



SUPER SNACKS

- to keep children healthy and away from junk food.

Chef Danish Mohammad

Copyright @ 2021 by Dr. Swati Popat Vats

All rights reserved.

Published and distributed by the Early Childhood Association.

No part of this book may be reproduced by any mechanical, photographic or electronic process, or in the form of phonographic recording; nor it may be stored in a retrieval system, transmitted or otherwise be copied for public or private use other than for “fair use” as brief quotation embodied in article and reviews – without prior written permission of the publisher. The intent of the author is only to offer information of a general nature to help you in quest for good parenting. In the event you use any of the information in this book for yourself, which is your constitutional right, the author and the publisher assume no responsibility for your action.

ISBN: 978-81-954396-6-9

Printed in India

Recipes: Chef Danish
Concept: Swati Popat Vats

About Chef Danish

Chef Danish, a culinary virtuoso, embarked on his gastronomic journey at a very early age, honing his skills under the watchful guidance of his grandmother. Rooted in Lucknow, he seamlessly blends me-honored ingredients with a contemporary twist, revealing the vibrant essence of India's diverse culinary landscape. Passionate about cooking, Chef Danish presents his culinary offerings with a meticulous focus on freshness, healthiness, and robust flavors. His education in his hometown further enriched his culinary expertise. In a departure from tradition Indian curry traditions, he crafts modern yet elegant dishes, redefining India's culinary excellence. Step into a refreshing dining experience where Tradition gracefully intertwines with innovation. Chef Danish is always eager to savor the new identify of India's culinary excellence, offering modern, stylish, and elegantly understated dishes with a nod to tradition. Embark on a journey where each bite reflects a harmonious blend of heritage and contemporary finesse, delivering a healthier and delightful culinary experience.



Introduction

Snack time/Lunchboxes bursting with sunshine: Your guide to super healthy snacks for happy kids

Let's face it, packing snack time/lunchboxes can feel like navigating a picky-eater mine-field. You want to fuel their growing bodies with healthy goodness, but bland carrots and soggy sandwiches rarely spark joy. This book is your secret weapon, an arsenal of delicious and nutritious recipes guaranteed to turn frowns upside down and snack/lunchboxes into treasure troves of delight.

The recipes are created by Chef Danish and I am a fan of his cooking magic. He can create the most tastiest dishes from unusual food combinations and that is exactly what children need today.

Forget the battle against sugar-laden treats and processed boredom. Chef Danish has collected , vibrant, easy-to-make snacks that burst with flavor and fun. These recipes are more than just fuel for tiny adventurers; they're an invitation to explore, to get creative, and to fall in love with healthy eating.

Packed with tips and tricks, ingredient substitutions, and even sneaky ways to incorporate hidden veggies, this book by Chef Danish is your secret weapon against snack time/lunchbox boredom. So, grab your whisks and your measuring cups, and let's get ready to transform snack time into a symphony of smiles and giggles, one bite at a time. Remember, happy tummies lead to happy kids, and happy kids, well, they conquer the world, one superhero energy bite at a time.

Are you ready to open your snack time/ lunchboxes to a world of super-powered snacks? Let's dive in!

Dr. Swati Popat Vats
President
Early Childhood Association/Association for Preparatory Education and Research
www.eca-aper.org

From the Chef's Desk...

“As a chef I have always believed in healthy food options as our food decides our health and fitness. Children, especially should be given healthy food and parents must keep them away from junk food choices as much as possible.

This book is a collection of healthy and tasty recipes especially crafted by me to ensure that children enjoy eating and relishing healthy food in their snack time and snack boxes.

You will find the recipes simple and easy to make. Working parents will also find these recipes interesting and effortless. Though the recipes are for children they are not only ‘children's food’, as these can be relished by adults during snack time or as starters and appetizers.

Let's make food and health a necessary combination and the best gift we can give our children. I thank Dr. Swati Popat Vats for giving me this opportunity to design these recipes that will impact hundreds and thousands of children for making healthy food choices.”

Enjoy.

-Chef Danish Mohammad

Index

Sr. No	Concept	Page No.
	MAGIC RECIPE WITH 5 INGREDIENTS	
1.	Namak Para	1.
2.	Paneer Pakoda	2.
3.	Rawa Vada	3.
4.	Sweet Potato Fries	4.
5.	Masala Makhana	5.
6.	Sweet Caramel Makhana	6.
	YUMMY SNACKS FOR SNACK BOX	
1.	Apple Pear Millet Porridge	7.
2.	Ragi Modak	8.
3.	Multigrain Vegetable Chilla	9.
4.	Mix Millet Khichdi	10.
5.	Tofu Bhurji	11.
6.	Soya Burger	12.
7.	Sorghum Paratha	13.
8.	Mix Millet Veg Pakoda	14.
9.	Avocado Paratha	15.



CLASSIC COOLERS

1. Aam Panna 16.
2. Kokum Sharbat 17.
3. Nimbu Pani 18.
4. Sweet, Salted and Masala Lassi 19.
5. Thandai 21.

COLA ALTERNATIVES HEALTHY DRINKS

1. Strawberries and lemon Flavored Water 22.
2. Pineapple and Mint Flavored Water 23.
3. Cranberry Orange and Cardamom Flavored Water 24.
4. Cucumber and Watermelon Flavored Water 25.
5. Detox Water 26.

SMOOTHIES

1. Strawberry Beet Smoothie 27.
2. Spinach and Blueberries Smoothie 28.
3. Peach Cauliflower Banana Smoothie 29.

Namak Para



Ingredients

1. 2 cups Atta/wheat flour (or 1/3-4 cup all-purpose flour + 1/4 cup semolina/suji)
2. 5 tablespoons oil or ghee (4 tablespoons if using all-purpose flour)
3. 3/4 to 1 teaspoon salt (adjust to taste)
4. 1 teaspoon ajwain /carom seeds
5. 1/2cup water (+more as needed)
6. Oil as required to deep fry

Method

1. Mix together flour, salt and ajwain. Pour oil & nicely rub the flour well in between your palms until the oil is well incorporated into the flour.
2. Pour water little by little only as needed (start with 1/3 cup) and form a stiff/tight dough (not as soft as roti dough). Taste the dough and check the spice and salt level, if needed add more salt or ajwain or pepper.
3. Knead it for 1 to 2 mins, avoid over kneading. Divide the dough to 4 parts and roll them to balls. Keep them covered with a moist cloth.

How to Make Namak Para

1. Grease a rolling board with a few drops of oil. Begin to roll the ball to a 8 to 9 inch even Chapati / roti.
2. With the help of a knife or a pizza cutter, begin to cut vertically drawing straight lines that are 1 inch apart. Begin to cut with long strips.
3. Transfer these to a large greased plate and set aside. Begin to make the rest.
4. Heat oil in a deep pan on a medium heat. To test if the oil is hot enough, drop a small portion of dough, it should sizzle and rise to the surface without burning or turning brown.
5. Gently slide the namak para to the hot oil, one after the other. Do not add a lot of namak para at one time. Fry them stirring often until golden and crisp.
6. Remove to a steel colander and cool completely. Fry them in batches. Make sure the oil is not too hot before you fry the next batch. You can re fry if any of the batches are not crisp.
7. Transfer the cooled namak para to an air tight jar and serve.

Ingredients

1. 125 to 150 grams Paneer (Indian cottage cheese)
2. 1 cup besan (gram flour) – 100 grams
3. ½ teaspoon carom seeds (ajwain)
4. ½ to 1 teaspoon chaat masala (for sprinkling)
5. salt as required
6. ⅔ to ¾ cup water or as required
7. Oil for deep frying, as required

Method

1. Slice paneer into cubes or squares
2. Add gram flour into a mixing bowl or vessel. Add salt and carom seeds, mix well.
3. Pour ⅔ to ¾ cup water in parts and mix well.
4. Use a wired whisk to mix the batter. Make a thick flowing smooth batter without any lumps.
5. Depending on the quality of besan, the water proportion will vary. You need to get a thick flowing batter. Thus add water bit by bit and mix until you get a perfectly thick flowing batter.

How to Make Paneer Pakoda

1. Heat your preferred oil for deep frying in a kadhai or pan.
2. Keep the heat to medium or medium-high heat.
3. To check if the oil is medium-hot, add a few drops of batter to it. If the batter droplets comes up on the surface quickly and gradually, the oil is ready for frying Pakora.
4. When the oil becomes medium-hot, add the batter coated paneer cubes carefully in the medium-hot oil.
5. When one side is lightly golden, gently turn over the Pakora with a slotted spoon.
6. Continue to fry the paneer Pakora until golden and crisp.
7. Remove the paneer Pakora with a slotted spoon.
8. Place them on paper towels to remove excess oil.
9. Serve hot paneer Pakora sprinkled with some chaat masala paired with coriander chutney or tomato ketchup.

Paneer Pakoda



Rawa Vada



Ingredients

1. 1 cup rava (semolina)
2. ½ cup yogurt
3. ¼ tsp soda (cooking soda)
4. Salt to taste
5. 2 tbsp water or more as needed
6. ½ tsp cumin seeds (Optional)
7. ¼ cup onions finely chopped (Optional)
8. 1 sprig curry leaves finely chopped (Optional)

Method

1. Mix together yogurt and water in a bowl. Add rava and soak it for 10 minutes. The dough must bind well if it is dry you can sprinkle some water.
2. While the rava soaks, chop onions, chilies, curry leaves and coriander leaves. (Optional)
3. After 10 mins, add chop onions, curry leaves, cumin and salt to the soaked rava and make a dough. Add salt to the soaked rava and make a dough.
4. Beat the batter very well for 30 seconds to a minute with your hand in clock wise direction. This helps to make the rava Vada fluffy. Lastly add soda and mix it gently.
5. The dough must bind well and must be sticky and easily spreadable. If it is dry you can sprinkle some water. If the dough is too stiff then they will turn hard.

How to Make Rawa Vada

1. Heat oil in a deep fry pan. Grease a foil or cling wrap. Divide the dough to 12 portions and make balls. Place them on the foil. Flatten and make a whole in the center.
2. When the oil is just hot enough, test by adding a bit of the dough to the hot oil. The dough has to rise without browning. This is the right temperature.
3. Grease your fingers, transfer the Vada to your fingers. Then gently shake off the fingers. Rava Vada will drop in the oil. Do not disturb them for a while until they turn firm.
4. Fry until the rava vadas on a medium high flame by stirring often. Drain them on a kitchen tissue when they turn crisp & golden. Fry all the vadas in batches similarly. Serve rava vada with chutney.

Ingredients

1. 2 pounds orange fleshed sweet potatoes (about 3 large)
2. 3 tablespoons extra virgin olive oil
3. 1 1/2 teaspoons kosher salt
4. 1 to 2 tablespoons spice or spice combination of your choice: chipotle powder, smoked paprika, Chinese five-spice, pumpkin pie spice, garam masala, Cajun seasoning, etc.

Method

1. Preheat the oven to 450°F, for more crispiness, preheat your oven to 500°F.
2. Place a roasting pan or heavy duty baking sheet (one that can take high heat) in the oven to preheat.
3. Peel and cut the sweet potatoes into wedges:
4. Peel the sweet potatoes and cut off the ends. Cut the potatoes in half lengthwise and then, if they are very long, in half crosswise. Cut each piece into 1/4 to 1/2-inch thick wedges. Alternately, you can slice the peeled sweet potato into disks either with a mandolin or a sharp knife.

Toss with the oil, salt, and spices:

1. Put the sweet potatoes into a large bowl and add the oil. Mix well to combine. Sprinkle with salt and spices of your choice. Use your hands to mix well, so all pieces are coated with oil and spices.

Spread onto preheated pan:

1. Remove the preheated baking sheet from the oven. Carefully spread the sweet potatoes out in a single layer on the baking sheet.

How to Make Sweet Potato Fries

1. Bake for 15 to 25 minutes. After the first 10 minutes, remove the baking sheet from the oven and use tongs to turn over all of the sweet potato pieces.
2. Return to the oven and bake for another 5 to 15 minutes, or until they are well browned.
3. Cooking time depends on the temperature of the oven (500°F will need less cooking time than 450°F) and the size and thinness of the sweet potato wedges.
4. The browner they are, the crispier they will be, but there is a fine line between browned and burnt beyond edibility. Even if they get really dark, they should still be good because of the natural sugars of the sweet potatoes caramelizing. So watch carefully.
5. Serve, when ready let the fries cool for 5 minutes before serving.

Sweet Potato Fries



Masala Makhana



Ingredients

1. 2 cups makhana/lotus seed
2. 1 tablespoon ghee
3. 1 teaspoon red chili powder
4. ½ teaspoon chaat masala powder
5. ¼ teaspoon black salt

Method

1. Heat ghee in a pan and add Makhana. Roast them on very low heat for a minutes until they are crisp, keep stirring them in between so that Makhana does not burn.
2. To check if they are roasted properly, just take one Phool makhana in hand and crush it. If it breaks nicely with a crunching sound that means they are perfectly roasted.
3. Now transfer roasted lotus seeds to a plate and let them cool.
4. Add the ghee to the same pan on low flame, add red chili powder, chaat masala, black salt, and mix well quickly. Be sure not to burn the spices.
5. Add the roasted makhanas. Toss them for about 2 minutes, till the spices are well coated.
6. Let the Makhana cool to room temperature. You can serve it right away or store in airtight container for later use.

Notes

1. Tips & Variations
2. Adjust the salt and spices according to your preference.
3. Do everything in low flame to get the perfect texture and taste.
4. You can use your favorite combination of spices as mentioned above.
5. You can eat makhana during vrat or fasting.
6. If you are making in bulk, do it in batches.
7. If you are vegan you can replace ghee with coconut oil or olive oil.

Ingredients

1. 2 cup Phool Makhana / Lotus Seeds
2. 4 tsp Ghee
3. 2 tsp Sesame Seeds
4. 1/2 cup Jaggery
5. Pinch of Salt

Method

1. In a pan add a heat a tsp of Ghee. Add makhana and roast it on medium low flame for a minute. And let it get crispy.
2. When you pick up a makhana and break, it should be crisp & break easily. This is the indication that Makhana is well roasted.
3. If it doesn't, and is still little hard, you may have to roast them for few more mins.
4. Once done transfer makhana to a bowl and keep aside.
5. To the same pan add tsp ghee, white sesame seeds and fry till they splutter.
6. Add Jaggery and on low flame sauté 2-3 mins. Let jaggery melt. If you want can add a pinch of salt.
7. Add roasted makhana and combine everything well. Let they get well coated.
8. When hot, few Makhana might have stuck together due to jaggery syrup. Don't try to separate them now. Will be super-hot. Once cool can easily break.
9. Store Caramel Makhana in air tight container. When cool, enjoy crispy Crunchy.

Sweet Caramel Makhana



Apple Pear Millet Porridge



Ingredients

1. 2 Tbsp pearl millet
2. 1.5 cups water
3. 1/2 small packham pear, peeled and cored
4. 1/2 small green apple or red, whichever preferred, peeled and cored

Method

1. Place millet in a coffee strainer and rinse it under running water.
2. Place everything into a small pot and cook for 30-40 minutes until the millet is puffy and porridge is thick and smooth.
3. Remove the apple and pear pieces and mash with a fork. Return the fruit mash to the porridge, gently stir.
4. Let porridge come to slightly warm and feed to child.

Ingredients

1. 3/4 cup ragi flour
2. salt to taste
3. water as needed
4. For the stuffing:
5. 1/2 cup mixed nuts
6. 3 tablespoon coconut
7. 2 and 1/2 tablespoon cane sugar
8. 1 and 1/2 tablespoon tutti frutti

Method

1. I used pistachios, cashews and Badam. You can use any dry fruit and nut of your choice.
2. Instructions take ragi flour in a pan and start roasting, roast for 5 minutes in low flame.
3. Add required salt and keep it ready.
4. Boil water till it starts boiling rigorously, now add it to little by little to the roasted flour. Mix with a ladle then add more water and keep mixing till it gathers together like this.
5. Make a soft dough.
6. Take mixed nuts in a mixer jar grind it coarse. Now add cane sugar and coconut, pulse it few times.
7. Transfer the mixture to a mixing bowl.
8. Add tutti frutti to it.
9. Mix well.
10. Shape them as balls.
11. I made them slightly cylindrical. Grease the Modak mould with ghee or oil.
12. Take your mould stuff a lemon sized ball into it.
13. Make a hole in the center.
14. Add the stuffing and press it.
15. Seal with little more dough.
16. Gently open and take it out.
17. Arrange them in steamer plate greased with oil.
18. Boil water in the steamer and place the plate inside.
19. Steam cook 12-15 mins.
20. The kozhukattais will turn shiny and should not stick that is the right stage.
21. Switch off and serve.

Ragi Modak



Multigrain Vegetable Chilla



Ingredients

1. 1/4th cup gram flour (besan)
2. 1/4th cup gram flour (besan)
3. Turmeric as required
4. Turmeric as required
5. 3 tsp, grated paneer
6. Oil as required
7. 2 tsp, whole wheat flour
8. A pinch, Ajwain
9. Salt to taste
10. 2 tsp, finely chopped green capsicum
11. 2 tsp, grated carrot

Method

1. Heat a sauté pan and add little oil to it.
2. Add chopped vegetable and sauté for some time.
3. Now add salt to taste and mix well. Remove the pan from the flame and let the vegetables cool.
4. Once at room temperature, add grated paneer to the mixture and mix well.
5. Mix wheat flour, gram flour and oats flour in a bowl. Add turmeric powder, Ajwain and salt in the bowl and mix well. Keep adding water to form a thick batter-like consistency.
6. Mix all the ingredients well to prepare a batter. There should not be lumps in the batter.
7. Make sure the consistency of the batter is thick. Once the batter is formed, cover with a lid and keep it aside for about 10-15 minutes.
8. Heat a pan on medium flame, smear 1 teaspoon oil and pour 2 tablespoon of the batter. Spread the batter in a circular motion till a thin layer is formed.
9. Now pour some oil on this pancake and turn it to other side. Cook the chilla from both the sides, ensuring that it doesn't burn.
10. Once cooked, put a spoonful of filling on it and flip the one side onto the other to close it.
11. Remove it from pan once it is crispy and appears brown in colour. Follow this method for making more chillas.
12. Serve chilla hot with mint-coriander chutney or tomato chutney.

Ingredients

1. 1-1/2 cup Mixed millets , (mix of foxtail and kodo millet in equal parts)
2. 1 Onion , finely chopped
3. 2 Tomatoes , chopped
4. 1 teaspoon Cumin seeds (Jeera)
5. 1/2 teaspoon Methi Seeds (Fenugreek Seeds)
6. 1 tablespoon Kasuri Methi (Dried Fenugreek Leaves)
7. 1/4 teaspoon Asafoetida (hing)
8. 1 teaspoon Red Chilli powder
9. 1 teaspoon Ghee
10. Salt , to taste

Method

1. To begin making the Mixed Millet Khichdi, first measure out one cup of mixed millets, wash it thoroughly and leave it in a colander or fine-meshed sieve to drain.
2. In a pressure cooker, warm the ghee in a pressure cooker on medium heat. To it, add the asafoetida and cumin seeds and allow it to crackle for a few seconds.
3. Once the cumin seeds crackle, add in the chopped onions and saute until they have softened and turned translucent.
4. Once the onions have softened, add in the chopped tomatoes and cook them until soft.
5. At this stage, add the salt, chilli powder, and turmeric powder and kasuri Methi .Continue to saute for another 2-3 minutes till the masalas get well combined.
6. Finally, add in the washed and drained millets to the cooker, saute for a minute. Add 5 cups of water, cover the pressure cooker and cook until you hear 2 to 3 whistles. After 2 to 3 whistles, turn the heat to low and simmer for about 3 to 4 minutes and turn off the heat.
7. Allow the pressure to release naturally. Once the pressure releases, open the cooker and give the Mixed Millet Khichdi a good stir. Check the salt and adjust to suit your taste.
8. Serve the Mixed Millet Khichdi along with plain Dahi and pickle.

Mix Millet Khichdi



Tofu Bhurji



Ingredients

1. 250 grams Tofu , crumbled
2. 1 Onion, chopped
3. 1 Red Bell pepper (Capsicum)
4. 1 Tomato, chopped
5. 1 Green Chilli, chopped
6. 1 teaspoon Cumin seeds (Jeera)
7. 2 teaspoon Red Chilli powder
8. 1 teaspoon Black pepper powder
9. 1 teaspoon Turmeric powder (Haldi)
10. 4 sprig Coriander Leaves , chopped
11. Salt , to taste
12. 3 tablespoon Oil

Directions for Tofu Bhurji Recipe - Spicy Scrambled Tofu

1. Firstly crumble the tofu and keep it aside.
2. Heat a tablespoon of oil in a heavy bottomed pan; add the cumin seeds, onion, capsicum, green chillies and ginger. Saute the onions and capsicum on low to medium heat until they are soft and tender.
3. Once the onions and capsicum are soft, add the tomatoes, turmeric powder, and red chilli powder and give it a good stir.
4. Finally, stir in the crumbled tofu and salt to taste. Stir well, check the salt and spice levels and adjust to suit your taste.
5. Serve the Tofu Bhurji.

Ingredients

1. 2 whole wheat or multi grain bun
2. 100g of soya chunks
3. 1 no of potato
4. 1/2 no of onion
5. 1 tsp. of lemon juice
6. 1 tsp. of coriander leaves
7. 1/8 tsp. of chilli powder(or pepper powder)
8. 1/8 tsp. of turmeric powder
9. 1/6 tsp. of chaat masala
10. 2 tbsp. of oats
11. 1 tbsp. of oil
12. 1 no of tomato
13. 2-3 no of lettuce leaves
14. 3-4 slices of cucumber
15. 2 tsp. of mayonnaise
16. 2 tsp. of tomato sauce

Method

1. Cook soya chunks and crush it using grinder (How to cook soya chunks).Boil potato and mash it with hands.
2. Take crushed soya chunks, mashed potatoes, finely chopped onion, chopped coriander leaves, chaat masala, chilli powder (optional), turmeric powder, lemon juice in a bowl. Mix it well with hands.
3. Make burger patties from the mix with 1 inch thickness (or more you want to be.)
4. Coat patty evenly with oats(or you can use breadcrumbs)
5. Heat a tbsp. of oil in a nonstick pan.
6. Halve the burger bun horizontally.
7. Apply mayonnaise on the base half and tomato sauce on the top half.
8. Place lettuce leaves on the base half and place patty on this.
9. Top with cucumber (or you can use onion) and some more tomato sauce (optional).
10. Cover it with top half and serve immediately.

Soya Burger



Sorghum Paratha



Ingredients

1. 1½ cup Sorghum (Jowar flour)
2. ¾ cup wheat flour
3. 4 tbsp spinach, chopped
4. 4 tbsp fenugreek leaves, chopped
5. 2 tbsp fresh coriander, chopped
6. 1 carrot, grated
7. 1 tsp chilli powder
8. ½ tsp cumin powder
9. ½ tsp turmeric
10. ½ tsp garam masala
11. 2 tbsp sesame
12. 1 potato, boiled
13. ¾ tsp salt
14. ½ cup curd
15. water, for kneading
16. ghee, for roasting

Method

1. Take 1½ cup Jowar flour and ¾ cup wheat flour. You can also add ragi flour
2. Add 4 tbsp spinach, 4 tbsp fenugreek leaves, 2 tbsp coriander, 1 carrot, and 1 tsp chilli powder.
3. Also add ½ tsp cumin powder, ½ tsp turmeric, ½ tsp garam masala and 2 tbsp sesame.
4. Add 1 potato, ¾ tsp salt, and mix well.
5. Add ½ cup curd and combine well.
6. Add water as required and start to knead the dough.
7. Knead to a smooth and soft dough adding water as required.
8. Pinch a ball-sized dough and dust it with wheat flour and roll uniformly.
9. Roll to a slightly thick thickness like paratha.
10. Now on a hot tawa place the rolled paratha and cook for a minute. When the base is partly cooked, flip the Jowar paratha.
11. Also, spread ½ tsp ghee and cook both sides.
12. Serve Jowar paratha with raita and pickle.

Ingredients

1. Mix millet flour - 1/3 cup
2. Gram flour - 1/4 cup
3. Rice flour – 1 tbsp
4. Onion - 2 nos
5. Red chilli powder - 1/2 tsp
6. Hing/Asafetida - 2 pinches
7. Finely chopped green chillies - 1 no
8. Curry leaves - few
9. Coriander leaves – few
10. Mint leaves – few
11. Ginger - 1/2 inch piece
12. Hot oil - 1 tbsp
13. Ghee – 1/2 tsp
14. Water – Very little (say 1.5 tbsp)
15. Salt – as needed
16. Cooking oil - to deep fry
17. Ezoic

Method

1. Wash and slice big onions thinly. Wash and chop ginger, green chillies, mint, curry leaves, coriander leaves & set aside.
2. In a wide bowl, take all the ingredients except cooking oil and ghee. Mix all the ingredients well without adding water. Onions will leave water while u mix. So mix everything together.
3. Onion pakoda-1
4. Heat oil to deep fry. Take a tbsp of hot oil and add to the flour. Add ghee. Mix well. Then sprinkle few drops of water and make a dough.
5. Onion pakoda-2
6. Put a drop of batter & check the heat of oil. If the batter comes up immediately, oil is ready. Reduce the flame to medium high & pinch in a portion of batter and drop in the oil in a sprinkled manner. Cook till onions turn golden brown. Remove in a tissue and enjoy eating hot.
7. Onion pakoda-3

Note

1. Gram flour is used for binding and rice flour for crispiness.
2. You can follow the above recipe and make pakodas with kambu maavu or thinai too.
3. Hot oil is added to give crispy pakoda. Don't skip it. Ghee is for softness.

Mix Millet Veg Pakoda



Avocado Paratha



Ingredients

1. Whole wheat Flour - 1 cup + 1 tablespoon optional
2. Avocado - 1 small; ripe avocado pitted and mashed around 185 grams
3. Pepper powder - 1/8 tap
4. Garlic powder - 1/8 tsp
5. Salt - as needed

Method

1. In a bowl mash avocado. Add 1 cup of wheat flour, salt, pepper powder, and garlic powder to the mashed avocado pulp; combine well and make a pliable dough. Moisture in avocado should be enough to make dough but if required add 1-2 teaspoon of lukewarm water.
3. Cover it with a damp cloth and leave it for 30 mins.
4. Take small portions of dough and make small balls; roll them with a rolling pin, dusting wheat flour. Heat a griddle and when it is hot, place the rolled paratha. And cook for a minute or so till the Chapati starts puffing, flip it over to the other side. Cook till the other side cook

Ingredients

1. 500 gm green mangoes
2. 1/2 cup sugar
3. 2 tsp salt
4. 2 tsp kala namak (black rock salt)
5. 2 tsp roasted and powdered cumin seeds
6. 2 Tbsp finely chopped mint leaves
7. 2 cups water

Method

1. Boil the mangoes till they become soft inside, and the skin gets discolored.
2. When cool enough to handle, remove the skin and squeeze the pulp out of the mangoes.
3. Mix all the ingredients together, blend and add 2 cups of water.
4. Put some ice in the glasses and pour the panna over it.

Aam Panna



Kokum Sharbat



Ingredients

1. 1 cup kokum fruit chopped, or 1 cup dried kokum
2. 2 cups water
3. 2 cups sugar
4. 5 to 6 green cardamoms – powdered or crushed
5. 1 teaspoon roasted cumin powder
6. 1 to 2 pinches black salt or salt, optional

Method

1. Rinse the kokum fruits in water.
2. Chop the kokum fruits and remove the seeds.
3. Keep the pulp and the outer cover.
4. Grind or blend the fruit and pulp with little water in a mixer-grinder or blender to a fine consistency.
5. Strain the kokum mixture.
6. Boil the sugar and water until the syrup becomes a little thick and sticky. It can be $\frac{1}{2}$ string consistency.
7. Cool the sugar syrup and then add the strained kokum mixture to it.
8. Add the roasted cumin powder and powdered cardamom.
9. Mix well. Store Kokum Juice in a clean jar or bottle and refrigerate.
10. When serving, dissolve 1 or 2 tablespoons Kokum Juice in one glass of water.
11. Add ice cubes and serve chilled.

Ingredients

1. 4 tbsp lemon juice
2. 8 tbsp powdered sugar
3. 1 tsp black salt
4. 2 tsp cumin seeds (jeera) powder
5. 1/2 tsp salt

Method

1. To make nimbu pani, combine all the ingredients in a deep bowl and mix well.
2. Add 4 cups of chilled water and mix well.
3. Serve the nimbu pani chilled.

Nimbu Pani



Sweet, Salted and Masala Lassi

Ingredients

1. 2 cups Curd – cold and fresh (yogurt)
2. 1 cup water or milk – cold or at room temperature
3. 4 to 5 tablespoons sugar or add as per taste
4. 1 teaspoon cardamom powder or 8 to 10 green cardamoms or 1 tablespoon rose water
5. 10 to 12 saffron strands – optional
6. 6 to 8 ice cubes – optional
7. 1 to 2 tablespoons chopped nuts – cashews, almonds, pistachios, optional

For Salted Lassi

1. 2.5 cups Curd – cold and fresh (yogurt)
2. 1 cup water – cold or at room temperature
3. 1 teaspoon black salt or regular salt or edible rock salt, as required
4. 1.5 teaspoons roasted cumin powder
5. 6 to 7 mint leaves

Making Salted Lassi

1. Take the curd and water in a bowl or pan. Season with salt and roasted cumin powder.
2. To make your own roasted ground cumin, dry roast cumin seeds in a small skillet or frying pan until fragrant. Then crush in a mortar-pestle or grind finely in a spice-grinder.
3. With a wired whisk blend everything well till smooth. A blender or an immersion blender also works.
4. Pour the salted lassi in glasses. Garnish with mint leaves. You can add a few ice cubes if you like. If you wish to avoid the ice cubes, then make lassi with chilled yogurt and cold water.

Method - Making Sweet Lassi

1. In a mortar, take the green cardamom pods and crush them lightly. Remove the husks and crush the seeds to a fine powder.
2. In a bowl or pan, take fresh chilled curd (yogurt).
3. With the handheld wooden churner (madani) or blender or wired whisk, simply whisk the curd until it becomes smooth.
4. Add sugar and cold water. You can also add cold milk instead of water.
5. The consistency of this lassi is neither thick nor thin. For a thin lassi, add slightly more water and for a thicker version, add less water.
6. Now churn or beat again with the churner, blender or wired whisk.
7. Keep on churning or whisking until the sugar dissolves and you see a nice frothy layer on top. You can use an immersion blender for the same. Another way is to add all the ingredients in a blender jar and blend until smooth and frothy.

Sweet, Salted and Masala Lassi

7. Now add the crushed cardamom powder and saffron strands. Mix well. Do check the taste and add more sugar if required.
8. As a substitute for cardamom powder, add rose water. You can skip all the flavoring ingredients, if you don't have any.
9. Pour lassi in tall glasses and serve. Add a few ice cubes if you prefer. If you want, you can top lassi in each glass with 1 to 2 tablespoons of malai (the thick layer of cream which collects on top of heated milk) or 1 to 2 tablespoons of unsalted white butter (makhan).
10. Garnish with a pinch or two of cardamom powder, 2 to 3 crushed saffron strands or chopped nuts like cashews, pistachios or almonds. Serve sweet punjabi lassi straightaway.

For Masala Lassi

1. 2 cups Curd – cold and fresh (yogurt)
2. 3 to 4 green cardamoms – seeds crushed in mortar and husks removed
3. ¼ teaspoon crushed black pepper
4. 1 to 2 pinches grated nutmeg or ground nutmeg
5. 2 tablespoons chopped almonds or cashews or pistachios
6. 10 to 12 saffron strands – optional
7. 5 to 6 tablespoons chopped palm sugar (palm jaggery) or jaggery or sugar
8. ½ to ¾ cup water – cold or at room temperature, add as required

Making Masala Lassi

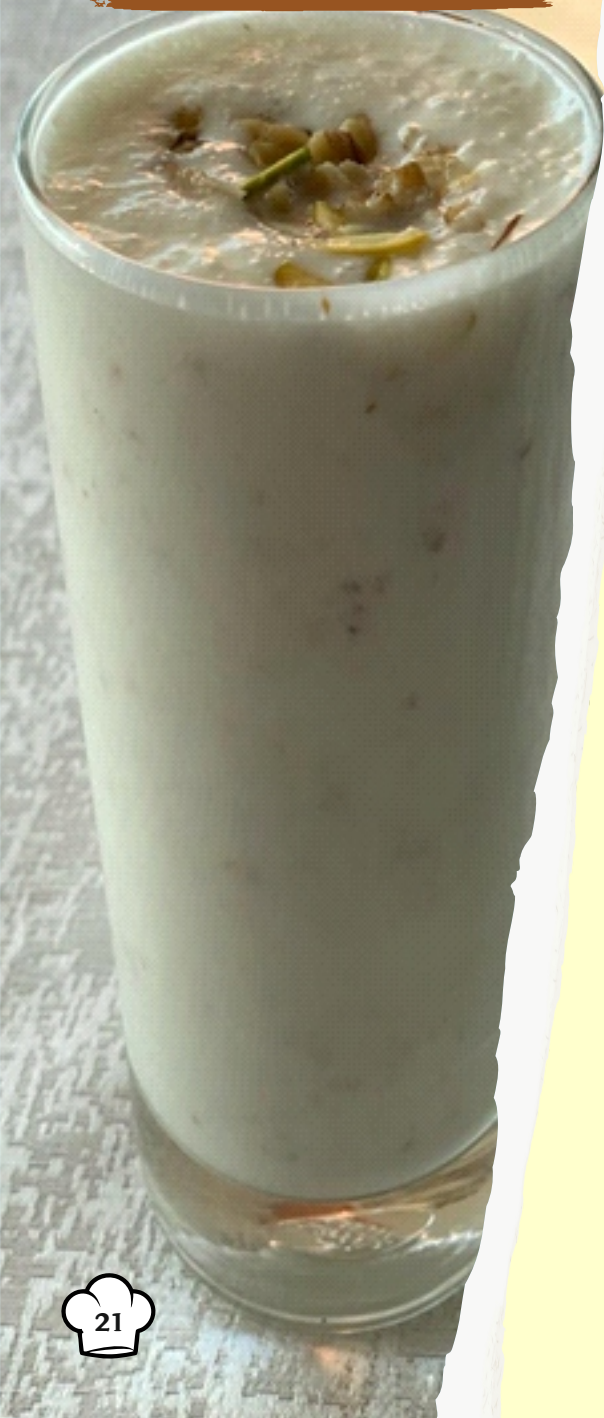
1. In a blender take the curd, crushed seeds of the green cardamoms, crushed black pepper, grated nutmeg, chopped almonds or cashews or pistachios or a mix of all three nuts.
2. Add the saffron strands and chopped palm jaggery (palm sugar) or jaggery or sugar. Add water.
3. Blend until smooth and frothy. Check the taste and add more palm sugar if needed and blend again. Serve straightaway topped with a few saffron strands or chopped nuts.

Serving Suggestions

1. Serve lassi as a refreshing drink during the daytime or serve it as drink it after any Indian meal.
2. While serving sweet lassi, garnish with some chopped nuts like pistachios or almonds.
3. Salted lassi can be topped with fresh mint or coriander leaves and a light sprinkling of roasted cumin powder, red chilli powder (cayenne pepper) or chaat masala.



Thandai



Ingredients

1. 4½ cups milk (1 liter plus half cup)
2. 20 almonds
3. 10 cashews (substitute with 10 almonds)
4. 15 pistachios (substitute with 5 to 6 almonds)
5. 1½ tablespoon melon seeds
6. 1½ tablespoon poppy seeds (substitute with 8 cashews)
7. 1½ tablespoon fennel seeds
8. 12 green cardamoms
9. 1 inch cinnamon
10. 4 to 10 black pepper (adjust to taste)
11. 5 to 6 tablespoons sugar (adjust to taste)
12. 1 pinch saffron (optional)
13. 20 rose petals or 4 to 6 tsps of gulkand
14. 2 tablespoons sliced nuts for garnish
15. 6 Ice cubes (optional for serving)

Method

1. Add almonds, cashews & pistachios to a bowl. Pour water to immerse and soak them for 4 hours. To quicken this process you can also soak them in hot water for 1 hour. In another small bowl, soak the poppy seeds and lemon seeds too.
2. Peel the almond skin and add them to a blender jar along with cashews and pistachios. You can also rub off the pistachios to remove the skin easily.
3. Drain the water from melon seeds & poppy seeds. Add them to the same grinder jar along with fennel seeds, cardamoms, cinnamon, black pepper, rose petals (optional) and saffron to the blender jar.
4. Blend all of these to a coarse paste. Then pour half cup milk and blend to a very smooth paste. If you want you may add more milk as needed while blending.

How to make Thandai

1. Bring 4 cups of milk to a gentle boil in a pot. Then add sugar and the thandai masala paste we just made. Taste test and adjust the sugar to taste.
2. Turn off the stove and stir well to incorporate the ground paste well with the milk.
3. Cover this and refrigerate for at least 4 hours. Resting overnight gives the best flavors.
4. Place a filter/strainer over a pitcher. Pour the thandai and pass it through the filter. Press down the solids to extract all of the milk.
5. Add 1 to 1½ teaspoon gulkand to serving glasses and stir in the thandai.

Ingredients

1. Strawberries and lemon
3. 2 quarts water
4. 1 cup fresh strawberries
5. 3 lemon slices

Method

1. Combine all ingredients in a large glass carafe or pitcher.
2. Cover and refrigerate 12-24 hours.
3. Strain before serving.

Strawberries and lemon Flavored Water



Pineapple and Mint Flavored Water



Ingredients

1. 2 quarts water
2. 1/4 fresh pineapple, sliced
3. 3 fresh mint sprigs

Method

1. Combine all ingredients in a large glass carafe or pitcher.
2. Cover and refrigerate 12-24 hours.
3. Strain before serving.

Ingredients

1. 2 quarts water
2. 1 cup fresh cranberries
3. 1/2 small navel orange, sliced
4. 4 cardamom pods

Method

1. Combine all ingredients in a large glass carafe or pitcher.
2. Cover and refrigerate 12-24 hours.
3. Strain before serving.

Cranberry Orange and Cardamom Flavored Water



Cucumber and Watermelon Flavored Water



Ingredients

1. One 16 oz. canning jar
2. 4-5 small chunks of fresh watermelon
3. 1/2 of a medium size cucumber, cut into slices
4. 1/4 cup of fresh mint leaves

Method

1. Add the cucumber slices, watermelon chunks and fresh mint leaves to your 16 oz. canning jar.
2. Rip the leaves in half for more flavor.
3. Next, use a spoon or a fork to gently mash the fruit down a little bit. This will let the juice out of the fruit to infuse your water.
4. Fill the jar with water, place the cover on, give it a good shake and refrigerate overnight for the best flavor.

Detox Water

Ingredients

1. 3 quarts pure water
2. 1/2 cup fresh lemon juice (2 lemons, Meyer lemons preferred)

Strawberry mint

1. 1 cup sliced organic strawberries
2. 1 small bunch fresh mint

Cucumber watermelon

1. 3 small slices watermelon
2. 1/4 English hothouse cucumber, peeled into ribbons

Citrus

1. Fresh mint, sliced ginger, or turmeric
2. 1 orange, sliced
3. 1 lime, sliced,
4. 1 grapefruit, sliced (optional, will make slightly bitter)

Method

1. To make the detox lemon water base, add the lemon water to the water.
2. Add your favorite combination of fruit to infuse into the water. Muddle the mint against the glass using a wooden spoon to help extract the oils. Give citrus a little squeeze.
3. Refrigerate. It takes several hours for the flavor of the fruit to infuse into the water. Try preparing them before bed and in the morning you'll have a cold infused hydration drink to take with you.



Strawberry Beet Smoothie



Ingredients

1. 1 cup chopped raw beets peeled
2. 1 cup frozen strawberries
3. 1 banana
4. 1 cup almond milk or milk of choice
5. Juice of $\frac{1}{2}$ lemon
6. $\frac{1}{2}$ -1 inch fresh ginger peeled (start with $\frac{1}{2}$ inch, you can always add more if you want it spicier) ($\frac{1}{4}$ – $\frac{1}{2}$ teaspoon of dried ginger can be used instead)
7. 1 tablespoon flax seeds
8. 1 tablespoon hulled hemp seeds
9. $\frac{1}{2}$ teaspoon cinnamon add up to 1 teaspoon if you love cinnamon like I do!

Method

1. Add all ingredients to a high speed blender and purée until smooth.
2. Pour into individual glasses and enjoy.

Ingredients

1. 1 cup spinach
2. 1 cup milk of choice, or to taste
3. ½ cup plain Greek yogurt, or use coconut yogurt for a dairy-free option
4. 1-1½ cups frozen blueberries, if using fresh, add ice to the smoothie
5. 1 very ripe banana, the riper the banana, the sweeter it will make your smoothie
6. Dash of cinnamon, optional

Method

1. Combine spinach, milk and yogurt in your blender. Blend until smooth and there are not bits of spinach left.
2. Add remaining ingredients and blend again.
3. Taste, Add extra milk or some water if a thinner consistency is desired. Enjoy smoothie.

Spinach and Blueberries Smoothie



Peach Cauliflower Banana Smoothie



Ingredients

1. ½ cup frozen riced cauliflower, or 1 cup frozen cauliflower florets
2. ½ cup Greek yogurt
3. 1 cup milk of choice
4. 2 cups sliced peaches, fresh or frozen
5. 1 frozen banana
6. Maple syrup or honey, optional + to taste, depending on how sweet your peaches are

Method

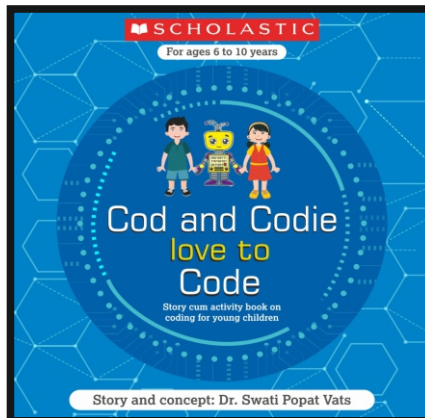
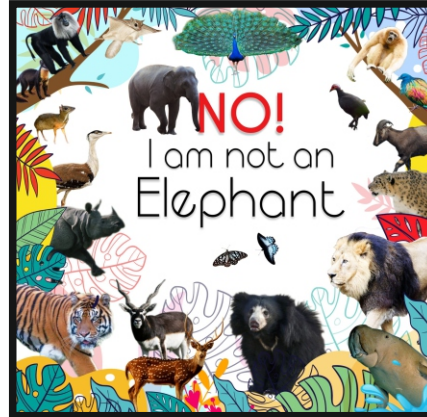
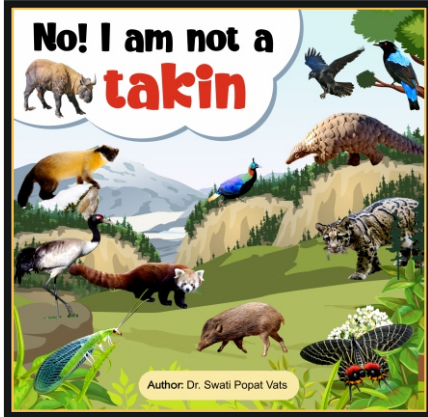
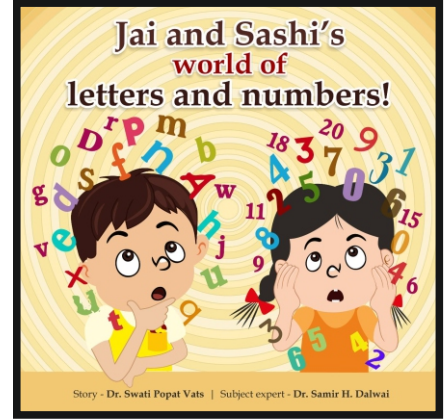
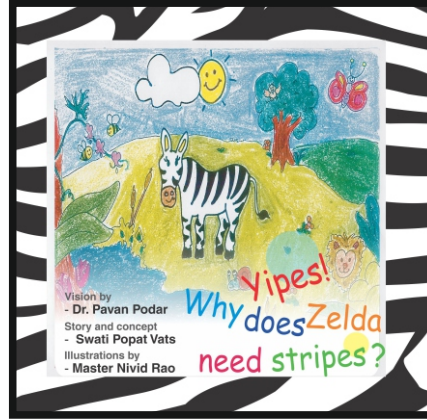
1. Combine frozen cauliflower, yogurt, and milk in your blender. Blend until smooth and cauliflower is totally pureed.
2. Add remaining ingredients, except maple syrup/honey, to your blender. Blend on high until smooth. Add water a little at a time, if needed, to reach desired consistency.
3. Taste and add maple syrup or honey to reach desired sweetness. Reblend.
4. Pour into two glasses and enjoy immediately.

Which recipe did you like?

Which recipe did your child enjoy?

My Favourite Recipe Collection

Our other children books



Unleash your child's inner superhero with super snacks that fuel fun and flavor! This recipe book by Chef Danish, is packed with delicious, nutritious, and oh-so-creative treats that will turn mealtimes into adventures. From bite-sized energy blasts to veggie-powered potions, these super snacks are more than just fuel - they're invitations to explore, imagine, and conquer the day!

Fun food facts, playful presentation tips, and sneaky veggie hacks by Chef Danish, make these recipes perfect for parents and picky eaters alike. So, grab your capes and spatulas, it's time to whip up some super snack magic!



For any queries:

Email id : ecaadm@gmail.com

Website: www.eca-aper.org



www.eca-aper.org

ISBN: 978-81-954396-6-9

