



# *Diwali Sweets & Savouries*

By Team Luke

**YOU CARE™**  
All about YOU  
By LUKE COUTINHO®

No festive season is complete without sweets and savouries. But let's be honest, most of us attach a lot of guilt to it. We fear putting on weight, spiking sugar levels, and missing workouts when the festive season arrives. Yet, very few of us take the effort to chart an action plan to overcome these hurdles.

Holidays don't have to mean weight gain and celebrations don't have to mean over-eating. YOU can make informed choices.

### **How?**

By making simple healthy sweets at home and eating them without greed. Your the body will know exactly how to digest it.

Just a little sugar (that too, natural!), spice and a whole lot of love is all you need this Diwali.

This booklet consists of delicious yet healthy recipes designed by our meal planning expert and nutritionists for this festive season. You can also involve your family and turn this into a fun activity.



# SWEETS

## 1. DIY Quick and easy Almond and Amaranth Ladoo

### Ingredients:

- ▶ Popped amaranth seeds - 100 gm
- ▶ Organic Jaggery, melted - 100 ml
- ▶ Almonds (presoaked) - 50 gm (chopped)

### Method:

1. Add popped amaranth seeds, almonds and melted jaggery in a bowl.
2. Mix well.
3. Make small firm balls from the mixture.
4. Store in an airtight container.



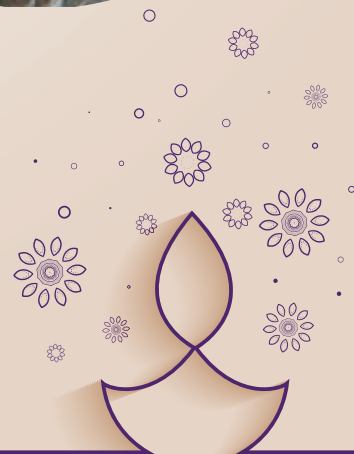
## 2. Sumptuous Sprouted moong Halwa

### Ingredients:

- ▶ Sprouted moong (whole green gram) - 100 gms
- ▶ Almond milk - 1 cup (Crush 5 to 6 soaked almonds into a fine paste with water, add more water to make 1 cup homemade almond milk)
- ▶ A2 Ghee-1 tbsp
- ▶ Dry dates - 2 tbsp
- ▶ Cardamom (elaichi) powder - 1 tsp

### Method:

1. Firstly, soak the dry dates for 5 hours.
2. Then steam the sprouts for 10 minutes.
3. Now deseed the dates and make puree in the grinder.
4. Now place the almond milk in a pan and Boil it.
5. Then add the sprouts, date puree and stir it occasionally.
6. When halwa gets thickened add the cardamom powder, mix it nicely, then switch off the flame and serve hot.



**FIND SOME MORE HERE!**



**Ragi Chocolate Sheera**



**Coconut Cacao Laddoos**



**Sweet Potato Halwa**



**Makhana Kheer**



**Pumpkin Drop Cookies**



**No Bake Bites**



**Besan Ladoo**



**Raw Cacao Energy Balls**



**Sattu Pancakes**



# SAVOURIES

## 1. Crispy Sattu Chakli

### Ingredients:

- ▶ Sattu Flour - 1/4 cup
- ▶ Jowar Flour - 1/4 cup
- ▶ Ragi flour - 1/4 cup
- ▶ Rice Flour - 1/4 cup
- ▶ Raw banana flour - 1 cup
- ▶ Turmeric powder - 1/2 tsp
- ▶ Chilli Powder - 1 tsp
- ▶ Cumin powder - 1 tsp
- ▶ Coriander powder - 1/2 tsp
- ▶ Roasted Sesame seeds - 1 tbsp
- ▶ Salt to taste
- ▶ Cold pressed coconut Oil - 2 tbsp



### Method:

1. Take a mixing bowl.
2. Add in all the flours as above.
3. Add salt, turmeric powder, chilli powder, coriander powder, cumin powder and roasted sesame seeds.
4. Mix all the ingredients together.
5. Add oil.
6. Mix the flour and the oil well.
7. Pour luke water a little at a time and mix it. Knead to make a soft dough.
8. Take the Chakli maker and add dough into it. Press the handle and give the Chakli round shape.
9. Make rest of the Chakli.
10. Grease a baking tray with a few drops of oil.
11. Arrange the Chakli on a baking tray.
12. Bake in a preheated oven at 180 degrees for 45 minutes, turning the Chakli in between after 15 minutes and bake it till it turns golden brown in colour.
13. Crispy baked chaklis are ready to eat!
14. Once cool completely then store it in an airtight container.



## 2. Makhana Mazaa

### Ingredients:

- ▶ Lotus seeds/phool makhana seeds - 2 cups
- ▶ Peanuts unsalted - 1/4 cup
- ▶ Roasted gram dal - 1/4 cup
- ▶ Broken almonds - 2 tablespoons
- ▶ Raisin - 1 tablespoons
- ▶ Curry leaves - 20
- ▶ Green chilies - finely chopped
- ▶ Turmeric powder - 1/2 teaspoon
- ▶ Pinch of asafoetida
- ▶ Coconut oil - 1 tablespoon
- ▶ Salt



### Method:

1. Heat oil in a thick pan. Add the phool makhana and roast in low flame for 8-10 minutes.
2. There will not be much colour change removed to a plate. In the same oil saute, almonds, raisins and remove to a plate.
3. In the same sauté fry peanuts, green chilies and curry leaves. Remove to a plate again.
4. Now, add turmeric powder and salt to the oil. Fry for a few seconds.
5. Add all the above ingredients.
6. Toss quickly 3-4 times.
7. Cool thoroughly. Store in an airtight container and serve makhana chivda as required.



### 3. Baked Ragi Chakli

#### Ingredients:

- ▶ Sattu/rice flour - 150 gms
- ▶ Ragi flour - 250 gms
- ▶ Ginger - 5 gms
- ▶ Chili - 5 gms
- ▶ Garlic paste - 2 gms
- ▶ Salt - 5 gms
- ▶ Coconut oil - 20 ml

#### Method:

1. Take the dry ingredients and knead them together.
2. Add oil and a required amount of water.
3. Let it become a semi-soft dough. Make two equal sizes.
4. Take one half of the dough into a chakli machine.
5. Press out roundels of the dough.
6. Put chaklis in a preheated oven.
7. Temperature should be around 360°f for 15-20 minutes.
8. Take the other half and repeat the same process.
9. Let it cool, the chakli whirls are ready to use. You can make simple rounders too.



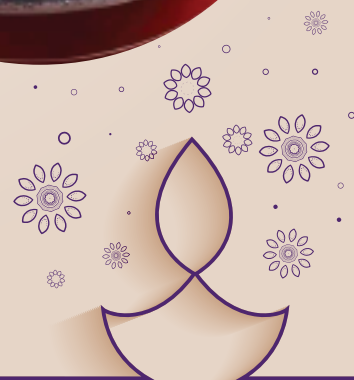
### 4. Makhana and Popcorn Namkeen

#### Ingredients:

- ▶ Fox Nuts (makhana) - 1 cup
- ▶ Popcorn (popped and unsalted) - 1 cup
- ▶ Raisins - 1/4 cup
- ▶ Ghee - 1 tsp
- ▶ Pink salt
- ▶ Cumin powder - 1 tsp
- ▶ Pepper powder - 1 tsp

#### Method:

1. Heat the ghee and add makhana.
2. Roast them on a slow flame.
3. When brown, add popcorn, salt and pepper.
4. Switch off the gas and add raisins.



## 5. Baked Papdi

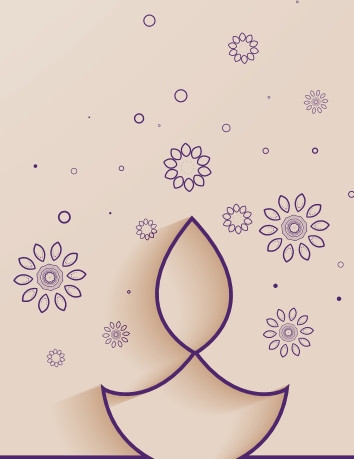
### Ingredients:

- ▶ 2 cups of which (1 cup jowar flour, 1/2 cup sattu, 1/2 cup rice flour)
- ▶ Fine semolina/sooji - 1 tbsp
- ▶ Pink salt - 1 tsp
- ▶ Carom seeds/ajwain - 1/2 tsp
- ▶ Hing - 1/2 tsp
- ▶ Coconut oil - 2 tbsp



### Method:

1. Add all the flour, sooji, salt, carom seeds, hing and 2 tbsp coconut oil in a bowl and mix well using your fingertips.
2. Add little water and knead to make a smooth stiff dough.
3. Cover the dough and keep aside for 20 minutes.
4. Divide the dough into 4 parts.
5. Slightly dust and roll each part into a 2-3 mm thick large disc.
6. Prick the disk all over using a fork.
7. Using a small circular cookie cutter or a cap of a bottle, cut the disc into smaller circles.
8. Preheat the oven to 180 degrees C.
9. Arrange the papdi on a baking tray in a single layer and bake for 15-20 minutes until golden brown from both the sides.
10. You can flip the papdi upside down midway if they are not getting browned from the lower side.
11. Make all the papdi in the same manner.
12. Let the papdi cool completely and then store them in an airtight container for up to a month.





## 6. Quinoa and Amaranth Chivda

### Ingredients:

- ▶ Organic cold pressed groundnut or coconut oil - 1 tbsp
- ▶ Mustard seeds - 1/2 tsp
- ▶ Fennel seeds - 1/2 tsp
- ▶ Green chili pepper - 1/2 chopped (optional)
- ▶ Fresh cilantro - 2 tbsp (chopped)
- ▶ Turmeric powder - 1/3-1/2 tsp
- ▶ Salt or to taste - 1/2 tsp
- ▶ Organic powdered jaggery - 1 tsp (Optional)
- ▶ Puffed quinoa - 1 1/2 loaded cup
- ▶ Puffed amaranth - 1 1/2 loaded cup
- ▶ Each of raisins, dried unsweetened cranberries or other dried fruit - 1/4 cup
- ▶ Each of broken raw cashew, walnuts or other nuts - 1/3 cup
- ▶ Red chili powder - to taste (optional)

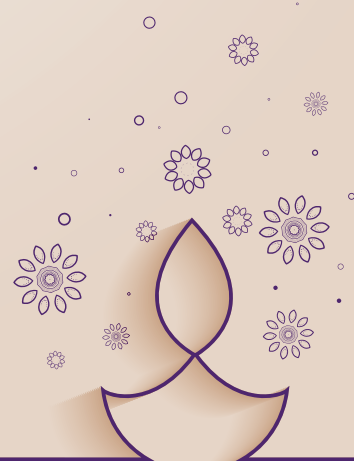


### Variations:

- ▶ Add gluten-free oats
- ▶ Add nuts of choice, peanuts, pecans, almond slivers.
- ▶ Add large Coconut flakes
- ▶ Add seeds – Sunflower, pumpkin, watermelon, sesame.

### Method:

1. Heat the oil in a wide pan over medium high heat.
2. Add mustard seeds and fennel seeds when hot.
3. As mustard seeds crackle, add green chili, and chopped cilantro.
4. Stir and let the cilantro become crisp.
5. Lower the heat to low medium.
6. Add chopped nuts and mix for 30 seconds.
7. Add raisins, cranberries and keep stirring for 30 seconds.
8. Add the puffed quinoa, oats and puffed amaranth.
9. Add turmeric, salt and red chili powder if using.
10. Mix well until the turmeric colour is well distributed.
11. Keep roasting for 4-5 minutes, stirring occasionally.
12. Take off heat.
13. Add powdered jaggery if using, taste and adjust salt, mix well and let cool before serving or storing in an airtight container for a few weeks.



## 7. Baked Namak Paare

### Ingredients:

- ▶ Sweet potato - 1/4 cup (boiled, peeled and mashed)
- ▶ Sattu - 1/4 cup
- ▶ Salt - 1/4 teaspoon
- ▶ Coarsely ground black pepper - 1/4 teaspoon
- ▶ Carom seeds(ajwain) or cumin seeds - 1/2 teaspoon
- ▶ Turmeric powder - A generous pinch
- ▶ Baking powder - A generous pinch
- ▶ Cold pressed coconut oil - 1 teaspoon (Optional)
- ▶ Water - 2-3 teaspoons



### Method:

1. Mash the potato.
2. Add oil if using and mix it in.
3. Mix sattu, salt, spices, baking powder and add to the potato and mix it into a crumbly mixture.
4. Add a teaspoon of water at a time to make a soft dough.
5. Water needed will depend on the moisture content of the potato and flour used.
6. Let the dough rest for 5 minutes.
7. Place the dough on parchment and press a bit with your hand.
8. Dust the sattu on top and roll it out with "light" pressure into as thin as possible. (Keep dusting more flour to avoid dough sticking to the rolling pin and breaking apart).
9. Cut the rolled-out dough using a pizza cutter into squares or diamonds.
10. Use a fork to prick a few holes in the dough. Place parchment on a baking sheet and bake in preheated 370 degrees F for 15 minutes.
11. Take the crackers out, break them apart and bake for another 8-10 minutes until crisp to touch.
12. Cool and store in an airtight container.



## 8. Roasted chickpeas

### Ingredients:

- ▶ Chickpeas - 1 cup (cooked)
- ▶ Salt - to taste
- ▶ Coconut oil - 2/3 tbsp
- ▶ Rosemary - 1/2 tbsp
- ▶ Chilli flakes - 1/2 tbsp
- ▶ Oregano - 1/2 tbsp

### Method:

1. Layer the chickpeas evenly on a baking tray lined with butter paper (so they don't stick), and toss with the remaining ingredients.
2. Bake at 180 degrees C or until crisp, about half an hour.
3. Store it in an air-tight container.



## 9. Spiced Nuts

### Ingredients:

- ▶ Nuts of choice (Cashews, pecans, walnuts, almonds, macadamia, pistachios) - 1/2 - 3/4 cup
- ▶ Cold pressed coconut oil - 1/2 tsp
- ▶ Spice blend of choice like garam masala or chana masala spice blend or Luke's immunity boosting powder - 1/4 tsp
- ▶ Salt - 1/4 tsp (or to taste)
- ▶ Black pepper or chili powder - to taste

### Method:

1. In a large skillet, add a teaspoon of oil and heat over low-medium.
2. When hot, add nuts, salt, black pepper and masala or spice blend to taste, and mix to coat well.
3. Roast on the stove, stirring every few seconds for 8-10 minutes until cashews start to look golden. (Reduce heat to low after 6 or so minutes to reduce chances of burning)
4. Take off heat.
5. The nuts will continue to roast for the next 2-3 minutes once off heat too.
6. Cool completely, adjust salt and spice. Snack!



7. You can also bake these for about 12-15 minutes at preheated 330 degrees F.
8. Stir once after 10 minutes and check on them.
9. Oven temperatures vary, so keep the temperature on the lower side.

**Variation:**

Add a 1/4 cup of dried fruit like currant, cranberries or raisins after 5 minutes of roasting.

## 10. Poha Chivda (Traditional Indian Snack)

**Ingredients:**

- ▶ Poha/Beaten rice- 2 cups (preferably thin and roasted)
- ▶ Jeera/Cumin 1 tsp
- ▶ Rai/Mustard seeds 1/2 tsp
- ▶ Urad dal 1/4 tsp
- ▶ Chana Dal 1/4 tsp
- ▶ Bengal gram roasted 2 tbsp
- ▶ Peanuts 1/2 cup
- ▶ Chilli powder 1 tsp
- ▶ Turmeric powder 1/4 tsp
- ▶ Curry leaves 1 – 2 sprigs
- ▶ Chaat masala 1 tsp
- ▶ Immunity boosting powder 1 tsp (recipe)
- ▶ Pink salt to taste
- ▶ Cold pressed coconut Oil 1 – 2 tbsp

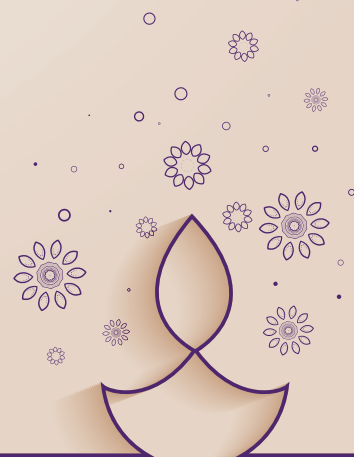


**Method:**

1. Heat oil in a pan, add mustard seeds, jeera, urad dal and chana dal.
2. When they start spluttering, add peanuts and bengal gram.
3. Now add chilli powder, turmeric powder, salt, curry leaves, chaat masala and Immunity powder.
4. Add poha now and fry well in medium heat until poha is well roasted (around 10 mins in medium flame is good enough).
5. Switch off the flame and let it cool.
6. Store in airtight containers.

**Notes:**

- ▶ Can add makhana for extra crunch.
- ▶ Nuts and seeds can be added too.



## 11. Delicious and Appetizing Cauliflower tikki

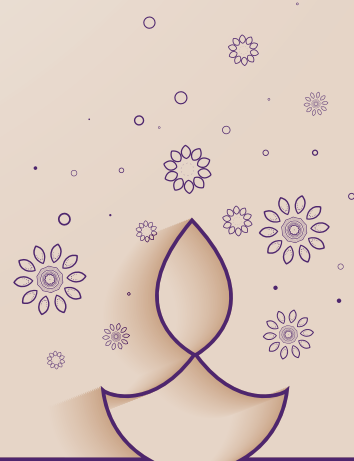
### Ingredients:

- ▶ Cauliflower - 2 cups (blanched)
- Green chillies - 1/2 tbsp (chopped)
- Onions - 1/2 cup
- Carrots - 1/2 cup
- Pudina - 1/2 cup (chopped)
- Beans - 1/2 cup (chopped)
- Salt-1tsp
- Coriander leaves - 1/2 cup (chopped)
- Cold pressed Coconut Oil - 1 tbsp + for greasing
- Ginger - 1 tbsp
- Steel cut oats - 1/2 cup powdered
- Sattu flour - 3/4th cup
- Amchur (dried mango) powder - 1 tsp
- Jeera - 1/2 tsp
- Chaat masala - 2 tsp
- Garam masala - 2 tsp



### Method:

1. Add a few drops of oil in a pan.
2. Add jeera and allow it to splutter.
3. Add the chopped onions.
4. Sauté it for a minute until it turns golden brown in colour. 5. Keep it aside.
6. Add 2 cups of blanched cauliflower in a large bowl.
7. Add the boiled beans and carrots.
8. Then, add the chopped coriander and green chillies.
9. Add the sautéed onions.
10. Mash it until all the ingredients are mixed well.
11. Further, add the oats along with the sattu flour.
12. Add garam masala and chaat masala.
13. Add a teaspoon of both amchur powder and salt.
14. Use your hands and mix it properly.
15. Once done, allow it to rest for 10 minutes, so that the oats can absorb all the flavour.



16. Once rested, mix it once more.
17. Take small portions of the mixture.
18. Make it into round shapes and slightly press it to an inch's thickness.
19. Place it on a plate. Keep it aside.
20. Now, grease the flat pan with oil.
21. Place the slightly flattened tikkis on it.
22. Drizzle each tikki with some oil.
23. Allow it to cook for 3-4 minutes until it turns golden brown in colour.
24. Flip it over and let it cook for 3-4 minutes.
25. Once done, transfer the tikkis onto a plate and serve.

## 12. Crispy and Crunchy Kale Chips

### Ingredients:

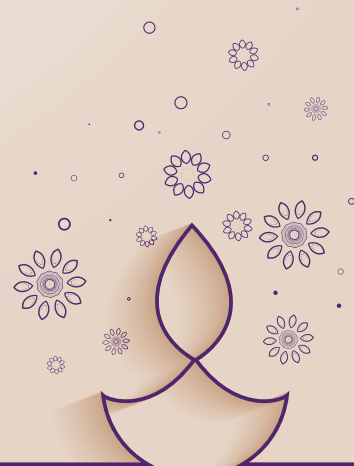
- ▶ Lightly packed kale - 4 cups (about 1/2 bunch)
- ▶ Extra virgin olive oil - 1 tbsp
- ▶ Salt - 1/4 tsp

### Method:

1. Preheat the oven to 275 degrees.
2. Wash and dry kale leaves.
3. Make sure they are completely dry.
4. If the leaves are still wet, the kale will steam instead of getting crispy.
5. Separate the kale from the stem by ripping into 1-2 inch sections and placing them in a bowl.
6. Pour 1 tablespoon of olive oil on the kale.
7. Massage oil into kale, making sure each leaf is coated.
8. Spread out the kale on the baking sheets.
9. Make sure each piece is separate so the kale will get crispy.
10. If they are on top of each other, they may get soggy and cook unevenly.
11. Sprinkle salt over kale.
12. Bake for 15 to 20 minutes until they become crispy.
13. Start checking at 15 minutes and check every minute until they become crispy

### Toppings:

- ▶ Add a tablespoon of lemon juice after baking.
- ▶ Before baking add 1 tablespoons of chia seeds and 1 tablespoon of sesame seeds and once they are baked drizzle raw honey to get a sweet crispy chip.



# Overindulged?

## Take no guilt. Now support your digestion with a meal digestive mix.

### Post Meal Digestive Mukhwas

Easy to make post meal mouth fresheners and digestive friendly mix that can be taken after every meal.

#### Ingredients:

- ▶ Fennel seeds - 1/4 cup
- ▶ Sesame seeds - 1/8 cup
- ▶ Ajwain - 1/8 cup
- ▶ Dried coconut grated - 1/4 cup
- ▶ Ginger powder - 1/4 tsp
- ▶ Himalayan pink salt - 1 tsp



#### Method:

Heat a kadhai.

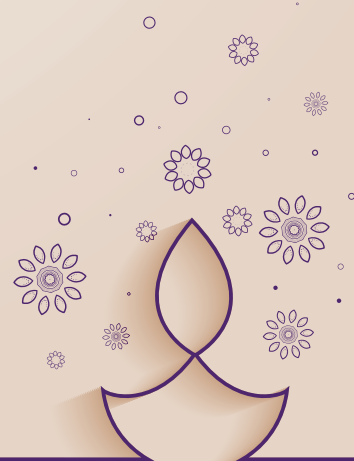
Dry roast the fennel seeds, sesame seeds, ajwain and grated dry coconut once till it releases a mild fragrant aroma then transfer it to a bowl.

Add ginger powder and pink salt to the mixture and mix well.

Store in an airtight container.

#### Notes:

- ▶ Can add jaggery for the sweetness.
- ▶ Can additionally add sliced almonds too for variations.



We hope you like these recipes and try them too!  
For more such innovative and healthy recipes, click [here](#).



Find more interesting recipes here.

**[www.lukecouthinho.com](http://www.lukecouthinho.com)**

Toll free no: 18001020253

Email address: [info@lukecouthinho.com](mailto:info@lukecouthinho.com)

Disclaimer: Please keep your health expert in loop before introducing any new food ingredient in your diet, especially if you are on any medications or undergoing a medical treatment. If a certain ingredient does not suit you, please avoid its consumption.

With love and gratitude,  
Team Luke