



Diwali Sweets & Savories

By Team Luke



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All about YOU
By LUKE COUTINHO®



No festive season is complete without sweets and savories. 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 make 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 are all you need this Diwali.

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

Sweets

DIY Quick and Easy Almond and Amaranth Ladoo

Serves: 2

Preparation time: 10 minutes

Total time: 20 minutes

Ingredients:

- 100 gms popped amaranth seeds
- 100 ml organic jaggery, melted
- 50 gms almonds (soaked and chopped)

Method:

1. Add popped amaranth seeds, almonds, and melted jaggery in a bowl.
2. Mix well.
3. Mold the mixture into bite-sized firm balls.
4. Store in an airtight container.



Aaichi Puran Poli (Mother's Puran)

Serves: 6 to 8

Preparation time: 30 minutes

Total time: 40 minutes

Ingredients - For Puran:

- 1 cup organic jaggery (250ml)
- 1 cup chana dal/split Bengal gram (skinned and soaked for 12 to 14 hours with the water changed every 6 to 7 hours)
- 3 cups of water to pressure cook the chana dal
- 2 tsp ghee (A2 ghee)
- 1 tsp cardamom powder
- 1 tsp fennel powder
- 1/4 tsp nutmeg powder



For the Poli (roti):

- 1.5 cups khapli wheat
- 4 tbsp ghee (A2 ghee)
- 1/2 tsp salt
- 1/4 tsp organic turmeric
- Water (as required to knead the dough)

Method: To make the Puran:

- Rinse the soaked chana dal/split Bengal gram. Once done, pressure cooker for 7 whistles.
- Heat ghee in a pan. Add nutmeg powder, cardamom powder, and fennel powder, and sauté for a few seconds till it releases an aroma.
- Add in the chana dal and organic jaggery next. Stir this on a low flame until the mixture is completely dry. Turn off the heat once done.
- Let it cool. Mash the Puran well and keep it aside.

Preparing the Poli (roti):

- Take a medium-sized ball from the dough prepared. Roll it to 3 inches in circumference.
- Place the Puran mixture in the center.
- Bring the edges together and join them.
- Sprinkle some flour and start rolling the dough till a medium size poli is made.
- On a heated tava, spread some ghee and place the poli, face down
- Once brown, flip it over and cook the other side by applying ghee.
- Ensure it doesn't burn. A good sign of a well-made Puran poli is that it will puff up.
- Serve hot with a little ghee.



Scoop Your Millet – Ragi Ice Cream

Serves: 2

Preparation time: 2 to 5 minutes

Total time: 10 minutes

Ingredients: For the slurry

- 2 tbsp finger millet/ragi flour
- 1 ½ cup water

Other ingredients

- 2 cups water
- 2 tbsp organic jaggery powder or date palm jaggery
- ¼ tsp cardamom powder
- 2 drops of pure vanilla extract
- 2 tbsp homemade peanut butter
- Raw cacao nibs to garnish
- 1 tbsp nuts, finely chopped to garnish (as per choice)

Method : Making the slurry

- Take ragi into a bowl
- Add half a cup of water
- Whisk well to ensure there are no lumps

Method

- In a thick-bottomed pan, take two cups of water.
- Once the water boils, add the slurry, and stir it once.
- Let it simmer on a low flame.
- Once the mixture thickens, add the jaggery powder and cardamom powder.
- Turn off the flame.
- Once it cools down, add this to the blender with peanut butter and vanilla extract. Blend to a fine consistency.



- Transfer into a container, garnish with raw cacao nibs and chopped nuts.
- Let it sit in the freezer for four to five hours.
- Serve chilled.

Add-ons

- Top with pumpkin or chia seeds

Sumptuous Sprouted Moong Halwa

Serves: 2

Preparation time: 15 minutes

Total time: 45 minutes

Ingredients:

- 100 gms sprouted moong (whole green gram)
- 1 cup almond milk (Crush 5 to 6 soaked almonds into a fine paste with water, add more water to make 1 cup of homemade almond milk)
- 1 tbsp A2 ghee
- 2 tbsp dry dates
- 1 tsp cardamom (elaichi) powder

Method:

- Firstly, soak the dry dates for 5 hours.
- Then steam the sprouts for 10 minutes.
- Now deseed the dates and make purée in the grinder.
- Now place the almond milk in a pan and boil it.
- Add the sprouts and date purée. Stir it occasionally.
- When the halwa thickens, add the cardamom powder, mix it nicely, then switch off the flame and serve hot.



A Healthy and Delicious Diwali Treat – Millet Kheer

Serves: 4

Preparation Time: 15 minutes

Total Time: 45 minutes

Ingredients:

- 1/2 cup sama (little millet, pre-soaked)
- 4 cups A2 milk
- 1/4 cup coconut palm sugar
- 1/4 tsp cardamom powder
- 1 tbsp chopped mixed nuts (almonds, cashews, pistachios)
- A few strands of saffron
- 2 tsp A2 ghee for roasting the nuts

Method:

- In a heavy-bottomed pan, add the soaked millet and 2 cups of milk. Bring it to a gentle boil, then reduce the heat and let it cook on low heat, stirring occasionally.
- Cook until the millet is tender (about 15-20 minutes). Add the coconut palm sugar and continue stirring.
- In a separate small pan, roast the chopped nuts in a little ghee until they turn golden brown.
- Add the roasted nuts, cardamom powder, and saffron strands to the kheer.
- Let the kheer simmer for a few more minutes to allow the flavors to meld together. If the kheer is too thick, you can add more milk to adjust the consistency.
- Allow the kheer to cool to room temperature. You can serve it chilled by refrigerating it for a few hours.



Savories

Baked Ragi Chakli

Serves: 2

Preparation time: 15 minutes

Total time: 45 minutes

Ingredients:

- 150 gms sattu/rice flour
- 250 gms ragi flour
- 1 tsp ginger
- 1 chili (optional)
- 1 tsp garlic paste
- salt as per taste
- 4 tsp cold-pressed coconut oil

Method:

- Take the dry ingredients and knead them together.
- Add the cold-pressed coconut oil and the required amount of water.
- Knead into a semi-soft dough.
- Divide into two equal portions.
- Add one-half of the dough into a chakli machine. Press out roundels.
- Bake chaklis in a preheated oven at 360°F for 15-20 minutes.
- Take the other half of the dough and repeat the same process.
- Let it cool, the chakli whirls are ready to eat. You can make simple roundels too.



Baked Papdi

Serves: 4

Preparation time: 20 minutes

Total time: 60 minutes

Ingredients:

- 2 cups of this flour mix (1 cup jowar flour, 1/2 cup sattu flour, 1/2 cup rice flour)
- 1 tbsp oats flour
- 1 tsp pink salt
- 1/2 tsp carom seeds/ajwain
- 1/2 tsp asafoetida/hing
- 2 tbsp coconut oil

Method:

1. Add all the flour, salt, carom seeds, hing, and coconut oil in a bowl and mix well using your fingertips.
2. Add a little water and knead to make a smooth yet stiff dough.
3. Cover the dough and let it rest for 20 minutes.
4. Divide it into 4 parts.
5. Slightly dust some flour and roll each part into a 2-3 mm thick large disc.
6. Prick the disc all over using a fork.
7. Use a small circular cookie cutter or a cap of a bottle to cut the disc into smaller circles.
8. Preheat the oven to 360°F. Arrange the papdi on a baking tray in a single layer and bake for 15-20 minutes until golden brown on both sides. Flip it midway.
9. Make all the papdis in the same manner.
10. Let it cool completely before you store them in an airtight container. This will last for up to a month.



Delicious and Appetising Cauliflower Tikki

Serves: 10 to 12 tikkis

Preparation time : 15 minutes

Total time: 30 minutes

Ingredients:

- 2 cups cauliflower, blanched
- 1/2 tbsp green chilies, chopped
- 1/2 cup onions
- 1/2 cup carrots
- 1/2 cup mint/pudina, chopped
- 1/2 cup beans, chopped
- 1 tsp salt
- 1/2 cup coriander leaves, chopped
- 1 tbsp cold-pressed coconut oil
- 1 tbsp ginger
- 1/2 cup steel-cut oats, powdered
- 3/4 cup sattu flour
- 1 tsp amchur (dried mango) powder
- 1/2 tsp cumin
- 2 tsp chaat masala
- 2 tsp garam masala

Method:

- Add a few drops of oil to a pan. Add cumin and allow it to splutter.
- Add the chopped onions. Sauté for a minute until golden brown. Keep it aside.
- Add 2 cups of blanched cauliflower to a large bowl. Add the boiled beans, carrots, chopped coriander, and green chilies.
- Add the sautéed onions next.
- Mash until all the ingredients mix well.



- Further, add the powdered oats and sattu flour.
- Add garam masala and chaat masala. Add a teaspoon of both amchur powder and salt.
- Use your hands and mix them properly.
- Once done, allow it to rest for 10 minutes, so that the oats can absorb all the flavor.
- Once rested, mix it once more.
- Take small portions. Mold it into a tikki with a 1-inch thickness. Set them aside.
- Grease the flat pan with oil. Place the slightly flattened tikkis on it. Drizzle each tikki with some oil.
- Allow it to cook for 3-4 minutes until it turns golden brown. Flip and let it cook for 3-4 minutes.
- Once done, transfer the tikkis onto a plate and serve



Oats Chivda: An Ideal High-Fiber Snack

Servings: 6

Preparation Time: 15 minutes

Total Time: 45 minutes

Ingredients

- 1 cup steel-cut oats
- 1/4 cup unsalted peanuts
- 1/4 cup roasted chana dal (split chickpeas)
- 1/4 cup unsweetened dry coconut slices
- 1 tbsp raisins
- 1 tbsp chopped curry leaves
- 1 tsp mustard seeds
- 1/2 tsp turmeric powder





- 1/4 tsp asafoetida (hing)
- 1/2 tbsp cold-pressed coconut oil
- Salt to taste

Method:

- In a broad pan, dry roast the steel-cut oats on a slow, until they turn slightly crisp. Keep stirring to prevent burning. Remove from the flame and set aside.
- In the same pan, roast the peanuts, roasted chana dal, and dry coconut slices separately until they turn golden brown and crunchy. Set these roasted ingredients aside.
- In the same pan, heat ½ tbsp of cold-pressed coconut oil. Add mustard seeds and let them splutter. Once the seeds splutter, add the chopped curry leaves and stir for a few seconds.
- Lower the flame and add turmeric powder and asafoetida to the pan. Mix everything well to coat the spices with the oil.
- Add the roasted oats, peanuts, roasted chana dal, dry coconut slices, and raisins to the pan. Mix all the ingredients thoroughly until they are well coated with the spices.
- Season the chivda with salt to taste and continue stirring for another minute.
- Turn off the heat and let the chivda cool down to room temperature.
- Store the oats chivda in an airtight container once it has completely cooled. It will stay fresh for a few weeks.

Spiced Nuts

Serves: 4

Preparation time: 15 minutes

Total time: 45 minutes

Ingredients:

- 1/2 - 3/4 cup nuts of choice (cashews, pecans, walnuts, almonds, macadamia, pistachios)
- 1/2 tsp cold-pressed coconut oil
- 1/4 tsp of a spice blend of choice like garam masala or chana masala
- 1/4 tsp salt, or as per taste
- Black pepper or chili powder, as per taste

Method:

1. In a large skillet, add a teaspoon of oil and heat over low-medium.
2. Once hot, add nuts, salt, black pepper, and the spice blend. Mix to coat it well.
3. Roast and stir every few seconds for 8-10 minutes until cashews start to look golden. (Reduce heat to low after 6 minutes to avoid burning.)
4. Take off the heat. The nuts will continue to roast for the next 2-3 minutes once off the heat too.
5. Cool completely, and adjust salt and spice. Snack!
6. You can also bake these for about 12-15 minutes at preheated 330°F
7. Stir once after 10 minutes and check on them.
8. Oven temperatures vary, so keep the temperature on the lower side.



Overindulged? Don't feel guilty.

Support your digestion with this post-meal digestive mix.

Post-Meal Digestive Mukhwas

Easy to make post-meal mouth fresheners and digestive-friendly mix that you can take after every meal.

Ingredients:

- 1/4 cup fennel seeds
- 1/8 cup sesame seeds
- 1/8 cup carom seeds/ajwain
- 1/4 cup dried coconut, grated
- 1/4 tsp ginger powder
- 1 tsp Himalayan pink salt

Method:

1. Heat a kadhai.
2. Dry roast the fennel, sesame, carom seeds, and grated dry coconut until it releases a mild fragrant aroma. Then transfer it to a bowl.
3. Add ginger powder and pink salt to the mixture and mix well.
4. Store in an airtight container.

Ingredients:

- You can opt to add jaggery for sweetness.
- You can also add sliced almonds for crunch.



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

For quality and ethically sourced ingredients, please visit our ethical wellness platform You Care Lifestyle [here](#).

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Wish you a Happy and Safe Diwali!

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

With love and gratitude,
Team Luke