

MIND *fuel*

Snacks



Designed by:

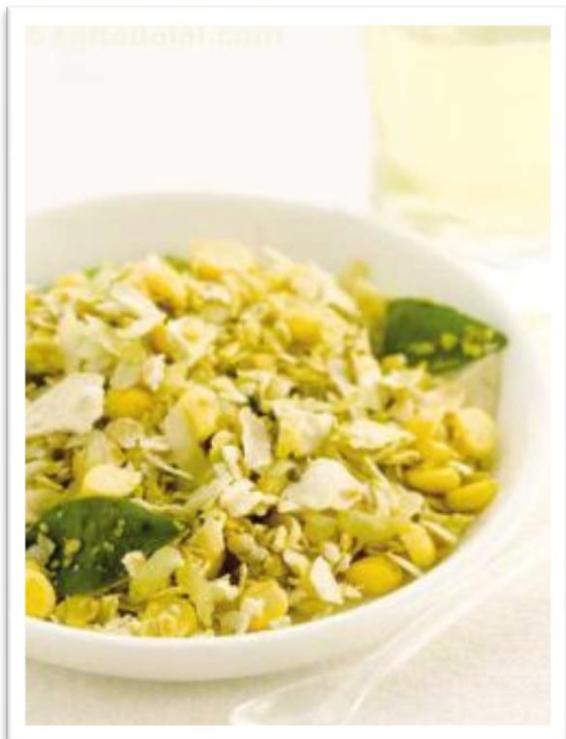


Poha and Oats Chivda

SN001



Poha and oats chivda, fibre rich oats, iron rich poha and protein rich chana dal make for a healthy variation of the traditional fried chivda. Make in bulk and store it in an airtight container. Enjoy as an in-between snack without worrying about straying from your weight-loss regime.



Preparation Time: 10 mins

Cooking Time: 7 mins

Makes 4 servings

Ingredients

- 2 tsp oil
- 1/4 tsp mustard seeds (rai / sarson)
- 2 green chillies , lengthwise
- 6 to 8 curry leaves (kadi patta)
- a pinch of asafoetida (hing)
- a pinch of turmeric powder (haldi)
- 1 cup quick cooking rolled oats , roasted
- 1/2 cup beaten rice (poha) , roasted
- 1 urad dal (split black lentils) papad , roasted and crushed
- 1/4 cup roasted chana dal (daria)
- 1 tsp powdered sugar
- salt to taste

Method

1. Heat the oil in a non-stick pan, add the mustard seeds, green chillies and curry leaves.
2. When the seeds crackle, add the asafoetida and turmeric powder and mix well.
3. Add the oats, poha, papad, chana dal, sugar and salt and toss well. Cool and store in an air-tight container.

Nutrient values Per serving

Energy	Protein	Carbohydrates	Fat	Fibre	Iron
147 calories	5.7 gm	25.6 gm	3.6 gm	1.3 gm	2.7 mg

Low Cal Chivda

SN002



A delectable snack made with flaked rice seasoned with a right blend of spices. Use a thin variety of poha commonly known as "nylon poha", to make a crispier snack. This chivda can be stored in an air-tight container for several days. This guilt-free chivda is a good option for a mid-morning or an evening snack.



Preparation Time: 5 mins.

Cooking Time: 8 mins.

Serves 4.

Ingredients

- 1 cup beaten rice (poha)
- 1 tsp raw peanuts (optional)
- 1/4 tsp mustard seeds (rai / sarson)
- 2 green chillies, slit lengthwise
- 4 to 5 curry leaves (kadi patta)
- 1 tbsp roasted chana dal (daria)
- a pinch of asafoetida (hing)
- a pinch of turmeric powder (haldi)
- 1 tsp powdered sugar
- 1 tsp oil
- salt to taste

Method

1. Roast the poha and peanuts in a non-stick pan, stirring occasionally till the poha is crisp (approx. 3 to 4 minutes).
2. Heat the oil in a non-stick pan, add the mustard seeds, green chillies, curry leaves and roasted chana dal and stir.
3. When the seeds crackle, add the asafoetida and turmeric powder and mix well.
4. Add the roasted poha and peanuts, sugar and salt and mix well.
5. Cool and store in an air-tight container.

Nutrient values per serving

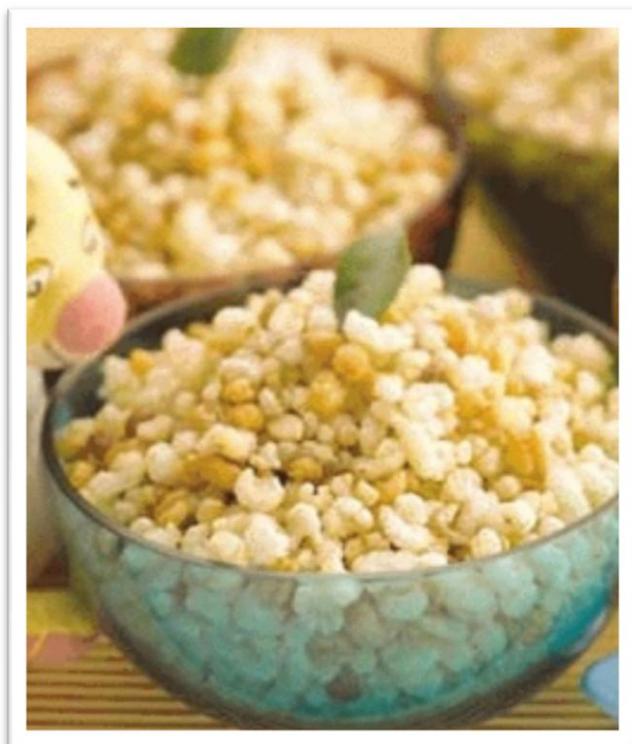
Amt	Energy	Protein	Cho	Fat	Vit A	Vit C	Calcium	Iron	F. Acid	Fibre
22 gm	83 kcal	1.8 gm	15.2 gm	1.7 gm	16.4 mcg	0.0 mg	5.2 mg	3.2 mg	5.9 mcg	0.2 gm

Healthy Chivda

SN003



Made in just 1 teaspoon of oil, this puffed cereal and cornflakes chivda is lighter and healthier than the original.



Preparation Time: 5 mins.

Cooking Time: 8 mins.

Serves 4.

Ingredients

- 3 cups puffed cereals
- 1 cup crushed corn flakes
- 2 tbsp raw peanuts
- 1/2 tsp mustard seeds (rai / sarson)
- 3 green chillies, slit lengthwise
- 15 to 16 curry leaves (kadi patta)
- 1/4 cup roasted chana dal (daria)
- 1/4 tsp asafoetida (hing)
- 1/4 tsp turmeric powder (haldi), (optional)
- 1 tbsp powdered sugar
- 2 tsp oil
- salt to taste

Method

1. Roast the puffed cereals, cornflakes and peanuts in a non-stick pan, stirring occasionally till crisp (approx. 3 to 4 minutes).
2. Heat the oil in a non-stick pan, add the mustard seeds, green chillies, curry leaves and roasted chana dal and stir.
3. When the seeds crackle, add the asafoetida and turmeric powder and mix well.
4. Add the roasted puffed cereals, cornflakes, peanuts, sugar and salt and mix well.
5. Cool and store in an air-tight container.

Nutrient values per serving

Energy	Protein	Carbohydrates	Fat	Iron	Zinc	Fibre
281 cal	8.4 gm	46.8 gm	6.7 gm	3.2 mg	1.1 mg	1.1 gm

Khakhra with Sprouted Moong

SN004



This crunchy and tangy combination of khakhra and sprouted moong is healthy, tasty and filling! goes great for morning breakfast.



Preparation Time: 5 mins

Makes 4 servings

Ingredients

- 2 cups whole wheat (gehun) khakhras , broken into pieces
- 1 1/4 cups boiled sprouted moong (whole green gram)
- 1/2 tbsp lemon juice
- 1 tsp chilli powder
- 1 tbsp finely chopped coriander (dhania)
- salt to taste

Method

1. Combine all the ingredients in a deep bowl and toss well.
2. Serve immediately to prevent from getting soggy.

Nachni Sesame Khakhra

SN005



Our bones lose calcium as we age, and therefore a calcium-rich diet is extremely important to help regain the bone strength. Nachni or ragi is rich in calcium and including it as part of the daily diet helps build strong bones. These crisp nachni khakhras are enjoyable to eat and they also help 'up' your calcium levels!



Preparation Time: 10 mins

Cooking Time: 15 mins

Makes 8 khakhras

Ingredients

- 1/2 cup ragi (nachni / red millet) flour
- 1/2 cup whole wheat flour (gehun ka atta)
- 2 tbsp roasted sesame seeds (til)
- 1/4 tsp turmeric powder (haldi)
- 1/2 tsp chilli powder
- salt to taste
- 2 1/4 tsp oil for kneading and cooking
- whole wheat flour (gehun ka atta) for rolling

Method

1. Combine all ingredients in a bowl and knead into a firm dough, using enough warm water. Keep aside for 10 minutes.
2. Knead again using ¼ tsp of oil and divide it into 8 equal portions.
3. Roll out each portion into a 150 mm. (6") diameter thin circle, using a little wheat flour for rolling.
4. Heat a non-stick tava (griddle) and cook each khakhra on a slow flame using ¼ tsp of oil till pink spots appear on both the sides.
5. Continue cooking the khakhra on a slow flame, while pressing with a folded muslin cloth till it turns crisp and brown on both the sides.
6. Serve immediately or store in an air-tight

Khakhra Chaat

SN006



My rating

This crunchy and tangy combination of khakhra and topping made from vitamin a and fibre rich ingredients like tomato, green peas and paneer is healthy, tasty and filling!

Preparation Time: 10 mins

Cooking Time: 10 mins

Makes 4 servings

Ingredients

6 whole wheat (gehun) khakhras , broken into 4 to pieces each

For The Topping

- 1/2 cup chopped onions
- 1 tsp grated garlic (lehsun)
- 4 tomatoes, blanched, peeled and pureed
- 1/4 cup low fat paneer (cottage cheese) cubes
- 1/4 cup boiled sweet corn kernels (makai ke dane)
- 1/4 cup boiled green peas
- 1/2 cup chopped tomatoes
- 1 slit green chilli , chopped
- 1 tsp sugar
- 1 tsp chilli powder
- 1/4 tsp dried oregano
- 1 tbsp oil
- salt to taste

For The Garnish

- 2 tbsp chopped coriander (dhania)



Method

For the topping

1. Heat the oil in a pan, add the onions and garlic and sauté till the onion turns translucent.
2. Add the pureed tomatoes and cook till the oil separates.
3. Add the paneer, sweet corn, green peas, tomato, green chilli, sugar, chilli powder, oregano and salt and sauté for 2 to 3 minutes.
4. Remove from the fire and keep aside.

How to proceed

1. Place the khakhra pieces on a serving plate.
2. Spread tomato topping over it and garnish with the chopped coriander.
3. Serve immediately.

Nutrient values per serving

Energy	Protein	Carbohydrates	Fat	Zinc
173 Kcal	8.2 gm	24.3 gm	3.0 gm	0.5 mg

Sprouts Misal

SN007

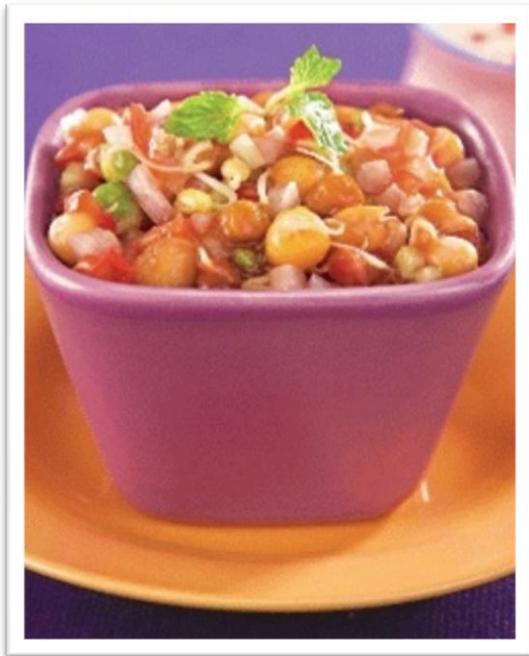


Sprouts misal, bring maharashtra into your homes with this protein-laden misal recipe. I've used sprouts that are rich in most nutrients, especially proteins. You do not have to rely on milk and milk products to get your share of proteins for the day; sprouts are an excellent option too! and, this is undoubtedly one of the most interesting ways of consuming sprouts!

Preparation Time: 10 mins

Cooking Time: 12 mins

Makes 4 servings



Ingredients

- 2 tsp oil
- 2 tsp cumin seeds (jeera)
- 1 tsp ginger-green chilli paste
- 1 tsp garlic (lehsun) paste
- 1/4 cup finely chopped onions
- 2 cups boiled mixed sprouts
(kala chana , chawli (cow pea / lobhia) , moong
(whole green gram) etc.)
- 1/4 tsp clove powder
- 1/4 tsp cinnamon (dalchini) powder
- 1/4 tsp turmeric powder (haldi)
- 1 tsp chilli powder
- a pinch of sugar (optional)
- salt to taste

For The Topping

- 2 tbsp finely chopped tomatoes
- 2 tbsp finely chopped onions

For The Garnish

- a few sprigs of mint

Method

1. Heat the oil in a kadhai, add the cumin seeds, ginger-green chilli paste, garlic paste and onions and sauté on a medium flame for 5 minutes.
2. Add the mixed sprouts, clove powder, cinnamon powder, turmeric powder, chilli powder, sugar, salt and ¼ cup of water, mix well and cook on a medium flame for 5 to 7 minutes, stirring once in between.
3. Top with tomatoes and onions and serve immediately garnished with a sprig of mint.

Nutrient values Per serving

Protein

8.5 gm

Baked Chaklis

SN008



This simple and delicious recipe is a real treat for weight watchers. Chaklis, the popular indian snack, is usually deep-fried and contains loads of calories. Here's how to make them with 1 tsp of oil to near perfection by baking them in an oven. Munch them at anytime of the day when hunger strikes.



Preparation Time: 5 mins

Baking time: 35 to 40 minutes.

Baking Temperature: 180°C (360°F)

Makes 30 chaklis.

Ingredients

- 1 cup rice flour (chawal ka atta)
- 1/2 cup low-fat curds (dahi)
- 2 tsp sesame seeds (til)
- 1 tsp chilli powder
- a pinch of asafoetida (hing) , optional
- salt to taste
- 1 tsp oil

Method

1. Combine all the ingredients in a bowl, mix well and knead into a semi-soft dough using enough water.
2. Put the mixture into a chakli press and press out round swirls of the dough onto a greased baking tray, working closely from the centre to the outside to the swirls (approximately 50 mm. (2") diameter). You will get about 30 chaklis.
3. Bake these chaklis in a pre-heated oven at 180°C (360°F) for 30 to 35 minutes, turning all the chaklis once after 15 to 20 minutes.
4. Cool and store in an air-tight container.

Handy tip :

1. Adding 1 tbsp of oil instead of 1 tsp in this recipe reduces the cooking to 25 minutes and also makes the chakli a little softer.

Nutrient values per chakli

Energy	Protein	Cho	Fat
21 calories	0.4 gm	0.4 gm	0.4 gm

Chapati Masala Noodles

SN009



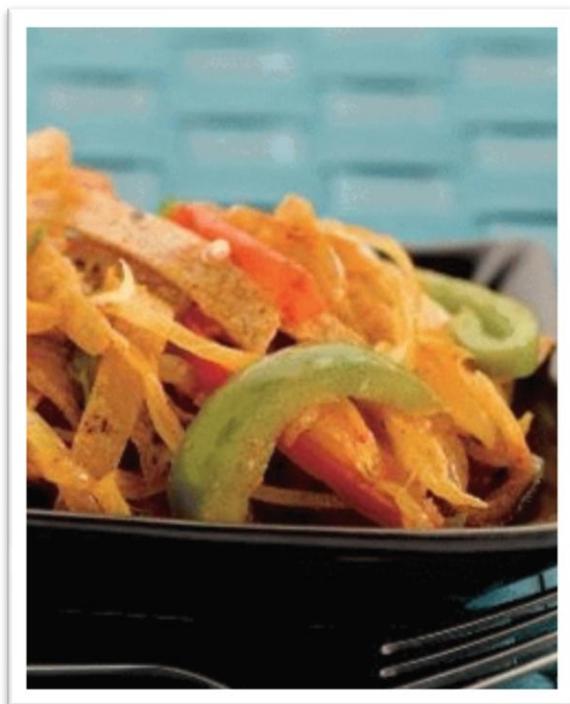
My rating

Keep the metabolism going with this yummy snack rich in nutrients. The tomato-onion garam masala spices up boring, leftover chapatis.

Preparation Time: 10 mins

Cooking Time: 7 mins

Makes 4 servings



Ingredients

- 5 leftover chapattis , cut into long strips
- 1/2 cup sliced onions
- 1/2 cup sliced capsicum
- 1 tsp finely chopped garlic (lehsun)
- 1/2 cup sliced tomatoes
- 1/2 tsp turmeric powder (haldi)
- 1/2 tsp chilli powder
- 1/2 tsp black salt (sanchal)
- 1/2 tsp garam masala
- 2 tsp low-fat butter
- salt to taste

For The Garnish

- 2 tbsps finely chopped coriander (dhania)
- 2 tsp lemon juice

Method

1. Heat the butter in a broad non-stick pan, add the onions and sauté on a medium flame for 1 to 2 minutes. Sprinkle a little water to avoid the onions from burning.
2. Add the capsicum and garlic and sauté on a medium flame for 1 minute.
3. Add the tomatoes, turmeric powder, chilli powder and 1 tbsp of water, mix well and cook on a medium flame for 1 to 2 minutes.
4. Add the black salt, garam masala and salt mix well and cook on a medium flame for 1 minute, while stirring occasionally.
5. Add the chapatti strips, mix well and cook on a medium flame for 1 minute.
6. Remove from the flame and squeeze out the lemon and serve immediately garnished with coriander.

Nutrient values

Energy	Protein	Carbohydrate	Fat	Vitamin A	Vitamin C
100 calories	3.0 gm	19.0 gm	1.0 gm	226.3 mg	28.0 mg

Baked Palak Methi Puris

SN010



My rating

Low fat puris? Absolutely! This non-traditional way of making puris is not only delicious, but it makes them rich in vitamin A and iron.



Preparation Time: 10 mins.

Baking Time: 15 mins.

Baking Temperature: 180°C (360°F).

Makes 12 puris.

Ingredients

- 1/2 cup chopped spinach (palak)
- 1/4 cup chopped fenugreek (methi) leaves
- 1/4 cup jowar (white millet) flour
- 1/4 cup bajra (black millet) flour
- 2 tbsp whole wheat flour (gehun ka atta)
- 2 tbsp low fat curds (dahi)
- 1 tsp ginger-green chilli paste
- 1 tsp oil
- salt to taste

Method

1. Combine the spinach and fenugreek, add salt and allow to rest for 10 minutes till the liquid is released. Use this liquid to bind the puri dough. Add all the other ingredients and knead into soft dough, using a little water if required.
2. Divide the dough into 12 equal portions.
3. Roll out each portion into a thin circle of about 40 mm. (1½") diameter.
4. Prick the rolled out puris with a fork at regular intervals.
5. Bake in a pre-heated oven at 180°C (360°F) for 10 to 12 minutes or till the puris are golden brown.
6. Store in an airtight container.

Nutrient values per puri

Fat	Carbohydrates	Energy	Iron	Protein	Vitamin A
0.6 gm.	4.1 gm.	25 cal.	0.4 mg.	0.8 gm.	179.6 mcg.

SN011

Fat Free Dahi Vada (Microwave Recipe)

Non-fried vadas dunked in yoghurt and topped with tangy imli chutney and cumin powder. This recipe is devised for people on a diet or for those who have to cut down on fat. Nevertheless, it is extremely good

Preparation Time: 1 mins

Makes 8 dahi vadas



Ingredients

For The Vadas

1/2 cup yellow moong dal (split yellow gram)
1 to 2 green chillies
1/2 tsp unflavoured fruit salt
2 cups salted buttermilk
salt to taste
oil for greasing

For The Curds

2 cups curds (dahi)
2 tbsp milk
salt to taste

For The Garnish

1/2 tsp chilli powder
1 tsp roasted cumin seeds (jeera) powder
2 tbsp khajur imli ki chutney
2 tbsp chopped coriander (dhania)

Method

For the vadas

1. Soak the dal in warm water for at least 1 hour.
2. Drain out most of the water and grind it to a smooth paste in a blender along with the chillies and salt.
3. Add the fruit salt and mix well.
4. Pour 2 tablespoons of the batter into 8 small greased microwave safe bowls (2" diameter).
5. Microwave 4 at a time each batch for 1 minute and 15 seconds.
6. Remove and allow it to cool completely unmould.
7. Soak them in salted buttermilk for few minutes, till they are soft.
8. Drain and squeeze out any excess water.
9. Place on a serving plate.

How to proceed

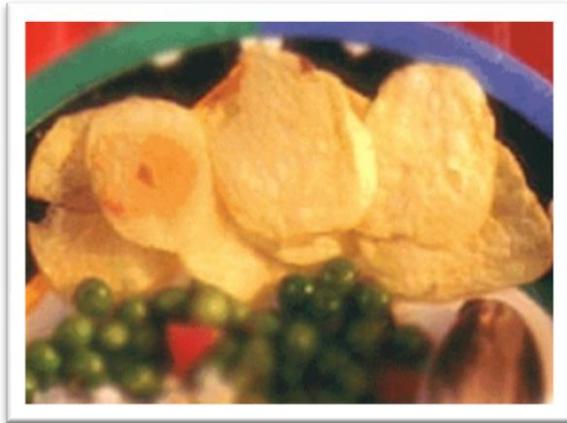
1. Whisk the curds with the milk and salt and pour over the soaked vadas.
2. Garnish with the chilli powder, cumin powder, khajur imli ki chutney and chopped coriander.
3. Serve chilled.

Zero Fat Potato Wafers

SN012



Microwaving is a revolutionary way of cooking. As you know, fat can be the root cause of degenerative disease later in life. It thus makes good sense to start your children young on healthy foods.



Preparation Time: A few min.

Cooking Time: 5-6 min.

Serves 4.

Ingredients

3 large sized potatoes, peeled
salt and chilli powder to taste

Method

1. Cut the potatoes into about 4 mm. thick slices.
2. Wash in cold water and dry thoroughly.
3. Arrange the potato slices in a microwave dish and microwave on HIGH for 5 to 6 minutes or until crisp.
4. Allow to cool. Store in an air-tight container.

Nutrient values Per Serving :

Protein	Cho	Fat
2.5 g	26.9 g	1.3 g

SN013☆☆☆☆
My rating

Crispy Vegetables In Barbeque

The strappingly sweet and spicy flavour of the barbeque sauce dominates this crispy and colorful veggie starter, making it just perfect for a winter's evening spent with a warm group of friends. Not to forgotthe low-cal nature of this healthy appetiser!



Preparation Time: 10 mins

Cooking Time: 15 mins

Makes 8 satays

Ingredients

- 1/2 cup mushrooms (khumbh) , quartered
- 1/4 cup onion cubes
- 1/4 cup green capsicum cubes
- 1/4 cup yellow capsicum cubes
- 1/4 cup red capsicum cubes
- 1/2 cup barbeque sauce
- 1 tsp oil

For Serving

barbeque sauce

Method

1. Combine all ingredients in a bowl, mix well and keep aside to marinate for 15 to 20 minutes.
2. Thread a piece of each of the green capsicum, onion, yellow capsicum, mushroom, red capsicum and on a satay stick.
3. Repeat with the remaining ingredients to make 7 more satays.
4. Cook each satay on a non-stick tava (griddle), using 1/8 tsp of oil, till the vegetables turn golden brown in colour on all the sides.
5. Serve hot with barbeque sauce.

Nutrient values

Energy	Protein	Carbohydrates	Fat	Fibre
17 calories	0.3 gm	1.7 gm	1.0 gm	0.2 gm

SN014

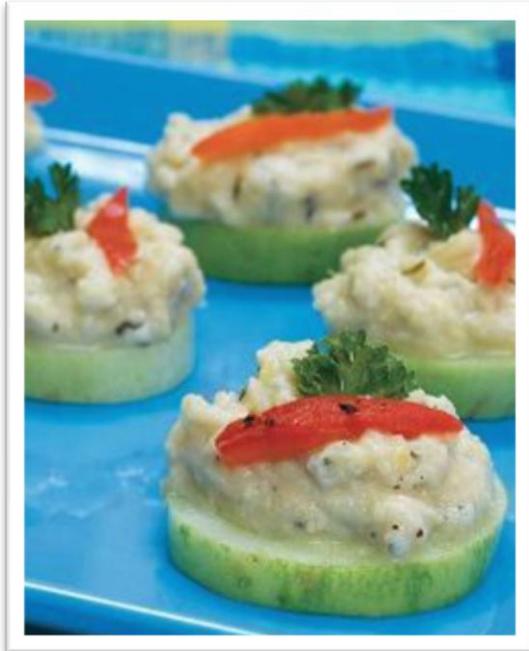
Herbed Cucumber Slices

The all-time favourite indian cooler, cucumber, is topped with flavoured lebanese hummus. An innovative and irresistible way to relish the healthy cucumber, this snack can be had at any time of the day.

Preparation Time: 12 mins

Cooking Time: 15 mins

Makes 20 slices



Ingredients

- 1 cup thickly sliced unpeeled cucumber (approx. 20 slices)
- 1 small red capsicum
- 1/4 tsp oil for greasing
- 1 cup cooked chick peas
- 2 tsp crushed garlic (lehsun)
- freshly ground black peppercorns (kalimirch) to taste
- 1 tbsp olive oil
- 1 tbsp thyme
- 1 1/2 tsp lemon juice
- salt to taste

For The Garnish

- a few sprigs of parsley

Method

1. Apply ¼ tsp of oil evenly over the red capsicum. Pierce it with a fork and roast it over an open medium flame till it turns black in colour from all the sides.
2. Immerse it in water and remove the skin, stem and seeds and cut into thin strips. Keep aside for the garnish.
3. Combine all the ingredients, except the cucumber slices and blend in a mixer to a smooth mixture using little water till smooth.
4. Arrange the cucumber slices on a flat dry surface and top each cucumber slice with little topping mixture.
5. Serve immediately garnished with red capsicum strips and parsley sprigs.

Nutrient values Per Slice

Energy	Protein	Carbohydrates	Fat	Fibre	Folic acid
23 calories	0.8 gm	2.8 gm	0.5 gm	0.2 gm	8.5 mcg

Makhmali Paneer Tikka

SN015

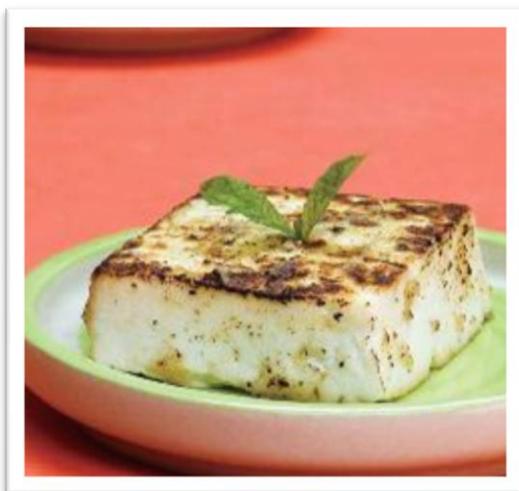


True to its name, this tikka will melt in your mouth and delight your palate! replacing the fat-laden white gravy of cream and cashews with whole wheat bread mayonnaise results in a healthier version, which you can serve in portions of two pieces.

Preparation Time: 20 mins

Cooking Time: 17 mins

Makes 14 pieces



Ingredients

For The Curd Marinade (makes 1/2 Cup)

1/2 whole wheat bread slice

1/3 cup low-fat hung curds (chakka dahi)

1/2 tsp sugar

1/2 tsp olive oil

a pinch of freshly ground black pepper (kalimirch) powder

1/2 tsp cardamom (elaichi) powder

1/2 tsp garam masala

1/2 tbsp cashewnuts (kaju)

salt to taste

Other Ingredients

14 low-fat paneer (cottage cheese), cut into 37 mm. (1 1/2") cubes

1 tsp oil for cooking

For Serving

a few sprigs of mint leaves (phudina)

Method (For the curd marinade)

1. Combine all the ingredients and blend in mixer till smooth. Keep refrigerated till use.

How to proceed

1. Combine the paneer and curd marinade in a bowl and toss gently. Keep aside to marinade for ½ hour.
2. Heat the oil in a non-stick tava (griddle) and cook each paneer piece till it turns golden brown in colour from all the sides.
3. Insert toothpicks in each paneer tikkas and serve immediately garnished with mint springs.

Nutrient values

Protein	Fat	Calcium	Energy	Carbohydrates
4.9 gm	0.8 gm	206.6 mg	57 calories	7.4 gm

