumin powder, salt, hing, turmeric and mix them together.
2. Add water and knead the dough until smooth then spread oil on small plastic sheet.
3. Take small ball of dough and pat in a round shape, then put oil in a pan, patted dough kept on pan,
4. Put the plate on it and cover it while roasting on one side on a low flame.
5. Remove the lid and roast it till brown on the other side and then serve with sauce, curd or ghee.

# Ragi Soup



## Ingredients:

- Oil
- Cumin
- Turmeric
- Red chilli powder/chilli flakes/green chilli
- salt
- water
- 1-2 leaves garlic
- two tablespoons carrots
- two tablespoon beans
- two tablespoon boiled corn
- two tablespoon onion
- ¼ teaspoon grated ginger
- three tablespoon ragi flour

## Recipe:

1. First heat oil in a pan.
2. Add cumin seeds.
3. When cumin crackles, add garlic, then add ginger or ginger powder.
4. Then add onion and fry until golden brown.
5. Add carrots, peas and corn, add salt and chilli powder and fry again,
6. Add some water and put the lid to cook all the vegetables.
7. Take ragi flour in a bowl, add cold water to it,
8. Break the lumps and add the mixture to the pan,
9. Put the lid back on,
10. Make it as thin as you want and cook for a while.
11. Serve hot.



# Ragi Pohe



## Ingredients:

- Two cup Ragi poha
- Two tablespoon peanuts or pandharpuri dal
- One medium size chopped onion
- Coriander
- Grated coconut
- Sugar and salt
- For burst- oil
- Mustard seeds
- Asafoetida
- Turmeric
- Curry leaves
- Two green chilli

## Recipe:

1. Soak the poha first.
2. Then heat oil in a pan and add mustard, green chillies, curry leaves, asafoetida and turmeric,
3. Add peanuts or pandharpuri dal
4. Add onion and fry until golden brown,
5. Add poha. This poha cooks quickly in one to two steams.
6. Add coriander and coconut for garnish.

Even though adding dry ragi poha in milk taste similar to cornflakes. Along with this by using dry fruits can be made nutritious.

# Ragi Biscuit



## Ingredients:

- Half a cup of wheat flour
- Half a cup of ragi flour
- half teaspoon baking soda
- one cup Grated Gul
- One cup Butter
- (Normal Temperature)

## Recipe:

1. First take butter in a bowl, mix gul powder in it, sift ragi flour, wheat flour and baking soda and add in the batter.
2. Knead all this mixture properly and keep it in fridge for 10-15 minutes.
3. Knead again after removing from the fridge.
4. Then make the same size balls, shape properly with the help of biscuits mould and bake it in the oven for 180 degree for 20 to 25 minutes.



# Mushroom

RECIPES BY:  
SWATI UPADHYE



# Mushroom Fried Rice



## Ingredients:

- 1 cup Rice
- 200 gm Mushrooms
- 1 medium fine chopped onion
- 2 cups Chopped Vegetables like carrots, capsicum, beans, green peas
- 2 tbsp Oil
- 1 tbsp Soy sauce
- 1 tsp minced garlic
- 1 tbsp Red chilly chutney ( ठेचा )
- Salt as per taste

## Recipe:

1. Cook the rice in a pan with low flame. It should be 3/4th cooked.
  2. Allow it to cool completely.
  3. Wash and slice the mushrooms and all vegetables.
  4. Heat oil and add minced garlic in it. Sauté it until aromatic. Then add onions and green chillies (if you want it spicy) and sauté till onion starts to change its color.
  5. Now add all chopped vegetables and stir fry. Now add sliced mushrooms. Mushrooms will ooze out water, but it will evaporate in some time. Now add soy sauce and red chilly chutney and stir fry everything.
  6. Now add cooked rice and salt. Gently mix it evenly.
  7. Sprinkle sliced spring onions just before serving.
- Mushroom fried rice is ready!



# Green Peas Coriander Mushroom Soup



## Ingredients:

- 1 tbsp Homemade Butter
- 8-10 Mushrooms
- 2 tbsp Rice flour
- 2 tsp minced garlic
- ½ cup fine chopped onion
- ½ cup Boiled green peas
- ½ cup Coriander
- 1 tsp lemon juice
- Salt as per taste

## Recipe:

1. Wash and slice the mushrooms. Use all stems.
2. Take 2 tbsp rice flour. Add water and make a paste.
3. Grind green peas and coriander with lemon juice and keep aside.
4. Heat butter in a pan. Add minced garlic in it and sauté it until aromatic. Then add chopped onions and sauté. Add green peas-coriander paste and stir it.
5. Now add sliced mushrooms and sauté for a while. Now add water (approx. 3 cups) and make all mixture boil.
6. Then add rice flour paste and salt as needed. Cook it on low flame and serve hot with green salad.



# Butter Garlic Mushroom



## Ingredients:

- 10-12 Mushrooms
- 1 tsp minced Garlic
- ½ cup fine chopped Onion
- 1 tsp Chilly powder
- 1 tsp Turmeric powder
- ½ tsp Black Pepper powder
- 2 tsp unsalted homemade Butter
- 1 tsp Olive Oil
- 1 tbsp chopped Coriander leaves
- 1 tsp Lemon juice

## Recipe:

1. Wash the mushrooms and cut them into bigger pieces.
2. Heat butter and oil together in a pan, so that butter will not burn. Heat it on a low flame. Add minced garlic in it and sauté it. Then add chopped onions and sauté until it changes its color. Add chilly powder and turmeric powder and give it a quick stir.
3. Now add mushrooms and fry them. Sprinkle salt to taste. Continue to stir, as mushrooms will release some water. Stir it till that water evaporates.
4. Serve hot with a sprinkle of coriander leaves and lime juice!

# Shahi Mushroom Masala



## Ingredients:

- 200 gm Mushrooms
- ½ Cup chopped Green, Red & Yellow Capsicum
- 2 medium sized Tomatoes
- 1 medium sized Onion
- 2 tbsp Oil
- 1 tsp minced garlic
- 1 tsp minced ginger
- 1 tsp Chilly powder
- 1 tsp Turmeric powder
- 4-5 soaked Almonds and Cashews
- 1 tsp cumin seeds
- 1 tsp Musk Melon seeds
- 1 tsp poppy seeds
- Fine chopped Coriander leaves
- Salt as per taste

## Recipe:

1. Wash the mushrooms and slice them.
2. Take almonds, cashews, poppy seeds, cumin seeds, Musk Melon seeds. Grind them together and keep aside.
3. Grind tomatoes and onion finely to make gravy.
4. Heat oil in a pan. Add almond-cashew-cumin-poppy seeds-musk melon seeds paste in it. Sauté it.
5. Then add tomato and onion gravy. Sauté all the mixture for 2 minutes. Add chopped capsicums & Sauté for 2 minutes.
6. Add salt, chilly powder, turmeric powder and stir.
7. Now add mushrooms and cook well for 3 minutes.
8. Garnish with coriander leaves and serve hot with wheat roti



# sesame seeds

RECIPES BY:  
SAPANA SHIRKE



# Sesame-Granola Bar



## Ingredients:

- White Sesame seed 100gm
- Black sesame seed 100gm
- Pumpkin seed 50gm
- Jaggery 1 cup
- Ghee 2 Tsp
- Khajoor 12 - 15
- Golden raisins 50gm
- Cran berries 30gm

## Recipe:

1. Roast white and black sesame seed for 5-7 min on low flame.
2. Roast pumpkin seeds for 5-6 min. Remove the seed of khajoor and roughly slice it.
3. Add one Tsp ghee into the pan, melt jaggery, as it turns in liquid form. Add white and black sesame seeds with pumpkin seeds.
4. Add khajoor, golden raisins and gran berries to it.
5. Heat for 5-7 min .
6. Apply 1 Tsp ghee to tray. Settle all mixture into tray.
7. Cool it and cut it rectangular shape.

# Sesame butter



## Ingredients:

- Sesame seeds 50gm
- Watermelon seeds 50gm
- Garlic 8-10 no.
- Olive oil (edible oil) 2 TBsp
- Lemon juice 1 Tsp
- Salt  $\frac{1}{2}$  Tsp

## Recipe:

1. Roast sesame seeds and watermelon seeds till it turns golden brown.
2. Grind both seeds and garlic together with salt and oil.  
Add 1 Tsp lemon juice in mixture
3. Can use as dip, chutney or spread.



# Sesame milk



## Ingredients:

- Sesame seeds 1 Tsp
- Watermelon seeds 1 Tsp
- Dates 4-5
- Cinnamon powder 1 Pinch

## Recipe:

1. Soak sesame seed and watermelon seed overnight. ( at least 6 hours)
2. Soak dates for 8-10 hours.
3. Take both seeds and dates, put it together in Blender with little water and grind it well, make fine paste.
4. Add glass of water to blender.
5. Sesame milk is ready.
6. It is as good as cow milk. Can add coco powder for better taste.

# Til- maswadi/ paratha



## Ingredients:

- Sesame seed 1 cup
- Onion(big) 3(dried or fried)
- Khobra  $\frac{3}{4}$  cup( grated)
- Khaskhas 2tsp
- Cloves 4to5
- Black pepper 7to8
- Cinnamon 3to4
- Turmeric powder  $\frac{1}{2}$  tsp
- Red chilly powder 2 tsp
- Salt As per taste

## Recipe:

1. Take 2to3 big onion make thin slice. Dry them in sun or fry in oil till turns golden brown.
2. Roast grated khobra, cloves , black pepper , cinammon seperately on low flame.
3. Roast sesame seed and khaskhas.
4. Grind garam masala, khobra ,onion , til&khaskhas (Not soo.. fine)
5. Mix turmeric powder, red chilly powder and salt as per taste to the mixture . Our mixture (bakhur) is ready.
6. We can make Maswadi, til paratha or sprinkle it on dosa, chilla etc. can store for a month.

# Chutney

RECIPES BY:  
SONALI NAIKSATAM



# Carrot Chutney



## Ingredients:

- 2 cup carrot pieces
- 8-10 garlic cloves
- ½ cup finely chopped coriander leaves
- 2 tsp lemon juice
- 1 tsp groundnut oil
- ¼ tsp mustard seeds
- ¼ tsp cumin seeds
- Salt to taste

## Recipe:

1. Crush the carrot pieces with garlic cloves in a mixer jar
2. Combine the finely chopped coriander leaves and lemon juice with crushed carrot and garlic in a deep bowl. Add salt to taste and mix well
3. Heat oil in a kadai and season with mustard seeds and cumin seeds
4. When the tadka (tempering) cools down then add on the chutney

# Bottle gourd Chutney



## Ingredients:

- 1 cup thickly grated bottle gourd (doodhi)
- 1 cup fresh beater low fat curd (dahi)
- ½ cup finely chopped mint leaves (pudina)
- ¼ tsp roasted cumin seeds (jeera) powder
- ¼ tsp black salt
- 1½ tbsp. coarsely ground flax seeds
- Salt to taste

## Recipe:

1. Combine the bottle gourd with ¼ cup of water in a deep pan and mix well. Cover and cook on a medium flame for 4 to 5 minutes or till all the water evaporates. Keep aside to cool.
2. Combine all the ingredients, including the cooked bottle gourd in a deep bowl and mix well
3. Refrigerate the doodhi chutney for at least 1 hour
4. Serve the chutney chilled



# Sprouted Methi Chutney



## Ingredients:

- ½ cup sprouted fenugreek (methi) seeds
- 1 cup tamarind (imli) water
- ¼ cup chopped onions
- ¼ cup chopped tomatoes
- ½ tsp grated ginger (adrak)
- ½ tsp asafetida (hing)
- ¼ tsp jaggery (gur)
- ¼ tsp salt
- ½ tsp sambaar powder
- ¼ tsp fenugreek (methi) seeds
- 1 tsp urad dal (split black lentils)
- 1 spring of curry leaves (kadi patta)
- 2 tsp oil

## Recipe:

1. Heat oil in a kadai and season with mustard seeds, urad dal and curry leaves
2. Fry sprouted methi, onion, tomato and ginger till golden brown.
3. Cool the mixture and grind to a smooth paste
4. Boil the mixture in tamarind juice in the same kadai adding asafetida, jaggery and sambar powder, till the mixture thickens

# Raisin Chutney



## Ingredients:

- 1 cup soaked raisins
- 1 tsp oil
- ¼ tsp mustard seeds
- ¼ tsp cumin seeds
- ¼ tsp methi seeds
- (optional)
  - ½ tsp red chilli powder
  - ½ tsp jaggery
  - Salt to taste

## Recipe:

1. Heat oil in a kadai and season with mustard seeds, urad dal and curry leaves
2. Fry sprouted methi, onion, tomato and ginger till golden brown.
3. Cool the mixture and grind to a smooth paste
4. Boil the mixture in tamarind juice in the same kadai adding asafetida, jaggery and sambar powder, till the mixture thickens

# Cabbage

RECIPES BY:  
SWATI RODE



# CABBAGE ROLL



## Ingredients:

- 7-8 Cabbage leaves, separated and steamed.

For stuffing:

- 1 TBSP Tofu / Paneer grated
- 1½ TBSP grated carrot
- 1 TBSP mashed potato (optional)
- Black pepper powder as per taste
- Salt as per taste
- 1 TSP finely chopped coriander (substitute - parsley)
- ½ TSP Oil or Butter

## Recipe:

1. Steam the cabbage leaves for 7-8 minutes in a pan or a rice steamer. Dry them properly with a kitchen cloth and keep aside.
2. Heat oil in a frying pan. Add the grated carrot, paneer and mashed potato. Sauté for 1 minute.
3. Add black pepper, salt and coriander and mix well. Set aside to cool.
4. Once the stuffing is cooled down, take a cabbage leaf and add 1TBSP of the stuffing and roll the cabbage leaf. Use a toothpick for holding the roll, if required.



# Cabbage soup



## Ingredients:

- 1 cup Cabbage cut into big pieces
- $\frac{1}{4}$  cup grated carrot
- $\frac{1}{4}$  cup sweet corn (boiled)
- Green chillies finely chopped, as per taste
- Salt, as per taste
- Black pepper, as per taste
- $2 \frac{1}{2}$  cups water

## Recipe:

1. Take a stockpot. Add the water and boil it.
2. Add the carrot and cabbage into the boiling water and let it cook.
3. Meanwhile, in a grinder or mixer, take corn and green chillies and grind finely.
4. Add the corn and chilly mixture into the soup and stir well.
5. Add salt and pepper. For garnishing, parsley can also be used.



# Cabbage Pachadi



## Ingredients:

- ½ cup grated cabbage
- 1 TBSP grated coconut
- Green chillies chopped finely, as per taste
- 3-4 curry leaves
- Salt, as per taste
- Sugar, as per taste (optional)
- 1 TSP lemon juice
- 1 TBSP chopped coriander

For Tadka :- Little oil, hing (asafoetida), turmeric, mustard seeds, jeera and curry leaves.

## Recipe:

1. In a saucepan, mix all the ingredients well.
2. Give the tadka using all ingredients mentioned, adding one by one. Set mixture aside to cool.
3. Once mixture has cooled down, add lemon juice. For garnishing, pomegranate can be used.

# Cabbage paratha



## Ingredients:

For the dough :

- 2 cups wheat or multigrain flour
- 1 TBSP curd
- 1 TBSP milk powder
- Pinch of sugar (optional)
- Salt as per taste
- ½ TSP sesame seeds + Oil (as required)

For the stuffing :

- 1 cup + 1 TBSP grated cabbage
- 1 ½ TBSP grated paneer
- 1 TBSP mashed potato (optional) (Substitute - corn flour)
- Salt as per taste
- Black Pepper as per taste
- Jeera as per taste
- ¼ TSP green chilli paste
- ½ TSP lemon juice
- 1 TBSP chopped coriander
- 1 TBSP oil

## Recipe:

### For the dough:

Take the flour in a large bowl and mix all ingredients into it.

With your hands, knead the dough.

Set aside for ½ Hour.

### For the stuffing :-

1. In a saucepan, heat little oil.
2. Gradually add the jeera and grated cabbage and sauté for 1 minute.
3. Add the grated carrot and sauté again for another minute. Gradually add all the seasonings, paneer and potato and continue to sauté for 2-3 minutes.
4. Cool the mixture and add lemon juice. If the mixture is loose; then you can add cornflour accordingly. ( if mashed potato is used then you may not need to add cornflour in the mixture.) Take a small portion of the dough and flatten it out. Take a portion of the stuffing and wrap the dough around in making a ball. Roll it out using a rolling pin.
5. Cook the paratha on a pan using oil, butter or ghee, as per your diet requirement and taste preference.



# Jowar

RECIPES BY:  
MEGHANA PATIL





# Jowar Atta Appe

## Ingredients:

- one cup jawar ata
- 3/4th cup of curd
- one cup of sliced onion
- 1/4th cup of Carrots
- 1/4th cup of fresh grated coconut
- Salt as per taste
- Eno one sachet
- oil for greasing
- owa One table spoon
- Cumin powder\_two table spoon.
- coriander leaves
- green chili,ginger,garlic paste, 3 table spoon.
- half cup of Til.



## Recipe:

1. Take a cup of jawar ata ,add onion,curd,Carrots,freshly grated coconut,ginger,garlic and green chilli paste, chopped coriander,Cumin powder,ajwain and salt as.per taste.Mix all the ingredients properly add a required amount of water to make a batter not so thick and not liquid as of appe batter.
2. Wait for 10 minutes.
3. Stir and immediately add the batter in a appe Patra.
4. Cook it on a medium flame till it gets slightly brown.turn the appe and cook from other side also.

This is a very healthy recipe as jawar is gluten free.you can eat this in summer as healthy snacks. Also a good option for kids tiffin.



# Jwarichya Kanya

## Ingredients:

- One cup of jawar
- Water
- Salt
- Buttermilk

## Recipe:

1. Wash the jawar and Soak one cup of jawar in sufficient amount of water for 3 to 4 days.
2. Every day wash the soaked jawar twice and again soak in water .do this procedure for 3 to 4 days .
3. Then drain the water and spread the jawar on a cloth to get dry inside the house only.
4. After jawar gets dry grind it roughly.you can store it in airtight container in fridge for few days.
5. Cook two table spoon of jawar kanya in two glass of water,add salt as per taste while cooking.
6. Cook it, for 30 minutes. stir it while cooking so that it will not make lumps.
7. After 30 minutes when it will be cooked completely. turn off the gas.
8. Let it cool down completely.
9. Then add buttermilk & salt if needed in it. Also you can add onion, garlic masala or sprinkle it on top of kanya .



# Jwarichi Ambil



## Ingredients:

- Jawar ata 4 tablespoons
- water
- buttermilk, approximately(6 glass)
- garlic
- ginger
- green chilli
- Cumin powder
- Ajwain
- Coriander leaves
- Mint leaves
- salt
- chat masala
- black salt
- ghee
- hing powder

## Recipe:

1. Add 4 table spoon of jawar flour in 4 glass of water stir it to make no lumps .put it aside.
2. turn on the gas ,put a pan put two table spoon of ghee, green chilli past also add Cumin powder and hing powder to the tadaka .
3. Add the mixture of jawar flour in the tadaka . And cook it on medium flame for 10 to 15 minutes till it cooks properly.
4. Then turn off the gas .let it cool down completely
5. Meanwhile add Salt,chopped coriander leaves,chopped Mint leaves grinded mixture of garlic,ginger, black salt, chat masala in to the buttermilk .
6. Whisk it again.
7. Take the cooled down jawar ambil and add the above buttermilk in to it. Blend it well again and serve it cool.

# Jowar Hurda salad Bhel



## Ingredients:

- Jawar hurada /tender sorghum one cup
- spring onion
- tomato
- Cocumber
- soaked and steamed peanuts
- Raw mango if available
- fresh grated coconut
- coriander leaves
- Mint leaves
- lemon juice
- peanut chutney
- black til
- white til.

## Recipe:

1. First take jawar hurada or tender sorghum and fry it in a pan for a while. Don't fry it too much .it should have remain moisture in it.
2. Then let it be cool .
3. Take this cooled down hurada and add finely chopped spring onion,coriander leaves,mint leaves,tomatoes,soaked & steamed peanuts,finely chopped tomato,cucumber,raw mango if available,grated fresh coconut.also add peanut chutney,black til,white til,lemon juice into it.
4. Mix all those byadding salt as per taste ,little bit of chat masala in to it .
5. You can serve it with curd or butter milk.



## **About**

### **About Maharshi Karve Stree Shikshan Samstha, (MKSSS)**

The 125-years-old parent body has been committed to “Empowerment of Women through Education”. The Institution works relentlessly towards educating the women and thereby making them self-reliant. The Samstha was established in 1896 by the great visionary and social worker Bharat Ratna Maharshi Dhondo Keshav Karve to provide shelter to destitute women.

MKSSS has branches all over Maharashtra in India and more than 35,000 girl students are learning in these institutions. Over the period of last 124 years, the Institution has grown like a banyan tree and at present it runs 65 educational and other units under its umbrella. These units are located at Pune, Satara, Wai, Ratnagiri, Nagpur, Kamshet and Vasai. All these units are meant exclusively for girls or women. We also have hostel and medical facilities for students and working women and old age home for senior citizens.

### **About Baya Karve Women's Study and Research Centre**

A unit of our parent body, Maharshi Karve Stree Shikshan Sanstha, the centre invokes the ideals set by Baya Karve after whom it is named.

Core area is to work for Social well being with special focus on woman empowerment.

The autonomous platform has provided the freedom to innovate in the areas of curriculum design and teaching – learning, Research based activities, Gender studies and Community based initiatives that have proved helpful for women.



## **Baya Karve Women's Study and Research Centre**

### **Courses:**

1. PG Diploma in Counselling Psychology
2. Certificate course in Child Counselling
3. Certificate course in Family and Marriage Counselling
4. Certificate course in Indigenous Nutrition
5. स्वराक्षर: Certificate course in Music Therapy
6. Audit course in Cittavijñāna

### Credit courses in:

- Gender Sensitivity
- Psychological First Aid
- Value Education
- Indigenous Nutrition

### **Dilasa Counselling Centre:**

1. Individual and Group Counselling
2. Trainings and Workshops
3. Medhavi: A project for high ability girls
4. Urmi: Ability enhancement centre for differently abled children
5. Model in School Counselling
6. Model in College Counselling

### **Centre for Gender Studies**

- Awareness programs
- Trainings and Workshops
- Survey and research
- Seminar and Conferences
- Advocacy
- Resource Centre

### **Visava**

A one stop help centre for domestic violence victims

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# Course flyer



Maharshi Karve Stree Shikshan Sanstha's  
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For Registration and details:

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