



75 Delights

Maa's many Mantras



ORGANIC MANTRAS
RECIPE DIARY



ORGANIC SAVIYAN KHEER

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Organic Saviyan Kheer

Here is a fantastic dish that all of you must try out this festive season. It is simple, sweet, and can bring a smile on anyone's face. The best part of this dish is that it can be served hot or cold based on your preference. Seviyan kheer with milk, sugar, cardamom and saffron packed with a whole lot of organic goodness is not something that you can afford to miss. So don't waste any more time, just click on the link below and try out this beautiful dish. And remember to tell us the different variations of the dish that you tried at home.



Organic Saviyan Kheer



INGREDIENTS

2 tbsp of ghee, 2 tbsp of raisins, 10-12 pitted black dates, 20 pieces of cashews, 20 pieces of almonds, 20 pieces of pistachios, a few charoli nuts, 125 gms of seviyan, 2 litre milk, 120 gms sugar, 8 cardamom pods

METHOD

- Heat the ghee over a medium flame and once it melts, add the raisins and after they puff up, take them out and keep them aside. Add the pitted dates and after they are roasted, remove them from the pan and keep them aside. Next, you need to put in the blanched and peeled cashews, almonds and pistachios and the charoli nuts, roast them for 2 to 3 minutes and then keep them aside.
- In the same ghee add the vermicelli or seviyan and roast on low heat until the vermicelli turns golden brown. Roasting the vermicelli nicely intensifies the taste of the kheer.
- After the vermicelli is roasted, add the milk and allow it to come to a boil.
- After the milk comes to a rolling boil, turn down the heat and add the raisins, dates and nuts.
- Cook the dry fruits and the vermicelli together in the milk for about 15-20 minutes, until it becomes thick and creamy. Stir in the sugar and cook again for 4-5 minutes.
- Put in the cardamom powder and mix well.
- Garnish with dry fruits and rose petals.



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ORGANIC PURIS

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Organic Puris

If there is anyone who can teach the world how to make the perfect puri then it can only be Anushruti RK. Puris that don't deflate and retain their shape from the frying pan to the plate. With some of the most amazing tips to roll the perfect puris, this article can clearly become your guide book to making the yummiest and fluffiest balls of heaven. Partnering them with shrikhand or aamras makes for one of the most delicious treats you can ever imagine. Tell us what you like to have with your yummy, fluffy, healthy 24 Mantra Organic Puris?



Organic Puris



INGREDIENTS

140 gm whole wheat flour, 70 gm plain flour or maida, $\frac{1}{4}$ cup fine semolina or rava, 1 tbsp chickpea flour or besan, 2 tsp sugar, $\frac{3}{4}$ tsp salt, 2 tbsp oil, $\frac{1}{2}$ to $\frac{3}{4}$ cup milk or water, ghee or oil for deep frying

METHOD

- In a large bowl, assemble the whole wheat flour, the plain flour, fine semolina, chickpea flour, sugar and salt.
- Mix well with a spoon or with your hands to bring all the dry ingredients together and then mix in the hot oil. Rub the oil into the flour.
- Put in the milk or water into the flour and knead for 5 to 6 minutes to make a stiff dough. Allow the dough to rest for 30 minutes to an hour or more.
- After the dough rests, knead it briefly and divide the dough into small portions.
- In a small wok or kadhai, heat, put the oil or ghee on low heat.
- In the meanwhile, roll the balls using a rolling pin. You can smear some oil on the rolling pin and the rolling surface to prevent the dough from sticking.
- Increase the heat of the oil and allow it to get hot. Make sure that you do not allow the oil to smoke.
- puri first sinks into the oil and then begins to come to the surface. You need to hold the puri with a slotted spoon until it puffs up. After the puri puffs up and turns a golden brown you need to flip it over and cook until the other side is golden as well. After the oil is hot, carefully place the rolled disc into the hot oil. The Take the puri out and place it on a large plate lined with absorbent paper. Serve hot with practically any vegetable, curry, shrikhand or

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ORGANIC SESAME RICE

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Organic Sesame Rice

"24 mantra organic sona masuri rice one of my most favorite varieties of rice" Says Anushruti RK.

Dont miss out on this easy to make superb dish and let your taste buds take you back to your childhood in your grandmothers kitchen where everything tasted link heaven. Witness the creation of an exquisite south Indian meal that you can never forget. Have this with cucumber or tomato raita, it becomes a hearty meal that is sure to appease your palate



Organic Sesame Rice



INGREDIENTS

300 gms or 1 1/2 cup of rice, 1 1/2 tsp salt, 2 tsp oil, 750 ml water, 50 gms sesame seeds, 50gms dry grated coconut, 1 tsp oil, 4-5 dry red chillies, 1/2 tsp salt

FOR SEASONING

3tbsp of sesame oil, 3/4 tsp of mustard seeds, 1 1/2 tsp of soaked urad dal, 3 tbsp of split cashew nuts, 2-3 dry red chillies, curry leaves, 3/4 tsp of yellow asafetida

METHOD

- Clean and soak the rice in water for 30 minutes.
- Drain the water and then cook the rice with the salt, oil and water either in a pressure cooker or an electric rice cooker.
- In a heavy bottomed pan, roast the sesame seeds nicely for about 3 to 4 minutes and after they change colour, transfer the seeds into a plate.
- Roast the dry grated coconut until the colour changes to a golden brown and keep it aside as well.
- Add 1 tsp oil into the same pan and after it is hot, drop in the dry red chillies. After the chillies sizzle, turn off the heat.
- In a blender, grind all the roasted ingredients into a smooth powder by using the pulsing it (grinding the ingredients and stopping every few minutes).
- Sprinkle the powder over the cooked rice and add 1/2 tsp salt.
- In seasoning pan add sesame oil and after the oil is hot, put in the mustard seeds. After the mustard begins to pop, add the soaked urad dal, cashews, dry red chillies, curry leaves and yellow asafetida.
- Turn off the heat and pour the hot seasoning over the rice and mix everything together.
- Serve with Tomato or Cucumber Raita.



ORGANIC MANTRAS
RECIPE DIARY



ORGANIC LITTLE MILLET DOSA

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Organic Little Millet Dosa

Ask any South Indian food lover, what their favorite breakfast dish is, and we are sure that “Dosa” will definitely feature on that list. But have ever tried a millet dosa? Not only is this a healthy option but the combination of a millet dosa and Pudina chutney is truly spectacular.

So now you can be rest assured that you will be eating something extremely tasty without forgoing the health and nutrition benefits.

So try it out today and tell us what you think of this awesome Little Millet Dosa recipe.



Organic Little Millet Dosa



INGREDIENTS


325 gm (1 ½ cups) little millet, 125 gm (1/2 cup) urad dal or black gram dal, ½ tsp methi, 50 gm (½ cup) poha or flattened rice, water, 1 tsp salt

METHOD

- Wash the millet and dal in a steady stream of water and soak them together along with the methi seeds with enough water to cover them. Keep covered for 4 to 6 hours.
- In a separate container soak the flattened rice for 1 hour.
- Drain the excess water and grind everything together to get a smooth paste.
- Add the salt, mix well and keep covered for 18 to 24 hours until the batter ferments nicely.
- After the batter is ready, keep a tava or a griddle on medium low heat. Once the pan is hot, sprinkle some water and if the water sizzles, your pan is ready to use.
- After the water evaporates, reduce the heat and smear the pan with a little oil with the help of a cut potato. You can prick a fork to one end of the potato to control the movement.
- Pour a ladleful of batter and smear the batter with the base of the ladle in concentric circles to get a round shape.
- Spoon a few drops of oil around the edges of the dosa. Cover and cook for a minute or two or until the dosa is golden brown in colour.
- After the dosa is golden brown, flip it over and cook again for a minute.
- Loosen the sides of the dosa, fold it into a semi circle and lift it out of the pan.
- Serve hot with pudina chutney



ORGANIC MANTRAS
RECIPE DIARY

A top-down view of a vibrant green Pudina Chutney served in a red ceramic bowl. A silver spoon with a wooden handle rests to the right of the bowl. A fresh mint leaf is placed on top of the chutney. The background is a solid red surface.

ORGANIC PUDINA CHUTNEY

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ORGANIC PUDINA CHUTNEY



INGREDIENTS

100 gm (1 cup) fresh coconut (grated), 25 gm (½ cup)
pudina or mint leaves, 1 tbsp roasted Bengal gram dal
(dalia or phutana), 1 tbsp peanuts, ¼ tsp asafetida powder,
1 tsp salt, water

FOR SEASONING

2 tsp vegetable oil, ½ tsp mustard seeds, 2 to 3 dry red
chilies, curry leaves, ¼ tsp asafetida powder

METHOD

- In a blender put in the coconut, the mint leaves, roasted gram, peanuts, asafetida and salt and enough water to get a smooth paste.
- Heat the oil in a seasoning pot and after the oil is hot, put in the mustard seeds. After the mustard seeds crackle and pop, put in the chilies, curry leaves and asafetida powder.
- Pour the hot seasoning over the chutney and mix well.

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RECIPE DIARY

ORGANIC KADHI

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ORGANIC KADHI



INGREDIENTS

2 cups thick dahi or yogurt, 5 tbsp gram flour or besan, 1/2 tsp turmeric powder, 3 cups water

FOR SEASONING

2 tbsp mustard oil or any other vegetable oil, 1/2 tsp mustard seeds, 1/2 tsp cumin seeds, 3/4 tsp fenugreek seeds, 2 to 3 dry red chilies, broken into pieces, Curry leaves, a sprig, 1/2 tsp asafoetida powder, 1 1/2 to 2 tsp salt, fresh coriander leaves for garnishing

METHOD

- In a bowl, put in the yogurt, gram flour and the turmeric and mix with a whisk until there are no lumps.
- Pour in the water, mix well and keep aside.
- In a pan heat the oil for seasoning. If using mustard oil, allow it to smoke and then turn off the heat. Turn on the heat again and add the mustard seeds. After the mustard seeds start to pop, put in the cumin seeds, fenugreek seeds, chilies, curry leaves and asafoetida in quick succession. Do not allow the cumin seeds and fenugreek seeds to turn black.
- After about 30 seconds, stir in the whisked yogurt and keep stirring on medium low heat until the entire mixture comes to a boil.
- After the kadhi begins to boil, add the salt, mix well and immediately turn off the heat.
- If you want a thin consistency add more water and if you want a thick consistency add less water.



A close-up photograph of a bowl filled with golden-brown, crispy cabbage pakoda. The pakoda are irregularly shaped and have a textured, fried appearance. They are resting on a white paper napkin inside a light-colored bowl. The background is dark and out of focus.

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ORGANIC CABBAGE PAKODA

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ORGANIC CABBAGE PAKODA



INGREDIENTS

1 cup cabbage, thinly sliced, 1 cup gram flour (besan atta), $\frac{1}{2}$ tsp red chili powder, $\frac{1}{2}$ tsp turmeric powder, $\frac{1}{2}$ tsp carom seeds (ajwain), $\frac{1}{2}$ tsp garam masala, $\frac{3}{4}$ tsp salt, $\frac{1}{4}$ water or as required, mustard oil or any other vegetable oil for deep frying

METHOD

- In a bowl add the gram flour, red chili powder, turmeric powder, carom seeds, garam masala, salt and water and mix well until there are no lumps. Adjust the consistency of the water to get a thick paste. If you have added a little extra water add a spoon or more of the gram flour. Likewise, if the batter is stiff add a spoon or more of the water to get the right consistency.
- Mix in the sliced cabbage into the gram flour paste.
- Pour enough oil in a pan to fill a depth of $\frac{1}{2}$ " or $\frac{3}{4}$ " and place the pan on moderate heat.
- Once the oil is hot, but not smoking, drop spoonfuls of the pakoda batter and deep fry until the pakodas are golden brown.
- Once the base of the pakoda is browned, you need to flip it over and fry the other side until it is browned too.
- After the pakodas are fried, lift them with a slotted spoon and place them on a plate lined with absorbent paper.
- At the time of serving, dunk the pakodas in the kadhi and serve hot with rice.
- To learn how to cook rice, [click here](#).

ORGANIC MANTRAS
RECIPE DIARY

ORGANIC WHOLE WHEAT FRUIT & NUT CUPCAKES WITH HONEY FROSTING

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ORGANIC WHOLE WHEAT CUPCAKES WITH HONEY FROSTING

We are sure of thing, and we know for a fact that you wouldn't disagree to the fact that these fruit and nut cupcakes are to die for. The taste of the cashews, almonds and raisins in every bite with the beautiful texture of the soft spongy moist cake creating a flavour so wonderful that you get lost in time till you finish every morsel. The honey icing seeps into the cupcake and merges with it nicely, giving the cupcakes a fruity flavor and earthy taste.

So its time for you to try this recipe out for Christmas and enjoy this with your family and friends.



ORGANIC WHOLE WHEAT CUPCAKES WITH HONEY FROSTING



INGREDIENTS

210 gm (1 1/2 cups) whole wheat flour, 1 tsp baking powder, 1/2 tsp baking soda, 1 tsp cinnamon powder, 4 cardamom pods, shelled and powdered, 250 ml (1 cup) milk, 125 ml (1/2 cup) vegetable oil, 1 tsp vanilla extract, 220 gm jaggery or brown sugar, 3/4 cup chopped dry fruits (cashews, almonds, dates and raisins)

FOR SEASONING

1 tbsp honey, 3 tbsp icing sugar & 1 tbsp cold water

METHOD

- Mix all the dry ingredients together.
- Blend the wet ingredients with a blender or in a stand mixer.
- Put in the dry fruits into the dry ingredients and mix.
- Mix in the flour mixture along with the dry fruits into the wet ingredients. Make sure that you do not overmix the batter.
- Spoon the batter into muffin/cupcake pan lined with paper cups and bake at a preheated oven 160C/ 325F for 20 minutes or until a skewer comes clean.

ORGANIC MANTRAS
RECIPE DIARY

ORGANIC TURMERIC HUMMUS WITH SUMAC ROASTED VEGETABLES AND BLACK PEPPER RICE

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ORGANIC TURMERIC HUMMUS WITH SUMAC ROASTED VEGETABLES AND BLACK PEPPER RICE

This soft, buttery and extremely nutritious middle eastern dip is something that some of us have had the good fortune to taste. Paired with pita bread it makes for one of the most authentic Lebanese dishes ever. This dish presented by Anushruti RK is truly exquisite and is a spectacular addition to our Organic Mantras Recipe Diary. The spice of the Black Pepper, the flavour of the Turmeric, the smokiness of the roasted vegetables and the creaminess of the Hummus, need I say more. Don't miss out on this recipe. Try it out today!



ORGANIC TURMERIC HUMMUS WITH SUMAC ROASTED VEGETABLES AND BLACK PEPPER RICE



INGREDIENTS

1 tbsp sesame seeds, lightly toasted, 2 tbsp lime juice, 1 cup cooked chickpeas, 1/4 cup safflower oil or olive oil, 1/2 tsp red chili powder, 1/2 tsp asafetida (optional), 1/2 salt, 1/2 tsp to 3/4 tsp turmeric powder, reserved chickpea cooking water

SUMAC ROASTED VEGETABLES INGREDIENTS

cauliflower, broccoli, bell peppers, potatoes, and any other vegetable you want to roast

FOR SEASONING

sumac, 3 tbsp safflower oil or sunflower oil or any other oil, 1/2 tsp or more of freshly ground black pepper, 1/2 tsp to 3/4 tsp red chilli powder, 1/2 tsp cumin seed powder (jeera powder), salt

BLACK PEPPER RICE INGREDIENTS

300 gm (1 1/2 cups) basmati rice, 2 tbsp ghee or oil, 1/2 tsp yellow asafetida powder, 1/2 tsp whole black peppercorns, freshly grated black pepper, 2 3/4 cup hot water, 1 1/2 and 2 tsp salt or to taste



ORGANIC TURMERIC HUMMUS WITH SUMAC ROASTED VEGETABLES AND BLACK PEPPER RICE



METHOD FOR THE HUMMUS

- In a blender put in the sesame seeds and lime juice and process. Add in the rest of the ingredients and grind to a smooth paste. Garnish with red chilli powder or sumac.
- Serve with vegetable crudites, with bread sticks, slathered over bread or with rice.

METHOD FOR THE SUMAC

- Sprinkle sumac generously, all over the veggies. In a bowl, put in the remaining seasoning ingredients, the oil, pepper, red chilli powder, cumin powder and salt and mix well. Pour over the vegetables and toss well to coat all the sides of the vegetables.
- Roast the vegetables in the centre rack of an oven at 200C for 15 to 20 minutes.

METHOD FOR THE BLACKPEPPER RICE

- Soak the rice in water for 15 to 30 minutes. Drain the water off the rice and place over a strainer.
- In a pressure cooker or a pan heat the ghee. When the ghee melts, stir in the asafetida powder, whole peppercorns and the ground black pepper. Stir nicely and put in the drained rice.
- Pour the hot water over the rice, stir in the salt and pressure cook for 1 whistle. Allow the steam to escape and then take off the lid. Fluff with a fork and serve hot!



ORGANIC MANTRAS
RECIPE DIARY

A top-down view of a black square plate containing three rolled-up vegetarian burritos. The burritos are filled with white beans, red tomatoes, and green lettuce. They are garnished with fresh orange and yellow nasturtium flowers and a pile of green microgreens. To the right of the plate are two small white bowls with red rims; one contains a dark red salsa and the other a white creamy sauce. The entire scene is set on a light-colored wooden plank surface.

ORGANIC VEGETARIAN BURRITOS

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ORGANIC VEGETARIAN BURRITOS

When you really think about it Mexican food and Indian food are very similar, The Mexicans have the Tortillas and we have our roti, they stuff their tortillas with protein-filled beans and veggies, we have our rotis with sabji. And let us all face the fact that both cultures love their spice. Both cuisines are so similar that a dish from Mexico can very well be a super replacement for your day in day out Indian Ghar ka khana. But really think about it, it's extremely easy to make, we are sure that your kids will not waste a morsel of it. They will love it and you will be satisfied because of the fact that it is filled with so much nutrition. That is literally like a win-win for us all. So try out this recipe today.



ORGANIC VEGETARIAN BURRITOS



INGREDIENTS FOR THE FILLING

1 cup dry kidney beans or any other beans, 3 cups water, 2 tbsp oil or butter, $\frac{1}{2}$ tsp asafetida powder, 1 tsp red chili powder, 1 tsp cumin seed powder, 1 $\frac{1}{4}$ tsp salt or to taste

INGREDIENTS FOR THE TOMATO SAUCE

1 tbsp oil, 1 cup tomato puree, $\frac{1}{2}$ tsp red chilli powder, $\frac{1}{2}$ tsp sugar, $\frac{1}{2}$ tsp salt, green chillies or jalapenos, chopped

OTHER INGREDIENTS

Whole wheat tortillas or Indian style rotis, Lettuce, Sour cream, Jalapenos, Cheddar cheese, grated, Micro greens (optional), Edible flowers (optional)



ORGANIC VEGETARIAN BURRITOS



METHOD FOR THE FILLING

- Soak the kidney beans overnight in plenty of water. Drain and pressure cook with 3 cups of water. After the beans are cooked, drain and reserve the water.
- Making the refried beans
- In a pan, put in the oil or butter and then add in the spices. Immediately, add the beans, sauté well and add a cup of the reserved cooking water.
- Cook until all the water is evaporated. You can mash the beans a little. I like to leave the beans as they are but cooked until soft and mushy.

METHOD FOR THE TOMATO SAUCE

- In a pan heat the oil
- add in the rest of the ingredients
- Bring to a boil and turn off the heat.

METHOD TO ASSEMBLE

- On a large plate place the tortilla or roti. Over the roti, place a lettuce leaf. Spread some beans over it. Add the grated cheese over the beans and over the cheese spoon the tomato sauce. Top with sour cream, jalapenos and secure both the ends of the tortilla or roti with a toothpick.
- Serve with extra sauce and sour cream and the optional microgreens and edible flowers.



ORGANIC MANTRAS
RECIPE DIARY

A top-down view of a white ceramic plate with a delicate floral pattern in shades of pink, blue, and yellow. The plate is filled with approximately 12 round, golden-brown cookies. The cookies have a slightly cracked, textured surface, characteristic of whole wheat flour. The background is a dark, solid color, making the plate and cookies stand out.

ORGANIC EGGLESS WHOLE WHEAT GINGER COOKIES

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Organic Eggless whole wheat ginger cookies

Experience the journey that inspired the creation of these delicious cookies. You can welcome Santa this season with this mouthwatering heavenly cookie recipe that will make sure that he will visit your house first next Christmas. And Santa's gonna be a lot healthier with these cookies because they are loaded with the goodness of organic whole wheat, unprocessed organic sugar and lets not forgot about the ginger. Pair these yummy cookies with some milk and relish each crisp, soft, sugary bite that you take. Enjoy these yummy cookies with your family and friends this Christmas.



Organic Eggless whole wheat ginger cookies



INGREDIENTS

200 gm (1 ½ cups) wholewheat flour, 1 tsp baking powder, 100 gm (1/2 cup) butter, 150 gm (3/4 cup) brown sugar or demerara sugar, powdered, 1 tsp ginger powder, 1 tbsp ginger juice*, 4 tbsp milk* & raw sugar to coat the cookies

METHOD

- In a bowl put in the whole wheat flour and the baking powder and mix it up well with a whisk or a spoon.
- In another bowl (or the bowl of a stand mixer) put in the butter and the brown sugar and mix until it is soft and creamy.
- Stir in the ginger powder and the ginger juice and mix again until the ginger is incorporated into the sugar-butter mixture, about 2 minutes.
- Mix in the flour and using the milk, make a smooth dough. Do not over mix.
- Place the raw sugar in a bowl. Make little dough balls from the dough and using a little dough, roll the dough into a ball, using the palm of both your hands.
- Flatten the dough slightly and then roll each one of the flattened dough ball in the sugar, so that the sugar coats it evenly on all sides.
- Bake in a pre heated oven at 180C for about 15 to 20 minutes or until the cookie gets browned at the sides.
- Allow to cool and store in an airtight container.
- Makes 35 to 40 cookies, depending on the size of the cookies.
- * To make ginger juice, grate ginger and extract the juice using a lemon press. Depending on the flour, you might have to use a little more or a little less of the milk.

ORGANIC MANTRAS
RECIPE DIARY

A top-down view of a white ceramic bowl filled with a thick, yellowish-brown lentil soup (dal). The soup is garnished with several halved red cherry tomatoes and a sprig of fresh green cilantro. The bowl sits on a dark wooden surface. In the background, a portion of a red and gold patterned fabric is visible.

ORGANIC PANCHMEL DAL

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ORGANIC PANCHMEL DAL

A true Rajasthani would tell you that Panchmel Dal is best had with Freshly roasted Bhati, and they would be right, there would be no better combo. The aroma of this beautiful, healthy and homely dal is truly mesmerizing. the texture and the consistency of a dal are what differentiates a mediocre dal from a delightful mouthwatering delicacy. So pay close attention when you are making the dish. You can even have this beautiful dish with some perfectly cooked basmati rice with just a drizzle of ghee for a little indulgence. Don't forget to try out and tell us how much you loved this marvelous recipe.



ORGANIC PANCHMEL DAL



INGREDIENTS

270 gm Toor dal, urad dal with skin, green gram dal with skin, channa dal, moth dal, 5 cups water, $\frac{1}{2}$ tsp turmeric powder, 2 tbsp vegetable oil, 3 to 4 cloves, 1" piece cassia, 1 tsp cumin seeds, $\frac{3}{4}$ tsp yellow asafetida powder, 4 tsp grated ginger, 2 slit green chillies, 3-4 tomatoes pureed, 2 tbsp coriander powder, $\frac{3}{4}$ tsp red chilli powder, 1 tsp garam masala powder, 2 $\frac{1}{2}$ to 3 tsp salt, extra water, fresh coriander & cherry tomatoes

METHOD

- Wash all the dals in a large colander and place them in a bowl or any utensil with a lid. Pour enough water to cover the dals nicely and allow the dals to soak in all the water overnight or for 7 to 8 hours.
- Drain the excess water off the dals and place the dals in a pressure cooker. Add 5 cups water, the turmeric and pressure cook until the first whistle. After the first whistle, turn down the heat and cook for 15 to 20 minutes. After the dals are cooked, turn off the heat and allow the pressure to come down.
- In a large wok or pan, heat the oil. Once the oil is hot, put in the whole spices, cloves, cassia and cumin seeds and stir until the cloves puff up and the cumin seeds are golden. Make sure that the cumin seeds don't turn black.
- Into the sizzling spices, add the tomato puree and turn down the heat. Put in the coriander powder, red chilli powder and cook until the tomato puree absorbs all the flavours from the spices, about 7 to 8 minutes.
- Stir in the cooked dal, add the salt and extra water if required and mix well.
- Put in the garam masala and
- Garnish with coriander and some cherry tomatoes



ORGANIC MANTRAS
RECIPE DIARY

ORGANIC KALA CHANNA PULAO



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Organic Kala Channa Pulao

Want to add some protein and carbs in your diet, then we've got just the recipe you are looking for. Kala channa or brown channa is a very good source of protein especially for a vegetarian and let's not forget that organic basmati rice is an excellent source of carbohydrates. What makes this recipe even more spectacular is the simplicity with which it can be made and how exquisite it actually tastes. The soothing taste of this recipe can be attributed to the organic spices used to prepare this dish. Pair it with a nice pomegranate raita and make it one of the most satisfying meals ever. Go ahead try this recipe today, it's extremely easy to make and we are sure that your whole family will love it.



Organic Kala Channa Pulao



INGREDIENTS

150 gm ($\frac{3}{4}$ cup) black chickpeas, 750 ml water, 300 gm basmati rice, 4 tomatoes, $\frac{1}{2}$ cup fresh coriander or cilantro, $\frac{1}{4}$ cup mint leaves, 2 tsp fresh ginger, 1 green chilli, 4 tbsp vegetable oil, 1" piece cinnamon stick, 4 cloves, $\frac{3}{4}$ tsp yellow asafetida powder, 1 tbsp coriander seed powder, 1 tsp cumin seed powder, $\frac{3}{4}$ to 1 tsp red chilli powder, $\frac{1}{2}$ tsp turmeric powder, 1 tsp garam masala powder, water & 2 tsp salt

METHOD

- Wash and soak the black chickpeas in plenty of water overnight or for 7 to 8 hours. Drain the water and place the soaked chickpeas in the pressure cooker with 3 cups water. Pressure cook the chickpeas until the first whistle, lower the heat and then cook for 20 minutes. Turn off the heat and allow to cool.
- After the chickpeas cool down, strain the cooked chickpeas and reserve the cooking water. Add plain water into the reserved water to make it 3 cups.
- In a blender put in the tomatoes, coriander, mint leaves, ginger and chilli if using and blend to a smooth puree.
- In a heavy bottomed pan, with a tight fitting lid, heat the oil until warm. Put in the cinnamon stick and the cloves, stir-fry for a few seconds until the spices start to sizzle, add the asafetida powder and then put in the ground puree.
- Add in the rest of the spices, the coriander seed powder, cumin seed powder, red chilli powder, turmeric powder and mix well.
- After the oil begins to separate from the ground masala, add the drained rice and the drained cooked chickpeas.
- Pour in the reserved chickpea water, add the salt and garam masala powder, give it a good stir and bring to a boil.
- Cover with a tight lid and cook until done.

ORGANIC MANTRAS
RECIPE DIARY



ORGANIC VEGETABLE KOFTA BALLS IN TOMATO SAUCE

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ORGANIC VEGETABLE KOFTA BALLS IN TOMATO SAUCE

Spaghetti and meatballs a traditional Italian recipe that vegetarians can't enjoy. Well think again, this recipe just got a vegetarian twist to it. These vegetarian kofta balls in tomato sauce is an amazing dish that can be had with spaghetti. The gram flour in the kofta balls is protein rich and the vegetables add many nutrients to them. These kofta balls are quite versatile. You can fold them into any curry or sauce of your choice or even dunk them into a kadhui to eat with rice. try out this beautiful recipe today and tell us how much you enjoyed it.



ORGANIC VEGETABLE KOFTA BALLS IN TOMATO SAUCE



INGREDIENTS FOR THE SAUCE

8 to 10 tomatoes, quartered, 1 carrot, chopped, 750 ml water, 2 tbsp olive oil, 1 bay leaf, $\frac{3}{4}$ tsp cayenne or red chili powder, $\frac{1}{2}$ tsp freshly ground black pepper, 1 tsp raw sugar 1 tbsp fresh basil & 1 tsp salt

INGREDIENTS FOR THE KOFTA BALLS

1 cup cabbage, grated, 1 cup carrots, grated, 1 cup beetroot, grated, 1 $\frac{1}{2}$ to 2 cups besan, 1 tsp salt, $\frac{1}{2}$ tsp asafetida, 1 tsp cumin seed powder, 1 tsp coriander seed powder, $\frac{1}{2}$ tsp turmeric powder, 1 tsp red chilli powder & 1 tsp garam masala powder

ORGANIC VEGETABLE KOFTA BALLS IN TOMATO SAUCE



METHOD FOR THE TOMATO SAUCE

- Wash the tomatoes, scoop out the eyes and quarter them. Peel and chop the carrots. Place the tomatoes and carrots in a pressure cooker and cover them with water. Pressure cook until the first whistle and then turn off the heat.
- Allow to cool and blend to a fine puree.
- In a pan, heat the oil and once the oil is warm enough, add the bay leaf and the ground tomato puree.
- Put in the cayenne or red chili powder, freshly ground black pepper, and sugar. Season with salt and boil for 5 minutes or until the sauce is nice and thick.

METHOD FOR THE KOFTA BALLS

- Grate the veggies in a bowl. In another bowl, put in the gramflour, salt and all the spices and mix well. Put in the grated veggies and mix until the flour and veggies are well combined. Add more flour if required. Do not over mix or over knead the dough as over kneading makes the dough sticky and difficult to handle.
- Make small balls or koftas and bake them (at 180 C for about 20 minutes), fry them in an appa chetty or aebleskiver pan or deep fry the koftas in hot oil.
- Mix in the koftas into the tomato sauce. Serve over spaghetti, pasta, quinoa or millets.
- If you use watery vegetables, the amount of gramflour used solely depends on the water content of the vegetables used.



ORGANIC MANTRAS
RECIPE DIARY



ORGANIC VEGETABLE THALIPEETH

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Vegetable Thalipeeth

Here is a traditional Maharashtrian recipe made with 4 types of flours. A nutritious pancake made with different kinds of flours, making it delicious and more importantly nutritious also. You can add vegetables of your choice to make it more nutritious. The Vegetables used In this recipe are carrots, cucumbers, pumpkin or bottle gourd and the results have been superb. Pair it with some homemade curd and some spicy red chili chutney called ranjak or kempu chutney for the most satisfying experience. You can also choose to have it with some Mango Chutny or some amla chutney as well. Try this recipe today and do let us know how much your friends and family loved it.



Organic Vegetable Thalipeeth



INGREDIENTS

150 gm rice flour, 60 gm jowar flour, 60 gm besan, 60 gm wheat flour, 1 tbsp coriander seed powder, 1 tsp cumin seed powder, ½ tsp turmeric powder, ½ tsp asafetida powder, 1 tsp red chilli powder, ½ cup plain yoghurt or dahi or tamarind water, 1 ½ tsp salt, 1 cucumber, grated & 1 carrot, grated

METHOD

- In a large bowl combine all the dry ingredients, the flour and the spices. Mix with a fork, make a well in the centre and add yogurt and the grated vegetables. If your cucumber is bitter, make sure that you remove the bitterness by rubbing a slice over the cut cucumber until all the bitter juices ooze out.
- Mix well and make a dough. Add a few spoons of water if required to make a soft dough.
- Keep a griddle or a pan on the heat.
- Grease a medium sized (enough to fit over a chakla) baking parchment or butterpaper with oil. Grease your hands with some oil.
- Take a portion of the dough and pat it over the paper, to get a circular 6" to 8" disc. Make 3 to 4 holes with your fore finger near the centre of the disc. This will make sure that the oil seeps into the corners of the dough making a crisp thalipeeth.
- Place the paper over the hot pan and carefully peel off the paper.
- Spread a few drops of oil around the edges of the thalipeeth. After the base is cooked and dark brown spots appear, flip it over and cook on the other side as well.
- Grease the paper again and repeat the above procedure until you finish up the dough.

ORGANIC MANTRAS
RECIPE DIARY



ORGANIC WHOLE WHEAT PIZZA

#24MANTRAORGANIC | #ORGANICMANTRAS

ORGANIC WHOLE WHEAT PIZZA

Who said you need yeast or you need an oven to make a delicious cheesy pizza. So if you are looking for a happy little pizza recipe to lighten up your spirits and mood then you can call off your search right away. Once you have a crisp pizza base all you need to do is assemble the rest of the ingredients. You can start by spreading the tomato sauce, then sprinkle some chopped bell peppers, olives and a generous shower of mozzarella cheese, and finally spoon a few drops of oil on the sides, cover the pizza and cook until the cheese melts. Viola, in a matter of a couple of simple and easy to follow steps, your whole wheat, no yeast and no oven pizza is ready to be devoured.



ORGANIC WHOLE WHEAT PIZZA



INGREDIENTS

280 gm whole wheat flour, 1 tsp of salt, 1 tsp of sugar, 1 tsp dried herbs, 2 tsp of baking powder, $\frac{1}{4}$ tsp baking soda, $\frac{1}{4}$ cup extra virgin olive oil, $\frac{3}{4}$ cup water, tomato Sauce, Bell peppers, Olives, Mozzarella Cheese, Oil, dried oregano & dried basil

METHOD

- In a bowl add the flour, salt, sugar, dried herbs, baking powder and baking soda. Mix well with a fork.
- Make a well in the centre of the dry ingredients and add the oil and water.
- Knead the dough properly and let it rest for 20-30 minutes.
- Divide the dough into four equal parts. Take one portion of the dough and roll it into an 8" circle using a little flour, beneath the surface and on top of the dough circle to prevent the dough from sticking.
- Prick the surface of the dough with a fork to prevent the dough from puffing up while cooking.
- Keep a heavy bottomed pan on low heat and allow it to become hot
- Carefully lift the rolled dough and place it on the hot pan.
- Cover the pan and cook for a few minutes, about 2 to 3 minutes.
- With a spatula, lift the pizza base up and check if there are light brown spots. If you see the spots, flip the pizza over and cook the side the same way.
- Flip the pizza base again and spread some tomato sauce. Sprinkle some bell peppers, olives and mozzarella cheese.
- Spoon a few drops of oil over the sides, cover the pizza and cook until the cheese melts.
- And that's it! Your Pizza is ready to be served.



ORGANIC MANTRAS
RECIPE DIARY

ORGANIC MASALA BHAAT



#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Masala Bhaat

The sublime taste of Masala Bhaat and the beautiful aromas it leaves in the house is truly divine. The spices used in this preparation is what is the true essence of the recipe. Goda Masala is very easy to make and it really elevates the taste of the rice and the vegetables that you add. To make this healthy you can add many different types of vegetables of your choice and let us know which one you liked best by leaving us a nice comment. This recipe makes for one of the most gratifying meals so go ahead and try this for a meal next Sunday with your family.



Organic Masala Bhaat



INGREDIENTS

1 ½ cups basmati rice, 5 to 6 baby potatoes, peeled and cut into halves, ½ cup peas, ½ cup ring gourd, sliced, 10 to 12 cashews, cut into halves, 3 tbsp oil or ghee, ¾ tsp mustard seeds, ¾ tsp cumin seeds, ¾ tsp yellow asafetida powder, ½ tsp turmeric powder, ½ tsp red chili powder, 2 tbsp goda masala powder, 3 cups water, 5 to 6 kokum leaves, 1 tbsp jaggery & 2 tsp salt

METHOD

- Wash and soak the rice in water.
- Peel and cut the potatoes, shell the peas and slice the ring gourd. Cut the cashews into halves if using.
- In a pressure cooker, heat the oil or ghee. Once it's hot drop in the mustard seeds and after the mustard pops, lower the flame and add the cumin seeds, followed by the spice powders- asafetida and turmeric.
- Add the cashews if using and the vegetables and cook for 3 to 4 minutes. Put in the red chilli powder and goda masala powder, water, kokum leaves, jaggery and salt.
- Cover and cook until the first whistle. Turn off the heat.
- After the pressure drops, take off the lid and allow the steam to escape for 2 or 3 minutes. This helps the rice grains to firm up.
- Fluff with a fork lightly and serve hot with your favourite raita or curd.

ORGANIC MANTRAS
RECIPE DIARY

ORGANIC EGGLESS DARK CHOCOLATE CAKE WITH CHOCOLATE FUDGE ICING

#24MANTRAORGANIC | #ORGANICMANTRAS

ORGANIC WHOLE WHEAT PIZZA

This beautiful double layer chocolate cake is a fantasy for any chocolate lover. Sweetened to perfection with organic sugar and Topped with a generous sprinkle of the flavourful and crunchy almonds, pistachio and chocolate gratings. The overall combination of the chocolate fudge and the chocolate cake is just divine. You can bake this marvellous cake for birthdays, house warming parties, or any gathering where everyone loves chocolate. We are sure you are already drooling all over this cake, so stop drooling and grab your chef's hat. Try this recipe and tell us how much you loved it.



ORGANIC WHOLE WHEAT PIZZA



INGREDIENTS

100 gm (1/2 cup) dark chocolate, 250 ml water, 200 gm plain flour, 50 gm good quality cocoa powder, 2 tsp baking powder, 1 tsp baking soda or soda bicarbonate, 40 gm fine sugar, 1 can condensed milk, 150 ml vegetable oil, 1 tbsp vanilla extract, 50 gm chocolate, chopped, 2 tbsp water, 100 gm butter at room temperature, 2 cups icing or confectioner's sugar, vanilla extract, almond, cashew & pistachio shavings

METHOD

- In a saucepan, put in the water and the chocolate together and heat until the chocolate melts. Allow it to cool.
- In a mixing bowl, assemble 200 gm plain flour, 50 gm cocoa powder, 30 gm sugar, 2 tsp baking powder and 1 tsp baking soda, mix with a spoon and sieve once to make the mixture uniform.
- Add in the condensed milk, oil, vanilla and the melted chocolate. Whisk until the mixture is uniform, smooth and without lumps.
- Preheat the oven at 150 c/300F. Pour the batter into the cake tins and bake for 50 to 55 minutes, until a toothpick comes out clean.
- In another sauce pan put in the chopped chocolate with the water and allow it to melt while stirring, once the chocolate melts, let it cool.
- In a bowl, take butter, sugar and the melted chocolate, along with the vanilla and mix until smooth.
- If the icing is too stiff add a few drops of milk and if the icing is thin, then add a few spoons of sugar.
- After the cake is cool, spread the icing all over the cake.
- Sprinkle almonds, pistachios and chocolate gratings on the cake.



ORGANIC MANTRAS
RECIPE DIARY

ORGANIC SATTU PARATHA

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Sattu Paratha

Have you ever tasted an Organic Sattu Paratha ? Perhaps popular in Bihar and Uttar Pradesh... It is healthy, nutritious and delightfully different! Now Tickling Palates and 24 Mantra Organic take you on a discovery of Organic Sattu Paratha. Get ready. Here is a recipe with step by step photos. These shallow fried flat breads are a speciality of the Bihar region where the paratha is stuffed with a mildly spiced roasted gram flour filling that makes a great breakfast option.



Organic Sattu Paratha



INGREDIENTS

Whole wheat flour – 2 cups, Salt, Water to knead, Oil, Sattu flour (roasted chana dal powder) – 1 cup, Onion, chopped – 1/4 cup, Ajwain – 1/2 tsp, Salt, Green chillies – 3, Ginger – 1/2 inch piece, Garlic 4 cloves, Lemon juice – 1 tsp, Mango pickle piece, 2 nos, Pickle Oil or Sesame oil – 2 tsp, Coriander leaves, chopped – 3 tsp

METHOD

- In a wide bowl, add whole wheat flour, salt and mix well.
- Add water little by little and knead into a soft dough.
- Close the bowl with a lid and let the dough rest for 30 mins.
- In a mixie jar, add ginger, garlic, green chillies, mango pickle and pulse to a coarse paste.
- Take sattu flour in a mixing bowl. Add salt, ajwain and mix well.
- Add the coarsely ground paste, chopped onions, pickle oil, lemon juice, coriander leaves and mix with your fingertips till it resembles breadcrumbs.
- Add water little by little and make a soft dough.
- Divide equally into 6 portions and make each portion into a ball and keep aside.
- Divide the paratha dough equally into 6 portions and make each portion into a ball.
- Take a ball and gently flatten between your palm and shape into a cup.
- Place a sattu stuffing ball into the cup and bring the edges together and pinching the seams.
- Once again make a ball and Roll out the paratha
- Heat a tawa or a griddle. When its hot, place a rolled out paratha and cook over medium heat.
- Drizzle few drops of oil all around the paratha
- Flip it and cook the other side the same way



ORGANIC MANTRAS
RECIPE DIARY

ORGANIC MILLET TAMARIND RICE

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Millet Tamarind Rice

Millets are Ancient Grains that mankind has known their nutrition value for centuries. They are naturally gluten – free. Low on carbs and high on fiber. Millets are ideal for diabetics looking for an alternative grain to rice. Check out this amazing recipe by Radhika Subramanian and tell us some interesting variations of Millets that you have incorporated in your diet.



Organic Millet Tamarind Rice



INGREDIENTS

Organic Mixed millets- 1/2 cup, Water – 1 cup, Tamarind paste – 3 tbsp, Turmeric powder – 1 tsp, Salt, Mustard seeds – 1/2 tsp, Organic Chana dal – 1 tsp, Organic Urad dal – 1 tsp, Organic Black Sesame seeds – 1 tsp, Whole dry red chillies – 5, Organic Peanuts, roasted – 2 tbsp, Asafoetida – 2 pinch, Curry leaves – 1 sprig, Organic Sesame oil – 2 tbsp

METHOD

- Heat 1 cup water in a pressure cooker and bring it to a rolling boil.
- Add rinsed millets, give it a stir and close the lid. Simmer the flame completely.
- Cook for 5 mins. Switch off the flame now insert the weight into its vent. This will prevent the steam from escaping and the millets will continue to cook from the heat inside the cooker.
- Open the lid and fluff with a fork.
- Take tamarind paste in a small bowl, add 1 tbsp water, turmeric powder and mix well.
- Pour this over the cooked millet, mix well and keep aside.
- Heat a pan with sesame oil. Add mustard seeds and let it splutter.
- Add asafoetida, chana dal, urad dal, sesame seeds, whole dry red chillies broken into pieces, mix well and let it cook for few seconds till the dals turn golden in colour.
- Add roasted peanuts, curry leaves and cook for few seconds till the leaves turn crisp. Add the millet mixture, salt and toss well cooking over low flame for 1 to 2 mins till they all get combined well and the millets get heated up.
- Switch off the stove and keep the pan covered.
- Millet Tamarind Rice is ready.
- Serve hot with any side dish of your choice.



ORGANIC MANTRAS
RECIPE DIARY

ORGANIC MILLET TAMARIND RICE

Organic Millet Tamarind Rice

This article is a must read for anyone trying out this recipe as you hear how Radhika Subramanian tells you exactly what you need to make this amazingly soft and moist Whole Wheat Bran Apple Muffin. Whats even better is that this is complete guilt free indulgence given the fact that this dish gives you your daily dose of fibre and omega 3 fatty acids and is packed with the nutritional powers to kick start your day, or can even be had as a yum tea snack.



Organic Millet Tamarind Rice



INGREDIENTS

Organic Wheat bran- 1-1/2 cups, Whole wheat flour – 1 cup, Baking powder – 2 tsp, Cinnamon, ground – 1tsp, Salt – 1/4 tsp, Demererra sugar – 1/2 cup, Light brown sugar – 1/2 cup, Flax seeds, ground – 1 tbsp, Milk – 1/2 cup, Curd – 1/3 cup, Vanilla extract – 1-1/2 tsp, Vegetable oil – 1/4 cup, Warm water – 3 tbsp & Apple – 1

METHOD

- Preheat oven to 180 C / 350 F degrees.
- Grease a 12 holed muffin pan with oil
- Peel, core and dice apple into small cubes.
- In a mixing bowl, stir together wheat bran, yoghurt, vanilla extract, milk and let it rest for 15 mins.
- In a small bowl, mix together flax seed powder and warm water. Let it rest for 15 mins.
- In another bowl, whisk together whole wheat flour, salt, baking powder and cinnamon. Keep aside.
- In a blender, add the flax eggs/flax gel mixture, softened wheat bran mixture, vegetable oil and pulse at regular intervals for 8 to 10 times.
- Transfer the batter to the mixing bowl. Stir in both Demerara and brown sugar.
- Add whole wheat flour mixture, mixing just until it gets incorporated.
- Fold in diced apples and stir to distribute evenly.
- Scoop the batter into the prepared muffin cups.
- Bake for 35 – 40 mins or until a skewer inserted comes out clean. Eggless whole wheat bran apple muffins are ready.



ORGANIC MANTRAS
RECIPE DIARY

ORGANIC SATTU LADDU

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Sattu Laddu

These yellow balls of heaven can easily become your go to treat this festive season. This extremely easy to make and tasty laddu can be made within a matter of a few minutes and will keep your kids coming back for more and more. Filled with some extremely nutritious and fibrous Organic dry fruits, they make for a great energy booster. Apart from that the sattu ka atta also makes it that much healthier.

Don't hesitate to try this incredibly tasty laddu and tell us what ingredients you added to give the recipe your special touch.



Organic Sattu Laddu



INGREDIENTS

Organic Sattu Flour – 1 cup, Organic Sugar – 3/4 cup, Ghee 1/2 cup, Cardamom – 4, Cashews & Almonds – 10 each

METHOD

- In a mixie jar, grind both sugar and cardamom to a fine powder. Keep aside.
- In a pan, add 1 tsp ghee, roast chopped cashew nuts and almonds to a golden brown, drain into a bowl and keep aside.
- Add the remaining ghee and let it melt. Reduce the flame completely.
- Add sattu flour and cook for 2-3 mins stirring continuously with a spatula.
- Take the pan off the stove and let it cool down to room temperature.
- Add powdered sugar, roasted nuts to sattu mixture and mix to combine well.
- Take a small portion, the size of a golf ball and roll between your palms to make laddus.
- Arrange on a plate one next to the other.
- Sattu Laddu is ready to serve.



ORGANIC MANTRAS
RECIPE DIARY

ORGANIC CURRIED MILLETS

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Curried Millets

I used 24 Mantra Organic foxtail millet in this recipe as it's my favorite and I love its nutty taste says "Radhika Subramanian" Author of Tickling Palates. She wondered how cool it would be if we can make a recipe into a grab and go wholesome meal. Some cooked millets, some protein and some nice masalas are all the things you require for this splendid recipe. You can try your own variations by using paneer, cooked chickpeas, kidney beans or sprouted moong beans if you want to add other forms of protein. Try this recipe today and tell us what was the secret ingredient that you used in your curried millet recipe.



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Organic Curried Millets



INGREDIENTS

Organic Foxtail Millet, cooked – 1/2 cup, Onion – 1/4 cup, Carrots – 1/4 cup, French beans – 2 tbsp, Capsicum (bell peppers) – 2 tbsp, Tofu – 1/4 cup, Curry powder – 1/2 tsp, Black Pepper Powder – 1/4 tsp, Cumin Powder – 1/8 tsp, Turmeric Powder – 1/4 tsp, Salt, Coriander leaves, Oil – 2 tsp

METHOD

- Finely chop onion, carrots, french and capsicum. Cut tofu into small cubes and keep aside.
- In a microwave safe mug or bowl, add oil, onion, carrots, beans, capsicum, mix well and microwave at high for 2 mins.
- Add tofu, curry powder, black pepper, cumin, turmeric powder, salt, cooked foxtail millet and mix well.
- Microwave on high for 2 to 3 mins or till the millet are heated through.
- Sprinkle with coriander leaves and serve hot or warm.
- If there are any leftovers, simply cling wrap the mug and refrigerate it.
- Whenever you are ready to use, remove the cling wrap and microwave at 50% for 1 to 2 min to warm it up before serving.



ORGANIC MANTRAS
RECIPE DIARY

ORGANIC HONEY PEANUT BUTTER COOKIES

#24MANTRAORGANIC | #ORGANICMANTRAS

ORGANIC HONEY PEANUT BUTTER COOKIES

These cookies are slightly crisp around the edges and have a soft centre that is a delight to sink your teeth in. These cookies taste best when warm out of the oven and they make your whole house smell like peanut butter.

So if you are a cookie fan then this recipe will make you go gaga



ORGANIC HONEY PEANUT BUTTER COOKIES



INGREDIENTS

Organic whole wheat flour – 1-1/4 cup, Salt, Baking soda – 1/2 tsp, Baking powder – 1/2 tsp, Organic Wheat Bran – 1/4 cup, Organic Flax Seeds – 1 tbsp, Dark chocolate chips – 1/2 cup, Peanut Butter Chips – 1/4 cup, Coconut oil – 1/3 cup, Organic Wild honey – 1/2 cup, Organic Peanut Butter- 1/2 cup & Vanilla extract – 1 tsp

METHOD

- Preheat the oven at 180 C or 350 F degrees.
- Grind flax seeds in a mixie jar to a coarse powder. Add wheat bran and pulse few times to mix well.
- In a mixing bowl, sieve together whole wheat flour, baking powder, baking soda, salt together.
- Add the flax seed and wheat bran mixture and mix well.
- In another mixing bowl, add coconut oil, peanut butter, honey and whisk till they are smooth and free flowing. Add vanilla extract and whisk well.
- Add the flour mixture to the peanut butter mixture and mix well with spatula.
- Add dark chocolate chips (if using) and stir well to combine.
- Wrap the cookie dough bowl with a cling wrap and refrigerate for 30 mins.
- Make small lemon sized balls from the cookie dough and place them leaving 2 inches gap between them on a parchment lined cookie sheet.
- Gently press the top with a fork to make criss cross pattern and bake for 20-25 mins.
- Remove from oven and let them for 5 mins before transferring them to a wire rack to cool completely.
- Eggless honey peanut butter cookies are ready.



ORGANIC MANTRAS
RECIPE DIARY

ORGANIC MILLET ARANCINI KEBAB

#24MANTRAORGANIC | #ORGANICMANTRAS

ORGANIC MILLET ARANCINI KEBAB

A delicious, eggless, fusion starter or appetizer combining the Italian Arancini balls and the Indian Kebab. All of this using Organic Kodo Millet from 24 Mantra Organic. These kababs look absolutely lip smacking and taste even better. We have to switch things up a bit sometimes, indulge a little and that's what makes this an awesome recipe. Not only is this a heavenly snack that you can enjoy sitting back on your couch, but they are incredibly healthy. So go ahead, check out this recipe and tell us how much you loved it!



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ORGANIC MILLET ARANCINI KEBAB



INGREDIENTS

Organic Kodo Millet – 1/2 cup, Water – 5 cups, Onion – 1, Potato, boiled and peeled – 1, Garlic – 2, Mozzarella Cheese, grated – 1/4 cup, Black pepper powder – 1 tsp, Turmeric Powder – 1/4 tsp, Coriander leaves – 3 tbsp, Corn flour – 3 tbsp, Bread slices – 4, Salt & Groundnut Oil- for shallow frying

METHOD

- Place rinsed kodo millet in the pressure cooker. Add 5 cups water and cook for 3 whistles.
- Heat a pan with 2 tsp oil. Add onions, garlic and sauté till it turns translucent. Add mashed potato and mix to combine. Add black pepper powder, turmeric powder, coriander leaves, salt and mix well. Cook for 1 minute over medium flame and take the pan off the stove. Transfer the potato mixture to the cooked kodo millets.
- Add 1/4 cup bread crumbs and keep the rest aside as we will be using it later to coat the kebabs.
- Add grated mozzarella cheese and mix everything together in a big lump.
- Divide the mixture into 15 equal lemon sized portions.
- Greasing your palms with oil. Roll each portion into a ball and gently press the ball between your palms to resemble a patty and keep them ready.
- In a shallow bowl, mix together corn flour in 1/2 cup water to form a slurry. Tip the remaining bread crumbs in a plate and keep aside.
- Heat 1/2 cup oil in a skillet and keep it on a simmer.
- Dip each kebab in the cornflour solution and then transfer to the breadcrumb plate. Coat the kebab fully in breadcrumbs, shaking off any excess crumbs.
- Place the kebab on the pan & Let it cook.
- Serve with tomato ketchup or mint chutney.



ORGANIC MANTRAS
RECIPE DIARY

ORGANIC VEGAN MILLET BURRITO BOWL

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Vegan Millet Burrito Bowl

This Burrito Bowl is made with Barnyard Millet and topped with a creamy Avocado Mint sauce not only for the the oomph...factor but also for the added taste and for extra moisture. Scoop the flesh of the avocado and add it to a mixie jar or food processor. Add mint leaves and the rest of the ingredients for the sauce. Finally add and spread the cooked millet scoop a ladle full of spicy kidney beans onto the centre and top it with avocado mint sauce. Enjoy this amazing recipe with your family and tell us how much you loved the recipe.



Organic Vegan Millet Burrito Bowl



INGREDIENTS

Barnyard Millet (Kuthiravaali)- 1/2 cup, Salt, Water – 1-1/4 cup, Olive oil – 1/2 tsp, Himalayan Rajma – 1/4 cup, Onion – 1, Tomato – 2, Garlic – 5 pods, Red chilli powder – 1/2 tsp, red chili powder – 1/4 tsp, Black pepper powder – 1/4 tsp, Coriander powder – 1/4 tsp, Cumin powder – 1/4 tsp, Tomato sauce or paste – 2 tbsp, Coriander leaves – 2 tbsp, Groundnut oil – 2 tsp, Ripe Avocado, small – 1, Mint leaves – 1/4 cup & Lemon juice – 1 tbsp

METHOD

- For the Millet - Heat a pressure cooker pan, add olive oil and when it gets warm, add drained millets and saute for a minute over low flame, add water, salt, mix well, cook for 2 whistles.
- For the spicy beans - Place the beans in a pressure cooker. Add 1 cup water, salt and cook over low flame for 4 – 5 whistles. Drain it and aside. Heat a pan with oil. Add minced garlic, chopped onions and saute till they turn translucent, add tomatoes, salt, red chili powder, kashmiri chili powder, cumin, black pepper powder, mix well and let it cook for 4 to 5 minutes over low flame till the tomatoes turn mushy, add tomato sauce or paste, cooked kidney beans, 1/8 cup water, mix well and cook covered for 2 mins over low flame. Garnish with coriander leaves, take the pan off the stove and set aside.
- For the Avocado Sauce - Scoop the flesh avocado and add it to a food processor, add the rest of the ingredients for the sauce. Blitz to process till they resemble a thick sauce. Taste and adjust the salt and lime juice according to your preference.
- To Assemble - Take a bowl or plate. Spread cooked millet out evenly, Scoop the spicy kidney beans and spread.
- Top it with some avocado mint sauce and serve.



ORGANIC MANTRAS
RECIPE DIARY

ORGANIC FOXTAIL MILLET HONEY BALLS

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Foxtail Millet Honey Balls

Thenum Thina Maavum as they call it in Tamil is generally served as prasad after a Pooja, this easy, simple and extremely yummy recipe will take you literally 20 Min to make. That's it, I mean who would have thought a delicious and healthy millet honey laddoo ready for you to enjoy in such a short period of time. Just the sight of these lovely laddoos is so tantalising, and one can only imagine the crunch when you bite into those healthy organic dry fruits in every little laddoo. This is literally a super cure for someone with a sweet tooth. Try this recipe today & tell us how much you liked it!



Organic Foxtail Millet Honey Balls



INGREDIENTS

Organic Foxtail Millet (Thinai) – 1/2 cup, Sugar rock candy (kalkandu) – 3 big marbles, Cardamom – 1, Organic Wild Honey – 3 to 4 tbsp, Cashew nuts, broken – 2 tsp & Ghee – 1 tbsp

METHOD

- Heat a pan, add foxtail millet and dry roast over medium flame for 5 to 6 mins. Transfer to a plate to cool.
- Heat the same pan, add ghee, broken cashew nuts and roast till golden in color and keep aside.
- Add roasted foxtail millet, rock candy, cardamom and grind to a coarse powder. It should be like rava (sooji)
- Transfer to a bowl, add the roasted cashewnuts along with ghee.
- Rub it into the coarse millet powder till it resembles bread crumbs.
- Make sure this mixture is completely cool.
- Add 2 tbsp honey first and mix well. You can serve as such, else try to make small laddoo shaped balls.
- If the ball keeps crumbling, add the remaining honey little by little till it comes together and you are able to shape the laddoos.
- Foxtail millet honey balls are ready.
- Store in an airtight jar and use within a week. No need to refrigerate.



ORGANIC MANTRAS
RECIPE DIARY

ORGANIC EGGLESS GINGERBREAD WAFFLES

A stack of golden-brown, waffle-shaped gingerbread cookies is served on a white plate with a delicate floral pattern. The waffles are drizzled with a thick, orange-colored syrup. A silver fork is placed to the right of the stack. In the upper right corner, a small white bowl contains a dark red jam or fruit preserve. The entire dish is set on a light brown, textured burlap placemat.

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Eggless Gingerbread Waffles

When you talk about waffles you've got one important decision to make, whether to eat them hot or cold. We're sure you all agree that these lovely gingerbread waffles drizzling with honey and strawberry jam syrup are the stuff legends are made of. I mean what else will one need in life. And like we said earlier, you can even enjoy these waffles with a dollop of ice cream and some Nutella chocolate sauce. And don't worry if you don't have a waffle iron you don't have to miss out on the Whole wheat gingerbread awesomeness just because of that. Try the recipe on a pan, We assure you it tastes brilliant that way too.



Organic Eggless Gingerbread Waffles



INGREDIENTS

Organic Whole wheat flour – 1/2 cup, Baking powder – 1/2 tsp, Salt, Organic Jaggery powder – 2 tbsp, Ginger powder – 1/2 tsp, Cinnamon powder – 1/4 tsp, Cloves powder – 1 generous pinch or 1/8 tsp, Milk – 3/4 cup, Organic wild honey – 2 tbsp & Strawberry Jam – 1/4 cup (to serve)

METHOD

- In a mixing bowl, first whisk together the dry ingredients like wheat flour, baking powder, jaggery powder, salt and spice powders.
- Instead of adding powdered cloves, you can also use 1 drop of clove oil while adding liquid ingredients which will also work out well.
- Slowly add milk and honey. Whisk till there are no lumps left and the batter is smooth and flowing.
- Rest aside for 10 mins for the flavors to fuse well. Meanwhile grease with oil and preheat your waffle iron.
- Once its hot, pour 1/4 cup of batter (approx.) and cook according to your waffle maker's instruction.
- Once the waffle finishes cooking, gently remove and set it on a serving plate. Continue with the rest of the batter.
- Take strawberry jam in a microwave safe mug, add 1 to 2 tbsp water and microwave at high for 10 to 20 secs till it liquifies to a thick syrup. You can also do this on stove top.
- Drizzle the strawberry syrup on top of the waffles. You can also use maple syrup.
- Serve this eggless gingerbread waffle hot or warm.



ORGANIC MANTRAS
RECIPE DIARY



ORGANIC CHOCOLATE PEANUT BUTTER MUG

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Chocolate Peanut Butter Mug

An eggless organic Chocolate Peanut Butter Mug Cake, sounds delicious right? You bet! It's these simple and wonderful recipes that are the most satisfying. Imagine sitting with a mug underneath your blanket and relishing this gooey chocolate cake with peanut butter oozing out of it in the middle. Don't you wanna get your hands on this fantastic recipe. We are sure you are tempted, so check out the recipe and get cracking. And this will make for an awesome new years party dessert. That is considering you have enough number of mugs to serve your guests 2 servings!



Organic Chocolate Peanut Butter Mug



INGREDIENTS

Organic Whole wheat Flour – 2 tbsp, All purpose Flour – 2 tbsp, Organic Sugar – 3 tbsp, Cocoa powder, unsweetened – 2 tbsp, Baking powder – 1/4 tsp, Milk – 4 tbsp, Coconut oil or melted butter – 2 tbsp, Organic Peanut Butter, creamy – 1 tbsp, Vanilla extract – 1/4 tsp, White chocolate chips – 2 tsp & Chocolate sauce – 2 tsp

METHOD

- In a small mixing bowl, take whole wheat flour, all purpose flour, sugar, baking powder, cocoa powder and combine well.
- Add milk, vanilla extract, coconut oil and whisk with a fork till smooth.
- Pour into a microwave safe mug.
- Make a well in the centre and press white chocolate chips and top it with peanut butter. Gently press down and level the top of the batter till the peanut butter is covered with the cake batter.
- Microwave at high for 1 minute. Rest another 1/2 min in the microwave itself. Do not take it out immediately else, the cake will sink in the middle.
- Serve warm with some chocolate sauce drizzled on top.



A close-up photograph of several rectangular brownies. The brownies are dark brown and have a moist, fudgy texture. They are topped with a thick, golden-brown, glossy sauce that appears to be melted almond or cashew butter. The sauce is drizzled over the brownies and is slightly hardened in some places. There are also some small, light-colored, flaky pieces, possibly almond flakes, scattered on top of the brownies and the sauce. The background is a plain, light-colored surface.

ORGANIC MANTRAS
RECIPE DIARY

ORGANIC EGGLESS RAGI BROWNIES

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Eggless Ragi Brownies

Apart from being gluten free, egg free & butter free we have the good fortune that these are made from ragi flour, flax seeds which are extremely healthy some almonds and cashews to give it that crunch and an amazing burst of flavours and last but not the least the textures, aromas and flavours of our addictive organic honey and creamy peanut butter. This recipe is a must try this festive season. Spread some love and happiness by welcoming your guests with this super tasty treat.



#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Eggless Ragi Brownies



INGREDIENTS

Organic Ragi Flour (Finger Millet Flour) 1 cup, Baking powder 1 tsp, Organic Flax seeds powder 2 tbsp, Cocoa powder, unsweetened 1/2 cup, Salt 1/4 tsp, Brown sugar 1/2 cup, Organic Cashew nuts 12nos, Organic Almonds 12nos, Coconut oil 1/2 cup, Organic wild honey 1/4 cup, Warm water 1/4 cup, Vanilla extract 1 tsp, Organic Peanut Butter 2 tbsp, White chocolate chips 3 tsp & Coconut oil 1 tsp

METHOD

- Preheat the oven to 180 degrees C (350 F). Take an 8-inch baking tin and line with a parchment paper. grind flax seeds in a mixie jar to a coarse powder. Add warm water and mix to form into flax gel.
- Take both cashew and almonds in a mixie jar and grind to a coarse powder.
- In a bowl ragi flour, baking powder, salt, cocoa powder and whisk together.
- In another mixing bowl, add coconut oil, honey, brown sugar, vanilla extract and whisk well. Add the flax gel and whisk until smooth and without any lumps. Add the dry ingredients mixture, 1/4 cup cashew and almond powder and using a spatula, mix gently
- Pour into the baking tin, top with thinly shaved almonds or dark or white chocolate chips. Bake for 25 to 30 mins until a skewer inserted comes out clean.
- Finally Take peanut butter, white chocolate chips and coconut oil in a microwave-safe bowl and microwave at high for 1 min. Whisk well until it's smooth. Drizzle on top of the baked brownies evenly.



A close-up photograph of a glass filled with a vibrant red-orange iced tea. The glass is packed with ice cubes and garnished with fresh green mint leaves and a whole strawberry. The background is softly blurred, showing more strawberries and mint, creating a fresh and organic aesthetic.

ORGANIC MANTRAS
RECIPE DIARY

ORGANIC ICED STRAWBERRY TEA

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Iced Strawberry Tea

Many of you would have tried Iced teas in a cafe or a restaurant, but what if we told you that you could get an equally refreshing iced tea in the comfort of your own home, well making this iced tea is extremely simple and you can change up the flavour of the iced tea based on your preference. Strawberries are in season right now and if you have the chance you must go out to the market and get some fresh strawberries for this recipe. So go ahead, check out this recipe and in a few simple steps, your Organic Iced Strawberry Tea recipe is ready. Try it out, and make sure you make a lot of it and keep it nice and cold in the fridge so that you can keep coming back for refills.



Organic Iced Strawberry Tea



INGREDIENTS

Organic Assam Black Tea leaves 3 to 4 tsp, Water 4 cups, Organic Sugar 1/4 cup to 1/2 cup, Strawberries 200 gms, Lemon small 2 & Mint stalks 1

METHOD

- In a saucepan, bring 2 cups of water to a boil. Add black tea leaves and let it come to a rolling boil.
- Switch off the flame and close the saucepan with a lid for the tea to steep for at least 30 minutes.
- Meanwhile, wash and hull the strawberries.
- Place the hulled strawberries along with the remaining 2 cups water in a blender and blend until smooth to a juice.
- Pass it through a fine sieve to filter out the tiny seeds. Keep aside.
- Though this step is optional, it is better to filter out the seeds as it may be unpleasant while drinking the tea.
- After 30 minutes, filter the steeping tea directly into a pitcher. To this brewed tea, add the strawberry juice.
- Stir in sugar. You can also add honey or any sweetener of your choice. I had my portion without any sweetener.
- Squeeze the juice of 2 lemons and stir to combine. Place the pitcher in the refrigerator to chill till serving.
- Serve this Iced Strawberry Tea in tall glasses with more ice cubes, garnished with mint stalks.



ORGANIC MANTRAS
RECIPE DIARY

ORGANIC BHAJA MUGER DAL

#24MANTRAORGANIC | #ORGANICMANTRAS

ORGANIC BHAJA MUGER DAL

Dals are an everyday delicacy of Indian cuisine and it takes care of your day to day protein requirement especially if you are a vegetarian. And when you choose to go organic, the taste, flavour and everything else about the recipe gets enhanced. Serve it rice for lunch, or with chapati for dinner and you will be guaranteed a homely and heartwarming recipe.



ORGANIC BHAJA MUGER DAL



INGREDIENTS

Organic Yellow Moong Dal – 1/2 cup, Peas, cooked – 1/4 cup, Green chilies – 2, Ginger – 1 inch piece, Fresh coconut, chopped – 1 tbsp, Organic Cumin seeds – 1 tsp, Organic red chili powder – 1 to 2 tsp, Organic Turmeric powder – 1/2 tsp, Organic Mustard oil – 2 tbsp, Ghee – 3 tsp, Salt & Coriander leaves – for garnish

METHOD

- Heat a pan and dry roast yellow moong dal till it becomes golden in color and the aroma arises.
- Bring 2 cups water in a sauce pan to a boil. Add roasted moong dal and cook over low flame till it gets completely cooked. It should take 7-10 mins.
- Meanwhile heat a pan with mustard oil. Add cumin seeds and let it sizzles.
- Add chopped green chilies, grated ginger, red chili powder, turmeric powder and mix well.
- Immediately add cooked dal, peas, salt, mix well and cook over low flame for 3 to 5 mins.
- Heat a tempering pan with ghee, add finely chopped fresh coconut pieces and roast till they become light brown in color.
- Transfer this ghee roasted coconut pieces to the simmering dal, mix well and switch off stove.
- Close the pan with a lid and let it rest for 2 more mins for the aroma to get infused with the dal.
- Garnish this bhaja mugger dal with coriander leaves and serve with hot rice.



ORGANIC MANTRAS
RECIPE DIARY

ORGANIC BROWN RICE ADAI

#24MANTRAORGANIC | #ORGANICMANTRAS

ORGANIC BROWN RICE ADAI

Want to seamlessly incorporate brown rice into your diet a whole grain that is not only gluten-free but also a natural source of dietary fiber. then this is the perfect recipe for you. This not only preserves the nutritional value of brown rice, it also camouflages the taste and gives your adai a perfect texture and brings that super crispiness. Rest assured that your kids are gonna love this brilliant dish. Serve this brown rice adai with aviyal, butter, jaggery, molaghapodi and chutneys of your choice.



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ORGANIC BROWN RICE ADAI



INGREDIENTS

Organic Sona Masuri Brown Rice – 1 cup, Organic Chana dal – 1/2 cup, Organic Toor Dal – 1/4 cup, Organic Urad dal – 1/4 cup, Organic Yellow Moong dal – 1/4 cup, Organic Whole dry chillies – 5, Organic Cumin seeds – 1/2 tsp, Organic Fennel seeds – 1/4 tsp, Garlic – 2 small cloves, Salt, Onion, finely chopped – 1, Ginger, grated – 1 tsp, Asafoetida – 2 pinches, Drumstick leaves – 1/2 cup & Organic Groundnut Oil – to cook

METHOD

- Wash brown rice and the lentils (dals) together and soak in enough water for 6 to 7 hours. I soak both rice and dals together.
- Add the soaked ingredients either to a mixie jar or wet grinder.
- Add fennel seeds, cumin seeds, garlic pods, whole dry red chillies and grind everything together to a coarse batter using required amount of water.
- The batter should be thick like idli batter. Transfer the batter to a vessel. Add salt and mix well.
- You can either make adais immediately or give it a resting time of minimum 2 hours before you cook.
- Add finely chopped onions, grated ginger, asafetida, drumstick leaves (you can also add coriander or curry leaves) to the batter and mix well.
- Heat a tawa, add a ladle full of adai batter and spread it all around into a circle. Drizzle few drops of oil all around.
- Wait for the bottom side to cook to a golden brown. This should take 1-2 min over medium-low flame.
- Once done, gently flip the adai & let the other side cook.
- Serve hot with chutney



ORGANIC MANTRAS
RECIPE DIARY



ORGANIC OATMEAL BREAKFAST BARS

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Oatmeal Breakfast Bars

Who says you can't make snack bars within the comfort of your home. It is extremely easy to make and boy this is a super healthy snack in comparison to the sugary snack bars available in the market. Made with the goodness of whole wheat flour, the flavour and the crunch with the almonds & raisins. The Flax seeds in the bars truly make this dish extremely healthy. This breakfast bar is for a quick bite when you are hungry and it has all the energy to keep you going hunger free for a long time. Your kids are gonna love it and you will be sure that they are getting the nutrition they require in one yummy delicious snack bar.



Organic Oatmeal Breakfast Bars



INGREDIENTS

Rolled oats 2.5 cups, Organic whole wheat flour 1.5 cups, salt 1 tsp, Baking powder 1 tsp, Brown sugar 1/3 cup, Organic Almonds 3/4 cup, Organic Raisins 1/2 cup, Fresh coconut, grated 1/2 cup, Organic Flax seeds - 2 tbsp, Coconut oil 1/3 cup, Organic peanut butter 1/4 cup, Apple cider vinegar 1 tbsp, Organic wild honey 1/2 cup & Vanilla extract 2 tsp

METHOD

- Grind flax seeds to a coarse powder. Mix flax seed powder in 4 tbsp water to form into flax gel. Mix Rolled oats, whole wheat flour, salt, baking powder and brown sugar, chopped almonds, raisins & coconut.
- In another mixing bowl, add coconut oil, peanut butter, flax eggs, apple cider vinegar, wild honey, vanilla extract and mix using a balloon whisk until well combined and smooth.
- Combine the dry and the wet ingredients together. Dump the entire dough into the prepared pan and spread it evenly. Make Sure the top surface is firm and smooth.
- Bake for 30 mins. Rotate the pan midway for even baking
- These are done when the edges begin to brown lightly and the top is golden in colour.
- Switch off the oven and let the pan stay put inside for another 10-15 mins.
- Remove the pan from oven. You will find the top surface soft to the touch. Not to worry, just let it cool down completely to room temperature. It starts to become firm as it begins to cool.
- Gently lift the parchment from the pan and cut them into rectangles.



ORGANIC MANTRAS
RECIPE DIARY

ORGANIC FALAFEL WAFFLE WITH BABA GANOUSH DIP

A close-up photograph of a plate of organic falafel waffle. The waffle is golden-brown and has a textured, waffle-like surface. It is garnished with fresh green herbs and sliced red tomatoes. To the right of the waffle is a small glass bowl containing a creamy white dip, likely baba ganoush, with a green herb sauce drizzled on top. The plate is white with a subtle pattern.

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ORGANIC FALAFEL WAFFLE WITH BABA GANOUSH DIP

Do you know how tasty an Organic Falafel Waffles with a spectacular Baba Ganoush dip would be? This mediterranean dish could satisfy any one's craving for indulgence without losing out on the health benefits. This dish presented by Rekha Kakkar will be sure to tingle your taste buds and take you through a truly organic experience. Try out this brilliant recipe and tell us what you think.



ORGANIC FALAFEL WAFFLE WITH BABA GANOUSH DIP



INGREDIENTS

300 g Chickpeas, 100 g chana dal, 2 cloves garlic, 11/2 Tbsps cumin. ground, 1 tsp sea salt or normal, 2 tsp white pepper powder, 1 lemon zest, 2 tbsps lemon juice, 2 – 3 tbsps Coriander leaves cilantro/leaves, 2 – 3 tbsps parsley leaves chopped, 2 – 3 tbsps mint leaves chopped & 100 ml water

METHOD

- Soak Organic chickpeas and Organic chana dal separately in plenty of water for 8-12 hours. Drain and rinse very well. Set aside.
- In a food processor /grinder add garlic, chickpeas, chopped coriander leaves, spices, lemon zest and juice. grind until the chickpeas and chana dal resembles fine mince but do not make a paste. The mixture should be little coarse.
- Add the water if required while grinding the mixture.
- Heat the waffle iron to medium-high. Brush it with peanut oil or if you want olive oil you can use that too.
- Place two spoonfuls of batter each side in the centre and gently close the lid and cook for 6-8 minutes depending on the temperature setting of your waffle iron. The falafel is done when it is golden brown and crisp.
- Serve hot falafel waffles with the baba ganoush and any salad for a delicious meal.



ORGANIC MANTRAS
RECIPE DIARY

ORGANIC GUJARATI DAL WITH RED RICE

#24MANTRAORGANIC | #ORGANICMANTRAS

ORGANIC GUJARATI DAL WITH RED RICE

There is nothing more delightful than an Organic Gujarati Dal made with fried peanuts and ghee tempering to set the perfect mood for your palate. The balance of the sweet and sour of this simple everyday dish will be all one needs for a healthy organic nutritious diet. This dish paired with organic red rice is a splendid combination and is a must try recipe.



ORGANIC GUJARATI DAL WITH RED RICE



INGREDIENTS

1/2 cup organic channa dal washed soaked, 1/2 tsp salt, 1 tsp red chilli powder, 1 tomato chopped, 1 marble size lemon, 1 tbsp jaggery, 1 tsp coriander powder, 4 – 5 tbsps peanuts, 1 tsp mustard seeds, 1/2 tsp fenugreek seeds, 2 – 3 red chilli dried, 1 green chilli chopped, 2 tbsps peanut oil organic & coriander leaves

METHOD

- Wash and soak tuver dal / yellow pigeon peas. Pressure cook the dal with salt, red chilli powder, turmeric powder and asafoetida for 2-3 whistles
- When dal is cooking prepare the tempering for dal. Heat 1tsp peanut oil in a pan and roast peanuts in the oil. After roasting take them out of pan.
- Heat the peanut oil and add fenugreek seeds, mustard seeds and dried chilli.
- When seeds start to pop up add chopped tomato and cook them for 4 -5 minutes till pulpy
- Now add coriander powder and cook for one more minute. Mix this tempering along with jaggery in the dal and mix it well.
- Serve hot in a bowl, top with fried peanuts, chopped green chilli and coriander leaves.
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ORGANIC MANTRAS
RECIPE DIARY

ORGANIC RAGI FLAKES UPMA



#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Ragi Flakes Upma

Bored of your regular everyday breakfast routine, Fear no more you are at the right place! This Organic Ragi Flakes Upma recipe is simple easy to make and really makes for an energized kick start for your day. Don't hesitate, try this recipe presented to us by Rekha Kakkar and tell us the other ingredients that you experimented with.



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Organic Ragi Flakes Upma



INGREDIENTS

2 cup Ragi flakes (organic), 1/2 cup green pea shelled, 30 grams peanuts roasted, 100 grams red onion sliced, 200 grams tomato chopped, 1/2 tsp turmeric powder organic, 1 tsp red chilli powder organic, 2 tbsp coriander leaves chopped

METHOD

- Heat up oil in a pan and add mustard seeds to the pan.
- When mustard seeds start spluttering add sliced onion to the pan and cook for 2-3 minutes over medium heat till the onion become translucent.
- Now add turmeric powder, red chilli powder, salt, mix well and immediately add chopped tomatoes.
- Cook this masala for 5-6 minutes over low medium heat till tomato become pulpy and soft. Add a tbsp or two tbsp of water if required and cook for 2 more minutes.
- Now add ragi flakes and boiled green peas, sprinkle 3-4 tbsp of water. cook covered on slow heat for 3-4 minutes.
- Top it with chopped green chilli (if you are using), peanuts, fresh chopped coriander leaves and serve hot.



ORGANIC MANTRAS
RECIPE DIARY



ORGANIC MASOOR DAL AND PANEER TIKKI CHAT

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Masoor Dal & Paneer Tikki Chat

Crispy Tangy and spicy Tikki Chaat recipe, with a delicious and healthy twist. Easy to make, chatpata lip smacking dish that every one will enjoy. So go ahead, brighten your Diwali celebration with this zesty surprise. This recipe will not only take you back to your childhood days, but we are sure that this recipe will get your kids at the dinner table within a matter of a couple of minutes. So don't wait any longer, and get cracking. Tell us how your Chat experience was this Diwali with this extremely delightful recipe.



Organic Masoor Dal & Paneer Tikki Chat



INGREDIENTS

200 g Organic Whole Masoor dal, 100 g paneer, 100 g boiled and mashed potato, 60g bread crumb, Salt, 1 tsp Red chilli powder, 3 tbsp coriander leaves, 1 tbsp grated ginger & Organic Peanut Oil for Deep frying

1/4 cup green coriander chutney, 1/4 cup sweet tamarind chutney, 300 ml yoghurt whisked, 1/2 tsp rock salt, 2 tbsp coriander leaves finely chopped, 1 teaspoon chaat masala, 1 teaspoon red chilli powder & 2-3 tbsp sev

METHOD

- Wash and soak masoor dal in water for 4-5 hour.
- Drain the water and grind the dal along to a fine paste.
- Transfer the paste into the bowl, add grated paneer, mashed potatoes, breadcrumb along with salt chopped coriander, red chilli powder grated ginger and combine well.
- Heat up enough peanut oil (about 300ml) in a wok or kadai for deep frying.
- Divide the prepared dough into 12 portions and shape them like a patty with palms of your hands.
- Once the oil is hot and slightly smoky, carefully drop the patties in batches of 2-3 and deep fry till golden brown and crisp.
- Drain onto absorbent kitchen paper. Repeat the same for remaining patties and prepare the rest of the tikkis.
- Whisk the dahi or curd with few pinch of salt.
- Take about 1/4th cup of curd/yoghurt in a bowl. Place 2 pieces of tikki on the plate, top it with green chutney and sweet tamarind chutney.
- Sprinkle red chilli powder,
- Some chat masala,
- some green coriander leaves and enjoy.



ORGANIC MANTRAS
RECIPE DIARY

ORGANIC RAGI AND CHOCOLATE PANCAKES

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Ragi and Chocolate Pancakes

The recipe for today is a yum delicious Chocolate and Ragi pancakes with tasty fruits and a generous drizzle of Himalayan Honey. This recipe presented to us by Rekha Kakkar is truly a spectacular dish that anyone would love to sink their teeth into. It is a must try for all those people who want to indulge in a yum and healthy dish with the goodness of 24 Mantra Organic Ragi flour and Honey. If you love pancakes then this is one recipe that you should absolutely try out over the weekend.



Organic Ragi and Chocolate Pancakes



INGREDIENTS

1.5 cup Ragi flour, .5 cup unsweetened cocoa powder, 3 tbsp jaggery, 50 g dark chocolate 85%, 1 tsp baking powder, 1/2 tsp baking soda, Pinch of salt, 3 tbsp butter, 1 tsp pure vanilla extract & 1.5 cups skim milk or almond milk if Vegan

METHOD

- Combine the flour, cocoa powder, jaggery, baking powder and baking soda, salt together in a mixing bowl. whisk with a wire whisk.
- Tip in the butter, vanilla and milk. Whisk until well combined. Also add pounded dark chocolate in the mix now.
- Heat a nonstick pan over low-medium heat and grease with very thin layer of oil.
- Take out 1/4 cup of batter per pancake and pour into the pan and cook till bubbles start to form over surface that is about 1 minute.
- Flip and cook until done.
- Repeat with remaining batter and make more Ragi and chocolate pancakes similarly.
- Stack 3-4 on each plate serve them topped with fruits and Organic honey



ORGANIC MANTRAS
RECIPE DIARY

ORGANIC LITTLE MILLET PULAO

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Little Millet Pulao

If you are looking to replace rice from your diet look no further, today's recipe is just what you need. Little Millet Pulao is delicious pulao recipe and it has the nutritious benefits of Little millet which is lower in Glycemic Index value as compared to rice and is a gluten-free grain. Keeping these one pot dishes healthy and nutritious is another challenge, That's why one must keep trying such dishes which are simple but comforting and taste like absolute heaven. So don't wait any longer, just try this fabulous dish today!



Organic Little Millet Pulao



INGREDIENTS

300 g little millet Organic, 100 g carrot chopped, 100 g Peas shelled, 100 g Potatoes chopped, 100 g onion Chopped, 100 g tomato Chopped, 20 g mint leaves chopped, 1 Tbsp Peanut Oil, Some peanut oil for deep frying, 1 tsp cumin seed, 2-3 Star anise, 1/4 tsp cloves, 1/2 tsp ginger paste, 2-3 green chilli chopped, 1 tsp Red chilli powder, 4 Tbsp Raw peanuts shelled, 2 Tbsp Kishmish/raisins

METHOD

- Take a pan and dry roast the little millet for 2-3 minutes. Add 400ml of water, once water starts to boil and cook it covered on low for 5 minutes.
- Switch off the heat, when water is absorbed fluff it with a fork.
- When Little millet is cooking on the side you can prepare a tempering or tadka for it.
- In a separate pan heat up the oil for deep frying and fry the chopped potatoes till light brown and drain them on to a kitchen napkin.
- Now take out all the oil from pan and leave just 1 tbsp peanut oil in the pan, add cumin seeds, cloves, star anise and bay leaf. Add chopped onion and ginger too.
- Fry them for 2 minutes on medium heat and add finely chopped green chilli and tomatoes. Also, add salt and red chilli powder.
- Cook the tomatoes till pulpy and add chopped carrot and peas, cook them for 4-5 minutes while covered and then add cooked little millet.
- Mix everything gently and add chopped mint leaves
- Cook for 2 more minutes and serve it hot.



ORGANIC MANTRAS
RECIPE DIARY

ORGANIC RAJMA GALOUTI KABABS

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Rajma Galouti Kababs

Rajma galouti Kababs are aromatic and they literally melt in your mouth as soon as you dunk them inside. These kebabs are Soft inside and crisp outside. The cashew paste and Paneer gives it a soft texture and a delightful taste. Apart from the Rajma this recipe also has some Millet and quinoa which not only makes it wholesome but adds a wonderful crispy layer outside. This recipe is a tasty tea time snack, appetiser or can even be a healthy treat your kids can carry in their lunchbox. There are so many unique ways to serve it and we want to know how you like to enjoy these kebabs.



Organic Rajma Galouti Kababs



INGREDIENTS

250 g Rajma pressure cooked and mashed kidney beans, 2 Tbsp Cashew paste, 50 g paneer grated, 50 g little millet cooked, 50 g black quinoa cooked, 3 Tbsp roasted Besan Gram flour, Salt, 2 Tsp Red chilli powder, 4-5 saffron strands, 1 tsp cumin powder, 1 tsp coriander powder, 1 pinch cardamom powder, 1 pinch black cardamom powder, 1/4 tsp fennel seed powder, 1/2 tsp black pepper powder, 1/2 tsp drops rose water, Peanut oil for pan frying & 2 leaves fresh mint to garnish

METHOD

- For making Rajma galouti kabab mix all the ingredients and spice powders except peanut oil and fresh coriander.
- Divide this kidney beans mixture into 8-10 portions and flatten out with the palms of your hands.
- Heat oil in a cast iron pan and shallow fry these kababs till crisp and golden brown from both the sides.
- Drain on absorbent kitchen paper and serve with your favourite chutney. I served these Rajma kababs with Tandoori yogurt and Green chutney.



ORGANIC MANTRAS
RECIPE DIARY

ORGANIC CHANA ALOO WITH RICE

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Chana aloo with Rice

Organic Chana aloo or Chole aloo a rustic Punjabi dish made with organic Kabuli Channa. The Organic Basmati rice cooked to perfection partnered with this delicious Chole aloo is all you need to make a completely fulfilling meal for you and your family. We are sure that at some point in time you all must have had this all time epic Chana Aloo and rice combo. So don't just reminisce in the past guys. You have to try this recipe and tell us how you enjoyed it by leaving us a comment.



Organic Chana aloo with Rice



INGREDIENTS

300 g soaked Chickpeas, 1 teabag, 200 g potato cubed, 150 g onion ground to paste, 300 g Tomatoes blended to puree, 1 tbsp cumin powder, 1 tsp coriander powder, 1 tsp garam masala powder, 1 tsp amchoor powder, 1 tsp anardana powder, 1 tbsp tamarind paste, Nutmeg powder 1 pinch, 2 bay leaves, 1 black cardamom, 1 Star anise, salt, 1 tsp Red chilli powder, 1 tbsp peanut oil, 1 tbsp ghee & 3-4 green chilli

METHOD

- Cook chickpeas in 600ml water, salt and tea bag & cook for 20min.
- Make a tadka for adding to the chickpeas.
- Heat a frying pan, add 1 tbsp of peanut oil to the pan, add onion paste along with bay leaf and black cardamom.
- Add rest of the spice powders and fry them with onion paste for 1/2 minute on low heat.
- Add tomatoes and tamarind paste and cook everything together for about 6-7 minutes on medium heat, continue stirring in between to prevent the masala from burning.
- Switch off the heat and transfer the tadka to the pressure cooker in which chickpeas were cooked, add cubed potatoes.
- Now cook the chana & aloo for 10 minutes.
- Open the lid and in the side take another small tadka pan heat the ghee and immediately add green chilli, switch off the heat and probably cover this pan otherwise sometimes green chilli upon heating tends to split.
- Pour this ghee chilli mixture after opening the lid of pressure cooker.
- Serve with steamed Basmati rice.

ORGANIC MANTRAS
RECIPE DIARY

ORGANIC MOONG DAL MISAL

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Moong Dal Misal

If you ask people in Maharashtra what they generally eat for breakfast then we are positive that Misal will definitely feature on the list. Misal pao as they call it is something that is extremely healthy and can keep your hunger pangs in control right until lunch. The moong dal misal is something that can be topped with a variety of garnishes like sev, fresh coriander, chopped onion, chili tomatoes and lemon juice. Just the thought of this wonderful healthy fulfilling dish can take you back to the streets of Maharashtra. And now you can bring the streets of Maharashtra to your kitchen. Just try this fantastic recipe and tell us how much you enjoyed making this delicious dish.



Organic Moong Dal Misal



INGREDIENTS

300 g Moong sprouts, 100 g cubed potato, 100 g onion finely chopped, 1 chopped tomato, 2 green chillies, 1 tsp mustard seeds, 1 leaves sprig curry, 3 Tbsp Kolhapuri Masala, ½ Tsp turmeric powder, 1 tsp red chili powder, 2 Tbsp Tamarind paste, 2 Tbsp Butter, Salt, 4 Tbsp finely chopped onions, 4 Tbsp finely chopped tomatoes, farsan as per requirement, lemon juice, 2-3 Tbsp chopped coriander leaves

METHOD

- Cook the sprouts and potato cubes in 600ml of water add salt and asafoetida while cooking. Pressure cook the dals/beans for 2-3 whistles.
- As the beans cook can prepare the tempering on the side.
- Heat up one tbsp butter in a pan and add mustard seeds followed by one chopped green chilli and grated ginger.
- Also, add curry leaves and let them start crackling and now add chopped onion and saute them till light pink in colour.
- Add tomatoes, salt, red chilli powder, and kolhapuri masala
- Cook for 4-5 minutes till tomatoes become pulpy.
- Add tamarind paste and cooked sprout beans, mix everything well and finish with one more tablespoon of butter before serving.
- To serve usal first add a ladle full of misal in a bowl. Top with chopped onion, and chopped tomatoes and chopped green chilli.
- Squeeze drops of lemon juice and sprinkle some farsan and chopped coriander leaves.
- Finally, top it with farsan and serve with pav or bread of your choice.



ORGANIC MANTRAS
RECIPE DIARY

ORGANIC PESARATTU DOSA

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Pesarattu Dosa

Apart from the fact that this is an extremely delicious recipe that many of us cannot resist this also happens to be an extremely healthy dish that will load you up with the energy, strength, and stamina to tackle your entire day. I mean, just look at all the ingredients and you will know for yourself. You have the Organic Moong Dal, pureed spinach, Coriander powder, green chillis, lemon juice, and it's made in the healthiest organic peanut oil. All of this coming together to make one delicious Andhra style dish. Don't miss out on this recipe, try it out tomorrow for breakfast and tell us how energized you felt the whole day



Organic Pesarattu Dosa



INGREDIENTS

250 g Moong dal split, 150 g Spinach leaves blanched and pureed, 4-5 green chilli, Salt to taste, 1/2 tsp lemon juice, 1 tsp coriander powder, 3 Tbsp Peanut oil & Paneer for the paneer Bhurji

METHOD

- Soak the moong dal for 2-3 4 hours.
- Grind together with green chillis, spinach puree and some salt + water.
- The batter is more coarse than dosa, add the amount of water keeping in mind end result of pesarattu you want.
- If you prefer spongy pesarattu like me, then keep the batter a bit on the thicker side.
- Heat a non-stick Tawa and spread one ladle-full of batter like a crepe.
- Drizzle with some peanut oil. When one side is cooked flip it and cook on the other side as well.
- You can serve them like this or you can fill them with the filling of your choice.
- I filled them with paneer bhurji this time.
- To make your paneer bhurji all you need is some cooked paneer, salt and other spices and seasoning, some veggies if you like.
- Once you have your filling ready all you need to do is assemble it and serve.



ORGANIC MANTRAS
RECIPE DIARY

ORGANIC GAJAR NA MUTHIA



#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Gajar Na Muthia

When you go to Gujarat you will understand how important farsan is to a true Gujarati. From the Theplas to the Fafdas to the Khandwis and the Dhoklas everything about their food is so different and filled with love. With that being said you needn't doubt for a moment how incredible this traditional Gujarati dish tastes. You can have it with pudina chutney for that awesome flavour and you will agree to the fact that it makes for an exquisite tea time treat. So go on and try this wonderful Na Muthia recipe with your friends and family and live a guilt-free organic life.



Organic Gajar Na Muthia



INGREDIENTS

200 g Carrot grated, 2 tsp green chilly paste, 2 tbsp. coriander leaves chopped, 1 cup Wheat flour, 1/2 cup Gram flour, 1/4 cup Semolina, 1/4 tsp baking soda, 1 cooking oil, 2 tbsp. lemon juice, 1 tsp sugar, 1/2 tsp turmeric powder, 1 tsp chili powder, Salt, 1 tsp mustard seeds, 1 tsp Sesame seeds, 1/4 tsp asafetida, 1 tbsp. peanut oil, curry leaves

METHOD

- Take a mixing bowl bowl and add all the ingredients listed under heading Muthia.
- Mix them well and make a soft dough by adding little bit of water.
- Grease your palms with oil and make medium thick rolls from the mixture.
- In a big pan or a steamer boil water, grease the steamer plate or the metal rice strainer.
- Place all the cylindrical rolls on the steamer plate and cover the pan with a lid.
- Steam cook for about 20-25 minutes.
- Now allow the muthia to cool down and then slice them into 1/4 inch thick roundels.
- Heat oil in a pan and add sesame seeds, mustard seeds and curry patta.
- When seeds start crackling add the sliced muthiyas in it. and cook them from each side for 2-3 minutes till the corners start to look crisp and brown.
- garnish with chopped coriander leaves and serve after sprinkling lemon juice with green mint chutney.



ORGANIC MANTRAS
RECIPE DIARY

ORGANIC FARRA

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Farra

When hunger pangs start drumming away you know you have to do something about it and what better way to control these hunger pangs than to make these amazing delicacies from eastern UP. India has diverse food culture and this recipe is something that not many of you may have known about, but we assure you that these can please anyone's craving for a scrumptious and healthy meal. But be sure to follow the recipe step by step so that you don't get stuck at the critical pressure points. Try this recipe today and don't forget to let us know how much your friends and family loved this splendid recipe from the streets of Chattisgarh.



Organic Farra



INGREDIENTS

150 g chana dal split and skinned black gram, 2-3 green chilli chopped, asafetida a big pinch, 1 tsp coriander powder, 1 tsp Red chilli powder, 1/2 tsp fennel powder, 1/4 tsp turmeric powder, 1/4 tsp garam masala powder, Salt, 3/4 cup rice flour made at home with 24 Mantra organic Basmati rice, 1/4 cup gram flour, 1 Tbsp Oil

METHOD

- For making organic rice flour, wash and soak the rice for one hour, drain out the water and spread the rice on a cotton cloth in sun for 30-40 minutes.
- After that grind it in grinder jar of your mixer grinder to a very fine powder.
- Wash channa Dal and soak it for 3-4 hours. Drain out the water and grind it along with ginger and red chilli add the other ingredients for filling and keep it aside.
- For making a covering of fara, Mix both the flour, rice flour and gram flour add salt and make a tight dough with adding warm water. Make sure that the dough is not lumpy.
- Knead the dough for few minutes and keep it aside for 10-15 minutes before making fara.
- Divide the dough into 20 parts.
- After applying oil roll it out into the circles or disc.
- Now place a small amount of chana dal filling on the disc spread it and cover it with another disc.
- Seal the edges nicely and make all fara similarly.
- You can either steam or boil them in water
- Try the method that suits you best and enjoy.



ORGANIC MANTRAS
RECIPE DIARY



ORGANIC SOOKHI URAD DAL

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Sookhi Urad Dal

The flavour of organic spices with a blended of some typical Punjabi tadka, tossing up some khanda, tomatoes, sev, adding some healthy sookhi urad dal and topping this extremely simple dish with a squeeze of lime and generous sprinkle of coriander leaves can take you to a state of ultimate nirvana. Each flavour bursting in your mouth to create foodgasmic sensations. We bet you are as excited as we are to try out this extremely easy and delicious dish. So without wasting any more time head to your kitchen and try this splendid recipe today.



Organic Sookhi Urad Dal



INGREDIENTS

250 g urad dal, 1 cup water, 1/4 tsp turmeric powder, pinch of asafetida hing, 2 tbsp ghee, 1/2 tsp cumin seeds, 2-3 green chilli chopped, 75 g Onion finely chopped, 200 g tomato finely chopped, 1/2 tsp Red chilli powder, 1 tsp coriander powder, 1/2 tsp garam masala, 1-2 tbsp lemon juice, 2-3 leaves Tbsp. coriander chopped, Salt

METHOD

- Wash the urad dal and soak it for 30-25 minutes.
- Pressure cook the dal with salt, asafetida, turmeric powder and 1 cup of water for 2 whistles.
- If you don't want to use pressure cooker you may have to cook the dal in 1.5 cups of water for little longer, till dal is cooked al dante.
- By the time steam/pressure is released naturally you can prepare Tadka/tempering.
- For making tempering heat ghee/oil in the big pan, add cumin seeds. Once cumin starts to splutter add green chili, ginger.
- Cook for few seconds and add finely chopped onion. Cook for 2-3 minutes on medium heat till onion start to turn light pink.
- Then add chopped tomatoes and cook till tomatoes are pulpy. Now add red chili powder, coriander powder, garam masala powder and cook everything together for 2-3 minutes on medium heat.
- Now add cooked dal to the pan, if some water is left, cook the dal for few more minutes in the uncovered pan to allow the water to dry up.
- Top it with green coriander leaves and
- Squeeze lime over it.
- Serve with Chapati Paratha or any flat bread.



ORGANIC MANTRAS
RECIPE DIARY



ORGANIC DAL MAKHNI

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Dal Makhni

If you think about a Punjabi style dish that is evergreen, easy to make and super tasty then we are sure that the Dal Makhni is one dish which will definitely feature on that list. The aroma, taste and pleasant flavours of this spectacular dish is truly captivating. You can pair it with some amazing Basmati rice, have it with some laccha Parathas, Naans or Rumali Rotis, or you can even have it without anything at all. This Dal Makhni however is a little different. How? well it comes with a health twist, so if you are a fan of this recipe but dont want to compromise on the health factor then you must try out this dish. So what are you waiting for, try this wonderful recipe today!



Organic Dal Makhni



INGREDIENTS

250 grams black gram Sabut Urad dal, 1 tsp salt, 1 tsp Red chilli powder, 1 Tbsp butter/ghee, 1 Tbsp Butter fresh, 2 tbsp Ginger julleins, 300 g tomato puree fresh, cup $\frac{3}{4}$ milk to add in last

METHOD

- Wash and soak black urad dal (black gram) overnight.
- Cook the soaked dal in 5 cups of water with salt and red chili powder till beans are tender and creamy in pressure cooker it approximately 25 minutes.
- After the dal is cooked, let the pressure cooker sit for a while so as to release the pressure on it's own.
- Take out about 1/2 cup of dal and blend it in a blender jar, keep it aside.
- If cooking in slow cooker it takes about 7-8 hrs to cook dal makhani in slow cooker.
- When dal is cooking you can prepare the tempering for dal makhani.
- Take a thick bottom pan, heat the butter or ghee, add chopped ginger and fresh tomato puree. (If you are adding garlic you can add sliced garlic first before adding ginger and tomato puree)
- Saute till tomatoes are well mashed and butter separates, add boiled black gram dal and mix well.
- At this stage also add, blended dal and 3/4 cup full cream milk and let the dal simmer for 10 minutes.
- Serve it topped with 1 tbsp of fresh butter with Paratha or Nan.



ORGANIC MANTRAS
RECIPE DIARY

ORGANIC JODHPURI MIRCHI VADA

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Jodhpuri Mirchi Vada

Wanna add some spice to your life, here is a brilliant Jodhpuri recipe that will help you do just that. Get some big green chilli peppers stuffed them with spicy aloo masala coat them with some besan batter, fry them and serve them with spicy green chutney and sweet tamarind chutney. This dish can be made in a couple of simple steps. What distinguishes this recipe from the rest of the mirchi vada recipes is the fact that it is extremely healthy and is made with organic besan flour, organic spices and even deep fried in organic peanut oil. Take our word organic makes a huge difference to the overall taste. See for yourself!



Organic Jodhpuri Mirchi Vada



INGREDIENTS

7-8 green chilli big size, 300 g boiled mashed potatoes, 1 tsp Red chilli powder, Salt, 1 tsp coriander powder, 1 tsp garam masala powder, 1/4 tsp Carrom seeds, Finely chopped ginger, 1 tsp chaat masala, 250 g besan, 1 tsp Red chilli powder, 1 pinch turmeric powder & Peanut Oil for Deep frying

METHOD

- Wash and dry the Mirchi.
- Slit them from one side and scrape out the seeds and discard them.
- For making potato masala take boiled potatoes and mash them nicely.
- In a mixing bowl combine these mashed potatoes with red chilli powder, salt, coriander powder, garam masala powder, carom seeds, finely chopped ginger and chaat masala. Mix everything well and stuff the green chillies nicely with this aloo masala.
- Keep the stuffed chillies aside.
- To make Mirchi vada batter, make a thick paste with Besan and season it with a pinch of turmeric powder, 1 tsp red chilli powder and salt to the taste.
- In a deep kadai or wok heat up the 24 Mantra organic Peanut oil and allow it heat up on medium heat.
- When oil is heated enough dip the stuffed chillies in batter and deep fry them till golden brown in batches of 2-3.
- Serve these piping hot Rajasthani Mirchi vada with green chutney, Imli ki chutney and hot cup of ginger tea



ORGANIC MANTRAS
RECIPE DIARY

A close-up photograph of a white ceramic bowl filled with a hearty soup. The soup contains lentils, small pasta pieces, and diced tomatoes. A garnish of fresh green basil leaves and a sprinkle of white cheese is on top. The bowl sits on a light-colored wooden surface. A silver spoon is partially visible in the bottom left corner. The background is a blurred wooden surface.

ORGANIC ITALIAN LENTIL PASTA SOUP

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Italian Lentil Pasta Soup

Organic lentils, Pasta, organic herbs and spices, a generous grating of cheese, and let's not forget all the healthy veggies that you would like to add. All these flavours and aromas come together to make one hell of a dish. This soup, unlike others, can become your one bowl dinner meal as it contains all the nutrients and nourishment that one needs in a meal. What's even better is that this dish consumes very little time and is made with so much ease that you would choose to make this every single day. This one pot meal is extremely satisfying. Surprise your friends and family with this Italian dish with a fun twist.



Organic Italian Lentil Pasta Soup



INGREDIENTS

1/4 cup masoor malka, 1/4 cup chana dal, 1/4 cup white beans/kidney beans, 2 Tbsp Extra Virgin Olive Oil, 1 medium onion chopped, 1 cup cooked pasta, 2 medium carrots small diced, 2 stalks celery chopped, 1 medium zucchini diced, 2 tsp Italian seasoning mixed herbs, 1 tsp black pepper, 1 tsp Red chilli flakes, 300 g Tomatoes, 50 g baby tomatoes, 2 cups vegetable broth, 1 tbsp rice vinegar/white wine vinegar, 4-5 tbsp grated parmesan cheese

METHOD

- Mix all the lentils, wash and soak them for 2-3 hours.
- Pressure cook them with 2 cups of water for 1-2 whistles. or cook them covered on slow heat for 40-50 minutes till they are tender.
- Make an incision in tomatoes, boil, peel and blend them to a smooth puree. (Tomato puree* link in recipe Note)
- Heat 2 tablespoons of olive oil in a large pan over medium-high heat. Add the onions, carrots, celery, zucchini, and saute for 4 minutes.
- Add the cooked beans, tomato puree and sliced baby tomatoes if you are using them.
- Add vegetable broth, mixed herbs, black pepper, salt and stir it well.
- Allow the soup to simmer for 20 minutes on low-medium heat. Keep it stirring in between.
- Check the seasoning and consistency of the soup. If you like it thicker take out a small portion and blend it. Return the blended soup back to the pan and mix well.
- Serve with a generous sprinkle of parmesan cheese



ORGANIC MANTRAS
RECIPE DIARY

ORGANIC CHOCOLATE PEANUT BUTTER COOKIE SANDWICH



#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Chocolate Peanut Butter Cookie Sandwich

Ever wondered what a chocolate cookie would taste like with 24 Mantra Organic Peanut butter? Well, you can rest assured that Shivesh one of India's finest dessert blogger knows just how to blend both these ingredients together and plate a truly exquisite "Organic Chocolate Peanut-butter Cookie Sandwich" Read the complete recipe, try out this delicious dish and tell us what you thought.



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Organic Chocolate Peanut Butter Cookie Sandwich



INGREDIENTS

2 cups whole-wheat flour, 1/2 cup cocoa powder, 1 cup unsalted butter, at room temperature, 1 cup organic sugar, 1 small jar of peanut butter

METHOD

- In a medium bowl, whisk together the flour and cocoa powder.
- In a separate bowl, cream the butter and organic sugar on medium-high until fluffy.
- Reduce speed to low and gradually fold in the flour mixture until just combined and a dough forms.
- On a piece of parchment paper, roll the dough out. With a 2-inch cookie cutter, cut the dough into circles.
- Form pairs of the dough circles, and using the bottom part of a piping bag, make smaller circles on one cookie of each pair. This step is optional.
- Refrigerate on the baking sheets for at least 1 hour.
- Heat oven to 200C. Bake the cookies for 10-15 minutes. Cool slightly on baking sheets, then transfer to wire racks to cool completely.
- After the cookies have cooled completely, generously spread peanut butter on them and make sandwiches.



ORGANIC MANTRAS
RECIPE DIARY



ORGANIC BLACK TEA CAKE WITH HONEY FROSTING

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Black Tea Cake with Honey Frosting

Dive into the magic of this 6 layer marvelous dessert goddess of a cake and you will be sure to attain absolute nirvana. the softness and sponginess of the “Black Tea Cake” is mouthwatering in itself, but its the colour, the texture, the taste and the aroma of the 24 Mantra Organic Honey Frosting that is the true champion says “Shivesh”. Check out this amazing recipe and tell us how many of you tried it. This is a brilliant dessert with the goodness of Organic Honey! So wait no longer Folks, try out this amazing recipe today!



#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Black Tea Cake with Honey Frosting



INGREDIENTS

1 cup milk, 4 tbsp organic Assam tea, 100 grams butter, 1 cup organic sugar, 2 large eggs, 1 cup all purpose flour, 3/4 cups organic whole wheat flour, 1 teaspoons baking powder, 1/2 teaspoon baking soda, 1/2 cup butter, softened, 5 tablespoons organic honey, 2 cups powdered sugar, 1 tbsp milk

METHOD

- Preheat oven to 180C. Grease two 4 inch round cake pans or one 9 inch pan.
- On medium-high heat, bring the milk to a boil. Cut open the tea bags and add the tea directly into the milk. Allow to cool.
- In a large mixing bowl, cream together the butter and sugar until light and fluffy.
- Add the eggs one at a time, beating well after each addition.
- In a separate bowl, combine both flours, baking powder and baking soda
- Add dry ingredients to wet ingredients in two instalments alternating with the tea brewed milk. Do not over mix.
- Transfer batter to prepared pan and bake for 30-40 minutes or until a toothpick inserted into the centre comes out clean. cool completely.
- For the frosting -
- In a large mixing bowl, beat the butter and honey until smooth.
- Add the powdered sugar and salt and continue mixing until the frosting comes together. Add milk and beat well.



A close-up photograph of several golden-brown, ring-shaped doughnuts. They are heavily coated in a fine layer of white powdered sugar. One doughnut in the foreground is being spread with a dark, thick strawberry jam using a metal spoon. The background is slightly blurred, showing more doughnuts and a hint of a wooden surface.

ORGANIC MANTRAS
RECIPE DIARY

ORGANIC STRAWBERRY JAM DOUGHNUT

#24MANTRAORGANIC | #ORGANICMANTRAS

ORGANIC STRAWBERRY JAM DOUGHNUT

Deliciously fruit and dry fruit Organic Persian jewelled Rice can easily take the centre stage in any festive meal. Slightly sweet, aromatic, and packed with high levels of nutrition and fibre, this dish can satisfy any one's craving this Festive season. Don't forget to try out this recipe by Swayampurna Mishra author of [lapetitchef](#) and do let us know your experience while making this dish.



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ORGANIC STRAWBERRY JAM DOUGHNUT



INGREDIENTS

5 tbsp vegetable oil, 1/2 cup organic sugar, 2 eggs, 1+1/2 cup all purpose flour, 1 + 1/2 tsp baking powder, 1/2 cup milk, 10 tbsp organic strawberry jam

METHOD

- Pre-heat the oven to 180C. Oil a donut pan.
- Combine oil and sugar. Beat in the eggs, one at a time.
- Beat in the milk.
- Add in flour and baking powder. Do not over-mix
- Pipe the batter into the prepared donut pan. Pipe strawberry jam on top and make swirls using a skewer. Bake for 15-20 minutes.



ORGANIC MANTRAS
RECIPE DIARY

ORGANIC STRAWBERRY JAM THUMBPRINT COOKIE

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Strawberry Jam Thumbprint Cookie

Here is another superb recipe using our amazing Organic Strawberry Jam. Shivesh Bhatia presents us with yet another cracker of a dish, so full of flavour, and so full of love that it will lighten up even the grumpiest person's day.

And let's not forget, Christmas season is right around the corner and we don't need a grinch in the house so this easy Organic Strawberry Jam Thumbprint Cookie is just what the doctor ordered.

So we better get cracking folks click on the link for the complete recipe.



Organic Strawberry Jam Thumbprint Cookie



INGREDIENTS

1 3/4 cups all-purpose flour, 1/2 tsp baking powder, 3/4 cup unsalted butter, softened, 1 cup organic sugar, 1 large egg, Organic strawberry jam, to fill, Melted white chocolate, to decorate

METHOD

- Preheat oven to 180C.
- Whisk together the flour and baking powder.
- In another bowl, cream the butter and the sugar, until fluffy.
- Beat in the egg until just combined.
- Combine dry ingredients and wet ingredients.
- Scoop the dough into 1-inch balls and place on baking sheet.
- Make a thumb impression in the centre of each ball. Fill the impression with organic strawberry jam.
- Bake for about 15 minutes at 180C or until they become golden brown.



ORGANIC MANTRAS
RECIPE DIARY

ORGANIC FLOURLESS ORANGE CAKE

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Flourless Orange Cake

Hands down the Flourless Orange cake is one of the most flavourful and extremely easy to make cakes that we have seen so far in the “Organic Mantras Initiative”.

A simple accentuation of the flavour of the Oranges with the nuttiness of the almonds sweetened to perfection with Organic Sugar is what makes this beautiful cake recipe a total crowd pleaser. This the perfect cake that can go well with your morning coffee or your evening tea. It can be a nice snack for your kids to eat and can even be a beautiful Christmas Cake. Try the recipe, and tell us how much you enjoyed it.



Organic Flourless Orange Cake



INGREDIENTS

3 cups (300gm) organic almonds, blanched and processed into a fine flour, 1 cup organic sugar, 3 oranges, peeled and seeded, 3 eggs, 1 tsp baking powder

METHOD

- Pre-heat oven to 180C. Line a 9"springform pan.
- Place the peeled and seeded oranges in a food processor and process until smooth
- In a separate bowl, beat eggs and sugar. Add oranges, almond meal and baking powder. Mix until combined.
- Pour the batter into the prepared pan and bake at 180C for about 1 hour.



ORGANIC MANTRAS
RECIPE DIARY

ORGANIC SMORE COOKIES

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Smore Cookies

For those of you who don't know what S'mores are, they are traditionally marshmallows and chocolate sandwiched together between two crackers and are usually had when you go camping or on a road trip. This recipe however is a fusion of a cookie and a S'more. The goodness of a cookie with the yummy marshmallow and the chocolate fusion makes this a delightful delicacy. And believe you me, once you have all the ingredients, this dish is super easy to make. With christmas round the corner this is definately a dish that you guys must try out. We are sure that your family will love it and so will you. And don't forget to tell us how much you loved this fabulous recipe.



Organic Smore Cookies



INGREDIENTS

1/2 cup unsalted butter, at room temperature, 1/2 cup brown sugar, 1/2 cup organic sugar, 1 egg, at room temperature, 1+1/4 cup all-purpose flour, 1 Tbsp corn flour, 1/2 tsp baking soda, a pinch of salt, 1/4 cup chocolate chunks & 1/4 cup marshmallows

METHOD

- Using an electric mixer, beat butter until it is fluffy
- Add in both brown and organic sugar and cream them with the butter.
- Beat in the egg.
- In a separate bowl, sift together flour, baking soda, corn starch and salt
- Add the dry ingredients to the butter mixture and mix until blended.
- Add marshmallows and chocolate chunks. Using a spatula or a whisk, carefully mix them into the batter
- Scoop out your dough into balls of equal sizes on a baking tray lined with baking sheet. Refrigerate for 30 minutes
- Pre heat your oven to 170C.
- Bake for about 12-15 minutes or until the edges become golden brown.
- After taking them out of the oven, let them rest on the baking tray for at least 10 minutes..



A close-up photograph of a rustic organic citrus galette. The galette is a round, flat-topped tart with a thick, golden-brown crust. It is topped with a generous layer of fresh fruit, including slices of pink grapefruit and bright red raspberries. The entire galette is dusted with a fine layer of white powdered sugar. It is presented in a dark, possibly cast-iron, skillet. Surrounding the skillet are several fresh ingredients: a halved pink grapefruit showing its juicy segments, a whole cinnamon stick, and a few vibrant green leaves, likely from a citrus tree. The background is dark and textured, creating a moody and appetizing atmosphere.

ORGANIC MANTRAS
RECIPE DIARY

ORGANIC CITRUS GALETTE

#24MANTRAORGANIC | #ORGANICMANTRAS

ORGANIC CITRUS GALETTE

"The market is flooded with citrus of all shapes and sizes. It is so exciting to use the freshest oranges and grapefruits to make my desserts this season," says Shivesh Bhatia the Dessert Prince. With the mission to make a whole wheat dessert packed with beautiful zesty flavours, we are sure that these will tickle your taste buds alright. We are sure that with every bite into this splendid organic cake you will feel a jolt of energy rushing through you. Make sure you choose the freshest of ingredients for this dish and enjoy this with your family and friends this festive season.



ORGANIC CITRUS GALETTE



INGREDIENTS

3/4 cup organic whole wheat flour, 1/2 cups old fashioned oats, 3 tbsp organic sugar, 1/3 cup cold butter, cubed, 1 tbsp cold water, 1 orange and grapefruit, sliced, brown sugar, to sprinkle.

METHOD

- Pre-heat the oven to 180C.
- In a food processor, combine flour, oats, sugar and cold butter. Pulse until the mixture resembles a coarse meal.
- Add water and mix until the dough begins to come together.
- Transfer the dough onto a plastic wrap and refrigerate for 30 minutes.
- Roll out the chilled dough on a lightly floured surface.
- Transfer the dough to a skillet. Place orange and grapefruit slices and fold over the edges over the fruit.
- Sprinkle with brown sugar
- Bake at 180C for 20 minutes or until the crust is golden-brown.



ORGANIC MANTRAS
RECIPE DIARY



ORGANIC PEANUT BUTTER CHOCOLATE BROWNIE

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Peanut Butter Chocolate Brownie

Who can resist the temptation to indulge in these amazing brownies? Soft, spongy and full of flavour. The combination of the chocolate, walnuts, organic sugar and the creamy peanut butter is truly spectacular. The aroma of these brownies are extremely captivating and can lighten up your day in a matter of minutes. Do you still think you can resist the craving to try out one of these delightful brownies? Didn't think so. So hurry up, put on your apron, pre heat your oven and get ready to make these beautiful brownies. And don't forget to share this recipe with your friends and family, we are sure they will love it too.



Organic Peanut Butter Chocolate Brownie



INGREDIENTS

150g dark chocolate, coarsely chopped, 100g butter, chopped, 1 cup organic sugar, 1/2 cup all-purpose flour, 1 tsp baking powder, 3 tbsp cocoa powder, 2 eggs, 1/2 cup crushed walnuts, 1 cup organic peanut butter

METHOD

- Butter an 8" square pan and pre-heat your oven to 180C.
- In a saucepan set over low heat, melt butter and chocolate. Let it cool.
- Combine sugar and eggs. Add the cooled chocolate mixture.
- Add in the flour, cocoa powder and baking powder. Fold in the walnuts
- Transfer the batter to the baking dish. Top with peanut butter and using a skewer, make swirls.
- Bake at 180C for 30 minutes.





ORGANIC MANTRAS
RECIPE DIARY

CHOCOLATE PEAR LOAF CAKE

#24MANTRAORGANIC | #ORGANICMANTRAS

CHOCOLATE PEAR LOAF CAKE

Here we have yet another marvellous cake recipe from shivesh bhatia. The speciality of shivesh is his simplicity when it comes to the ingredients and the easy to execute these recipes. The combination of chocolate and pears is truly divine and heavenly. The beauty of the cake is that all of the ingredients come together to create this breathtaking dish, and as you cut through the cake you can find a yin-yang split of the pear and chocolate and it actually looks like a food wonder of the world. This dish has the ability to make you crave for more. What's even better is that this dish is very easy to make, in just a few steps you will have this stunning cake for your indulgence. Try this recipe today!



CHOCOLATE PEAR LOAF CAKE



INGREDIENTS

1 + 1/2 cups organic whole wheat flour, 3/4 cups cocoa powder, 1/2 tsp baking soda, 1 tsp baking powder, 3/4 cup vegetable oil, 1 + 1/4 cups lightly packed brown sugar, 2 eggs/ 1 cup yoghurt, 1 tsp cinnamon powder, 1/4 tsp ginger powder, zest of one orange, 1 tsp organic chili powder, 3/4 cup milk & 3 large pears, peeled

METHOD

- Pre-heat the oven to 180C. Brush a loaf tin with melted butter. Dust the with cocoa, tap out extra.
- Whisk together cocoa, flour, orange zest, cinnamon powder, ginger powder, chili powder, baking soda and baking powder.
- In a large bowl, beat oil and sugar until the mixture is pale.
- Add eggs, one at a time and mix well after each addition. If you're not using eggs, beat in 1 cup of yoghurt.
- Add the flour mixture to the wet ingredients alternating with milk, starting and ending with flour mixture. Beat until smooth
- Pour the batter into the pan. Place peeled whole pears in the batter.
- Bake at 180C for 30-40 minutes or until a toothpick inserted in the centre comes out clean



ORGANIC MANTRAS
RECIPE DIARY



ORGANIC PEANUT BUTTER PUFF PASTRY ROLLS

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Peanut Butter Puff Pastry Rolls

Shivesh says that he is obsessed with the peanut butter from 24 Mantra Organic and its extremely difficult to disagree with the dessert king himself when it comes to the sweet stuff. So this recipe features a flaky puffed up pastry filled with creamy peanutbutter, these puff pastries are baked for 30 – 40 min and topped with some sesame seeds to add that beautiful flavour and crunch to the entire dish as you take a bite into each pastry roll. The young baker also says that we must take his word when he say that “if there is an organic alternative for a particular ingredient then going organic is surely the way to go.” So what are you waiting for, try this recipe today!



#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Peanut Butter Puff Pastry Rolls



INGREDIENTS

1 sheet puff pastry, rolled out, 2 cups organic peanut butter, 1/2 cup milk, 1/4 cup icing sugar, handful of sesame seeds

METHOD

- Pre-heat the oven to 180C.
- In a bowl, combine peanut butter, milk and icing sugar. Beat well.
- On a rolled out sheet of puff pastry, evenly spread the peanut butter mixture.
- Roll the puff pastry into a cylinder. Using a knife, cut into slices of equal sizes.
- Place the slices in a skillet. Top with sesame seeds.
- Bake at 180C for 30-40 minutes.



ORGANIC MANTRAS
RECIPE DIARY

ORGANIC THAI DETOX LENTIL SOUP

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Thai Detox Lentil Soup

Refresh your weekend with a warm, tasty, healthy, organic, “Detox Lentil Soup”. This Thai style dish can be how you kick start your day or can even be had as an energy booster in the evenings, especially when you’ve got a lot of work to get done. We’d like to thank “Swayampurna Mishra” for creating a very homely, simple, nutritious and well-balanced dish with our 24 Mantra Organic ingredients. So hurry up, read the complete recipe & try out this “Organic Thai Detox Soup”. Don’t forget to fill us what a difference it made to your day.



#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Thai Detox Lentil Soup



INGREDIENTS

1 cup Organic mixed lentils, 1/2 cup carrots & pumpkin, diced small, 1 large bunch spinach cleaned and drained, 1 onion chopped finely, 8 pods of garlic, 1/2 inch ginger root, 1 Thai chilli chopped, 2 tbsp Thai green curry paste, 1 tbsp coconut milk, 2 tbsp coriander, 1 lemon cut into wedges, 1 tsp Turmeric Powder, 1 tsp salt, 3 cups water more & 3 tbsp fresh basil torn

METHOD

- In a pressure cooker, add the cleaned and washed lentils with 2.5 cups of water, salt and turmeric. Close the lid and cook on high heat till it whistles. Cook on high for 2 whistles, then lower the flame and let it cook for another 3 whistles. Once done, switch off the flame and let the steam release naturally.
- Start by heating 1 tbsp oil in a large pot. Add the flavourings, onion ginger and garlic and saute on low heat until translucent. Add the carrots, pumpkin, salt, turmeric and cook till half done. Now add the Thai curry paste and cook for 5 minutes. Add the cooked lentils, water and mix well. Let it come to a boil. Then reduce heat and simmer for 15 minutes till it reaches the consistency you desire. Add 2 tbsp of fresh torn basil.
- In a pan, add 1 tbsp olive oil. Add finely sliced 4 cloves of garlic. Let it become golden brown. Add the drained spinach and cook for 1 min till wilted
- Ladle the soup into bowls. Top with fried garlic chips and wilted spinach, Drizzle the coconut milk and garnish with coriander, fresh basil and deseeded Thai chilli. Serve with lemon wedges to be squeezed on top



ORGANIC MANTRAS
RECIPE DIARY

ORGANIC TAPIOCA PUDDING WITH HONEY CARAMELISED PINEAPPLES

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic tapioca pudding & honey caramelised pineapples

Organic honey caramelised pineapples is a easy to make beauty of a dish. The different textures and flavours in this dish is what makes this sweet treat come to life as you bite into each one of its yummy ingredients. Read the complete article by swayampurna mishra and Learn just how simple it is to make this mouthwatering dessert



Organic tapioca pudding with honey caramelised pineapples



INGREDIENTS

1 L coconut milk, 1/2 cup tapioca pearls, 1 cup organic honey, 3-4 green cardamom, 1 cup pineapple chopped, 1/3 cup organic honey, 1/2 cup chopped salted pistachio, 2 tbsp all-purpose flour, 1 tbsp granulated sugar, 1/4 cup pineapple fresh, chopped, 1 tbsp chopped salted pistachio, 1 tbsp chopped almond flakes & 1 tsp raw organic honey to drizzle

METHOD

- Start by soaking the tapioca pearls in water for 30 mins. While that's happening, chop everything up. Next heat the coconut (or normal) milk, add the green cardamom crushed into the milk. Once it comes to a boil, add the soaked and drained tapioca pearls. Let it cook for 10 mins. Now add the honey and stir continuously till it thickens. Give it another 5 -7 mins till it becomes translucent. Taste for sweetness and adjust. Let it cool in the refrigerator for 1-2 hours.
- In a non-stick pan, add the pineapples and honey together. Let it bubble up and turn golden brown. Remember to keep it a low heat. Add a pinch of sea salt and mix. Keep this warm.
- Mix all the ingredients listed above and bake at 180 C for 10 mins. Remove and let cool.
- Spoon some pudding into the glass, top with warm caramelised pineapples, add more pudding on top. Now spoon some more caramelised pineapple. Add some pistachio crumble. Top with fresh pineapple, pistachio and almond flakes. Drizzle with organic honey. Enjoy.



ORGANIC MANTRAS
RECIPE DIARY

ORGANIC PERSIAN JEWELLED RICE

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Persian jeweled rice

Deliciously fruit and dry fruit Organic Persian jewelled Rice can easily take the centre stage in any festive meal. Slightly sweet, aromatic, and packed with high levels of nutrition and fibre, this dish can satisfy any one's craving this Festive season. Don't forget to try out this recipe by Swayampurna Mishra author of [lapetitchef](#) and do let us know your experience while making this dish.



Organic Persian jeweled rice



INGREDIENTS

2 cups basmati rice organic if possible, 4 cups water 1 onion, 2 tbsp salt, 1/4 cup dried apricot quartered, 1/4 cup dried cranberries, 1/4 cup raisin, 1/4 cup shelled pistachios, 1/5 cups almonds, 2 tbsp cashew, 1 tsp saffron, 2 orange peels, 2 tbsp unsalted butter, 4 cardamom, 2 sticks cinnamon, 1 dried bayleaf, 5-6 cloves, 4 black peppercorns, 2 tbsp sugar, 1 tsp cumin seeds, 1 tsp fennel seeds & 1 pomegranate arils.

METHOD

- In a heavy pan, add 1/2 tsp butter and roast almonds, cashew, pistachio and raisins.
- Take 1 cup water. & bring to a boil, add the orange peel and let it cook for 1 min. Then drain and rinse with cold.
- Start by boiling 1 cup water in a large pot. Add salt, saffron and let it come to a boil. Keep warm. In another pan, boil some water and add the rice to it. Let it cook for just 5 mins, parboiled, Drain and keep aside.
- Heat the butter in a pot with a tight fitting lid. Add the cardamom, cloves, peppercorns, cinnamon and bay leaf to it. Now add the onion slices to it and saute till done. Add the par boiled rice, the dry fruits mixture, orange peel, apricot and cranberries to this. Now add the saffron flavoured water to this rice. Let it come to a boil. Then cover it with a tight lid. Let it cook on low heat for 25 mins. Turn off heat. Let it sit undisturbed for 30 mins, before opening. The bottom will have formed a layer. While serving, dig into the pot making sure you get some crust along with your rice serving. Garnish with more dry fruits if desired. Enjoy!!



ORGANIC MANTRAS
RECIPE DIARY

Lapetitchef

ORGANIC VANILLA LIME PANNACOTTA WITH HONEY SAFFRON GELEE

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Vanilla Lime Pannacotta with Honey Saffron Gelee

What more do you need in life, a world class dessert with a flavour so good that it will make your taste buds tingle by just thinking about it. This lovely organic vanilla lime pannacotta with honey saffron gelee is a very sought after Italian dish and the textures, tantalizing taste and flavours of this dish is enough to get your heart racing. As always, the Organic Honey is the star of the show and the honey saffron glee is definitely the show stopper. Don't forget to tell us how much you guys liked this beautiful recipe.



Organic Vanilla Lime Pannacotta with Honey Saffron Gelee



INGREDIENTS

500 ml full at fresh cream, 1/2 cup Milk, 2 tbsp gelatin powder, 2 tbsp sugar, 1 lemon juice, 1 tsp orange essence, 1 pod vanilla bean scraped, 1/3 cup organic honey, a pinch saffron, 2 tsp gelatin powder, 1/2 cup water

METHOD

- Start by soaking the gelatin in milk. Give it a quick stir and set aside
- in a saucepan heat cream, vanilla and sugar cook till sugar is dissolved.
- Pour the milk and gelatin mixture into the cooked cream mixture and give it a quick stir.
- Once cool, add the juice of a lemon and mix everything well again.
- Pour into serve ware and cover with clingfilm. Put in the freezer to set for at least 2-3 hours.
- For the honey saffron gelee soak gelatin in 1/3 cup water, In another saucepan, mix 2/3 cup water and 1/3 cup honey, a pinch of saffron and cook for 5 mins. Immediately pour the gelatin into it and mix well.
- Once the first layer has set, gently pour the cooled honey gelee on top of the pannacotta, cover with a cling film and put it back in the freezer for 3-4 hours to set properly. If you are not in a rush, let this set in the refrigerator (not the freezer) overnight.
- While serving, garnish with fresh orange slices and few more strands of saffron.



ORGANIC MANTRAS
RECIPE DIARY

ORGANIC ROASTED PEARS IN JAGGERY SYRUP



#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Roasted pears in jaggery syrup

The smokiness of Organic Jaggery from 24 Mantra Organics. Topped with walnuts, cranberries and a dollop of yoghurt, it's a perfectly balanced, elegant dessert you can serve your guests or just eat on your own as you cosy up on the couch for a late night Netflix session.

This dish is sure to tickle your taste buds and give you a sense of ultimate satisfaction.

Don't miss out on this beautiful recipe and try it out today.



Organic Roasted pears in jaggery syrup



INGREDIENTS

2 Anjou pears Green works better for this, cut them in half, cored. 1/2 cup jaggery syrup, 1/2 tsp sea salt, 1/2 tsp Cinnamon Powder, 1 tbsp cranberries to serve, 7-8 walnuts toasted, 2 tbsp Greek yoghurt

METHOD

- Start by slicing the pears in halves and ensure it stays straight on the baking tray. Next gently core the pear. You can use a corer, melon baller or even a teaspoon for this. Just be gentle and don't hollow out the flesh completely. Just ensure the seeds and core is gone. Place the four pieces, skin side down on a baking tray with sides.
- For the roasting Drizzle the jaggery syrup on the pears reserving about 2 tbsp for later. Dust the pears with cinnamon and sea salt. Put them in a pre heated oven at 190C for 20 mins. Remove and let cool a little. In the meanwhile, toast some walnuts and chop them up if you like. Now to serve, add a dollop of greek yogurt on the pear, top it with walnuts and cranberries, drizzle a bit more of jaggery syrup around it and serve!! Rose petals optional but I love them on mine!
- For the jaggery syrup Simple simmer 1 cup of organic powdered jaggery with 1/2 cup water till it becomes syrupy. To enhance the flavor I added 2 cloves, 2 cardamom, 3 black pepper and a 1/2 inch grated ginger. Put everything together in a sauce pan and simmer on low heat till syrupy. Keep whisking. Once done, strain through a fine mesh to remove any impurities and the whole spices. Store in a clean air tight jar in the fridge for 2 weeks. Use as and when needed.



ORGANIC MANTRAS
RECIPE DIARY

ORGANIC CHICKPEA AND OATS PATTIE

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Chickpea and oats Pattie

Organic Chickpea and Oats Pattie is a super cool, easy to make healthy vegan dish which can be made very quickly and easily. You can wrap the patties in some tortillas and load them up with your favorite veggies. This recipe by @lapetitchef is a must try dish for all the health freaks as it is loaded with lots of nutrition, fibre and it also makes for a super tasty dish. Just click on the link below to check out the complete recipe.



Organic Chickpea & Oats Pattie



INGREDIENTS

1 cup chickpea ,soaked overnight, 1/2 cup oats, 1 small Red onion, 1/2 medium zucchini grated, 3 cloves garlic, 2 jalapeno chopped, 3 tbsp balsamic vinegar, 2 tbsp hot sauce/sriracha, 2 tbsp extra virgin olive oil, 2 tbsp Peanut butter, 4 tbsp chopped cilantro, 1 tbsp red chilli powder, 1 tsp cumin powder, 1 tsp black pepper & salt

METHOD

- Soak the chickpeas overnight, in the morning rinse and drain them. Now grind in a mixture till grainy textured. Don't add water.
- Now mix all the ingredients in a large plate or mixing bowl. Use your hands to mix everything really well together.
- Form into patties of about 1.5 to 2 inches diameter. Make bigger patties if you are serving it in a burger.
- Heat a grilling pan, add a little oil. Once hot, place the patties in a neat row and cook for 6-7 mins each side of medium-low heat. Turn and cook the other side. Check to see if it's done. Remove and set aside.
- Grill a tortilla in the same pan, place some lettuce. Add 2-3 patties on the tortilla, add your favourite vegetables and the dip, fold and eat hot!!



ORGANIC MANTRAS
RECIPE DIARY

ORGANIC VEGAN MILLET PORRIDGE

Lapitchef

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Vegan Millet Porridge

Health, nutrition, fibre, taste, and all the goodness of organic in an amazing breakfast bowl that will change the way you wake up in the morning. Organic vegan millet porridge is the next breakfast to turn to when you are bored of the same old boring breakfast. Cooked in fragrant coconut milk, these extremely nutritious and gluten free millet are just as delicious eaten sweet. Topped with pomegranate poached pears, kiwi, cranberry chutney, chia seeds, pistachios, walnuts and almond flakes for a healthy and wholesome breakfast.



Organic Vegan Millet Porridge



INGREDIENTS

1/2 cup organic little millet, 1 cup coconut milk, 1 cup water, 2 tbsp sugar or use honey/jaggery, 1/2 tsp Cinnamon Powder, nutmeg powder, 1 pear, 1 kiwi cut as wish, 2 tbsp mixed nuts pistachios, walnuts, almond, 1 tbsp chia seeds, 2 tbsp cranberry chutney & 1 tsp organic honey drizzled on top

METHOD

- To make the porridge
- Start by grinding the millet into semi powder form. In a sauce pan add the water, coconut milk and sugar and bring to a boil. Add the millet, stir well and cook on low for 10 mins. If it becomes too thick add a little milk (1 tbsp at a time) to reach the consistency you desire. Remember it becomes thicker once cooked so keep it more watery than you like it. Pour into breakfast cereal bowls and get ready to top it.
- To serve
- Top the bowl of porridge with poached pear slices, fresh kiwi, cranberry chutney, mixed nuts. Sprinkle the chia seeds on top and drizzle with honey to finish. Enjoy!

ORGANIC MANTRAS
RECIPE DIARY

ORGANIC BANANA COCONUT MUFFINS WITH PEANUT BUTTER AND WALNUT STREUSEL

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Banana coconut muffins with peanut butter and walnut streusel

Just saying the name of this dish out loud will make you go into a Muffin filled fantasy land. With the wholesome goodness of Banana & coconut and the crunchy walnuts with the beautiful flavour of Creamy peanut butter can tantalize anyone's taste buds. I mean how can someone possibly resist such a delightful recipe. Basically, this dish is a super nutritional muffin that will satisfy any kid's sweet tooth. Try it our, ask your kid if he or she liked it, and if they did make some more of it. And dont forget to share this recipe with your friends and family, we are sure they will like it too.



Organic Banana coconut muffins with peanut butter and walnut streusel



INGREDIENTS

1 cup whole wheat flour , 1 egg, 2 bananas mashed, 2 tbsp organic peanut butter, 1/2 cup sugar, 4 tbsp olive oil, 2 tbsp Greek yoghurt, 1 tsp baking powder, 1/2 tsp vanilla essence, a pinch of salt, 1/4 cup desiccated coconut, 1/4 cup chopped walnuts, 1/4 cup brown sugar, 1/2 tbsp Cinnamon Powder, 1/2 cup chocolate chunks, dried cranberries, 2 tbsp butterscotch chips & 1 tbsp toasted coconut slivers

METHOD

- Start by mashing the banana. In a bowl sieve the dry ingredients together, flour, salt, cinnamon and the baking powder. Keep aside. Next cream together the oil and sugar. Add an egg, vanilla essence and beat until light and fluffy. Now, add the mashed banana, peanut butter, desiccated coconut and yoghurt and mix till smooth.
- Now add the dry ingredient mix by hand and gently mix everything, add chocolate chips, and some cranberries or raisins too.
- Preheat oven to 425F degrees. Line muffin tin with nonstick spray. Set aside.
- Make the streusel & fill the muffin pans 3/4 to the top, Sprinkle the streusel on top of the muffins.
- Next bake the muffins for 5 mins at 425F or 210 C. Then lower the temperature to 350F or 180C and bake for another 14-15 mins until muffins are set and lightly browned.
- Allow the muffin to cool for 10 mins in the pan before gently removing it and letting it cool to room temperature.
- Enjoy these tasty muffins with your family and friends



ORGANIC MANTRAS
RECIPE DIARY

ORGANIC CHICKPEA PLANTAIN KOFTA

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic Chickpea Plantain kofta

A delicious, easy, vegan and gluten free appetizer recipe that you shouldn't miss this festive season. We are sure your friends and family would love these organic chickpea Plantain Koftas. It literally takes 20 Min which means you dont have to spend hours in the kitchen. With Christmas and New year just around the corner, you really need to arm yourselves with some easy to make crowd pleaser recipes and this is just what the doctor ordered for those Situations. So dont hesitate, just try out this Wonderful recipe and tell us how much you loved the dish.



Organic Chickpea Plantain kofta



INGREDIENTS

2 plantains, 1 potato, 1/2 large onion, 2 chillis, 1/2 inch Ginger pounded with green chilli, 4 tbsp chickpea flour roasted, 1 tbsp rice flour, 1/2 tsp aamchoor powder, 1/2 tsp red chilli powder, 1/2 tsp cumin powder, 1/2 tsp garam masala, enough oil to deep fry, 2 tbsp dried fenugreek & 1 big bunch of coriander

METHOD

- Start with cutting off the top and tail of the plantain. Slice it into three pieces and pressure cook the two plantains with a little salt for 3-4 whistles. Boil a potato till cooked through. Remove the skin and mash the plantain together with the potato till no clumps remain,
- Dry roast the chickpea flour till nutty and slightly brown. Let it cool down.
- Grind the green chillies + ginger and coriander together to form a paste. Now add the paste, roasted chickpea flour, chopped onions and all the ingredients to the mash. Mix it thoroughly till everything is mixed.
- Make small spheres from the dough about the size of ping pong balls. Keep in fridge till needed (30 mins mandatory).
- When ready to eat, heat up enough oil to deep fry. Once the oil is heated (just starts to smoke), lower the heat. On medium low heat gently add 3-4 kofta at a time and fry them for 4-5 mins till cooked through and golden brown.
- Drain on tissues and serve hot with salad and ketchup!



ORGANIC MANTRAS
RECIPE DIARY

A close-up photograph of several small, round tarts. Each tart has a golden-brown, flaky crust. The filling is a thick, white cream, likely cheese-based. Topped with a drizzle of dark chocolate sauce and a single, round, dark chocolate candy. The tarts are arranged on a dark surface, with some chocolate shavings and a small piece of chocolate bar visible in the foreground. The background is dark and out of focus.

ORGANIC PEANUT BUTTER CHEESECAKE TART

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic peanut butter cheesecake tart

Now you can welcome all your guests with open arms and not worry about what you are going to serve them. Although this dish is exquisite and is an absolute work of art, believe it or not, it is not that difficult to replicate. All it takes is a little patience, some chocolate, some peanut butter and some tarts. And trust us when we tell you that this recipe is a total show stopper. I mean just look at it, doesn't it make you jump out of your seat and head to your kitchen and whip up this fantastic dish? Well if it does then what are you waiting for? go and try out this amazing recipe today.



Organic peanut butter cheesecake tart



INGREDIENTS

6 ounce or 125 gms cream cheese, 1/2 cup heavy cream, 1/2 cup Peanut butter, 1 tsp vanilla extract, 2 pinches of salt, 1/2 cup sugar, 1/2 cup semi-sweet chocolate, 1/2 cup cream, 6 store bought tart shells or use my recipe link given in the post to make your own, 6 chocolate covered almond & 6 edible flowers optional

METHOD

- Start by whipping the cream on high till firm peaks form. Set aside. In another bowl, beat peanut butter and cream cheese until smooth. with a spatula until completely blended.
- Now add the sugar, vanilla essence and salt and beat until very smooth. Gently fold in the whipped cream till blended.
- Fill the tart shells to the top. Freeze for an hour at least.
- Heat up the cream but don't boil it. Now add the cream over the chopped chocolate. Let it sit for 2 mins, then whisk till mixed.
- Remove the tarts from the fridge and gently spoon the ganache on top on the peanut butter cheesecake. Again put it the fridge for an hour.
- Remove the tarts from the fridge. Add a little more peanut butter cheesecake in the centre, now place the almond on top of it. Shave some chocolate over it and garnish with an edible flower. Serve!!



ORGANIC MANTRAS
RECIPE DIARY

ORGANIC BROWNIE WITH NUTELLA FUDGE

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic brownie with Nutella fudge

We are sure you are drooling already after taking a look at this marvelous recipe. It has all the ingredients that will make you sneak back into the kitchen for more. Anyone who is a chocolate fan will love this recipe because it is an overload of chocolate right from the brownie itself to the melted glazed Nutella fudge that you drizzle on top of this beautiful dish. This dessert will make you say goodbye to your diet plan because it is truly irresistible. So why don't you try this recipe and dig into this gooey, fudgy, delightful brownie on new years eve with your friends and family?



ORGANIC BROWNIE WITH NUTELLA FUDGE



INGREDIENTS

250 gms Butter at room temperature, 200 gms organic flour, 200 gms granulated sugar, 100 gms brown sugar, 5 tbsp cocoa powder, 3 fresh eggs, 1 tsp baking powder, 100 gms milk chocolate, 1 cup Nutella, 2 tbsp Butter at room temperature, chocolate chips, 1 can condensed milk, 1 tsp vanilla essence & 1/2 tsp sea salt

METHOD

- Start by gently heating the butter and sugars in a sauce pan. Once the butter has melted, take it off heat and stir in the flour, cocoa, baking powder and egg to form a smooth batter.
- Now, line and dust a 8-inch square cake tin making sure to leave some paper overhanging at the side. Pour the batter into the pan. Now push the milk chocolate into the batter at regular intervals.
- Preheat the oven to 180C and bake for 35-40 minutes. Cool for 10 minutes and then lift out and cool completely. Next, proceed to make the fudge while the brownies are cooling. If desired, you can omit the fudge and have it as is. Just drizzle some chocolate syrup over it and a sprinkling of sea salt.
- Put all the ingredients in a glass bowl and melt over another bowl of gently simmering water. Be sure not to let the glass bowl touch the water. Stir for 5-6 mins till the chocolate chip has melted and everything is smooth.
- Now, pour this over the brownies if desired. Cut into 16 squares once the fudge has set. Keep it covered in an airtight container for 3 days or freeze for 2 months.





ORGANIC MANTRAS
RECIPE DIARY

ORGANIC ZA'ATAR ROASTED CHICKPEA NAAN PIZZA

Organic za'atar roasted chickpea naan pizza

Have you ever been to a party where everything stops when they bring out the food! Well, you can expect the same reaction when you bring out this super cool gourmet style naan pizzas for your guests. And we are sure you already realise what an insane crowd-pleaser it is gonna be. Easy to eat finger food to fuel some amazing conversations and literally kick start your party. the creamy flavour of Mozzarella & cheddar cheese combined with some basil, pesto and zaatar spices just gives these naan pizzas that captivating and enticing flavour profile. Try out this recipe this weekend!



Organic za'atar roasted chickpea naan pizza



INGREDIENTS

2 cups organic flour, 1.5 tsp baking soda, 2 tbsp oil, 1 cup yoghurt, water, as needed, butter for frying, 1 cup boiled chickpeas, 1 cup mozzarella + cheddar, 2 tbsp pizza sauce, 2 tsp basil pesto, 2 tsp za'atar spice, 1 tsp oregano, 1/2 tsp chilli flakes, 2 tsp fresh green peas, 2 tbsp pomegranate arils & assorted green leaves.

METHOD

- Start by sifting the flour, baking soda and salt into a bowl. Then add the yoghurt and oil, start mixing till it comes together. Add water little by little if it looks too dry. Make sure the dough is smooth and soft. Cover it with a damp kitchen towel and let it rest.
- Pinch off tennis ball size balls from the dough. Dust with a little flour and roll the dough into 3-inch discs. To prevent loss of moisture keep the dough covered with a moist cloth.
- Now, turn it over and brush water on the other side. Meanwhile, place a flat pan/griddle/tawa on medium heat. Also, keep a lid ready. When the pan/griddle/tawa is hot, place the wet side of the flatbread on the pan and cover it with the lid immediately. The bread will start puffing up in few seconds. Let it cook for about 30 to 40 seconds and then open the lid carefully. Drizzle ghee/clarified butter on top and turn the flat bread. Add some more ghee to the sides of the bread and let it cook for another 30-40 secs. Remove from the pan and serve immediately.
- Spread the pizza sauce, pesto. cheese uniformly. some leafy greens and top it up with za'atar mixed chickpeas. Sprinkle spices, peas, pomegranates, basil and add a little extra virgin olive oil.
- Bake for 7-8 mins Serve hot and enjoy



ORGANIC MANTRAS
RECIPE DIARY

A close-up photograph of a hand with a tattoo and a gold bracelet placing a star-shaped dough cutout onto a pie. The pie is topped with a red strawberry sauce, fresh strawberries, and green basil leaves. The background is dark with some yellow flowers and a woven basket handle visible.

ORGANIC STRAWBERRY AND BASIL PIE

#24MANTRAORGANIC | #ORGANICMANTRAS

Organic strawberry & basil pie

Every once in a while, you tend to get this feeling inside that says I want to eat some yummy pie. Well whenever you get that feeling all you need to do is put on your apron, get all the ingredients together and check out this amazing recipe. This homemade pie has the perfect flaky buttery crust that you would have tasted. What's even better is the strawberry flavour that oozes out of this pie as you sink your teeth into it. After a taste of this, one slice of pie isnt gonna cut it. We bet your gonna go back for more so make sure you make a big enough pie. Try this recipe with your friends and family.



Organic strawberry & basil pie



INGREDIENTS

2 cups all purpose flour, 200 gms butter cut into cubes, 1/2 cup cold water, 1 1/2 tsp Apple cider vinegar, 2 tbsp cornstarch, 2 tbsp granulated sugar, a pinch of salt, 2 tbsp strawberry jam, 10 strawberries, 12-15 basil leaves torn into tiny pieces & 1 tsp lemon juice

METHOD

- Measure and mix the water and Apple Cider Vinegar together. Place in the fridge till needed.
- Combine flour, cornstarch, salt, sugar, cubes of butter to the flour mix and toss them well. Cut the flour with the butter till its mixed and butter is of pea size. Now, add half the water + ACV mixture and bring it all together.
- Knead the dough and shape it into a disc, wrap in cling film and refrigerate. Remove the dough for 5 mins and Dust with flour and cut the dough in half. Cover and put the other half in fridge. Roll out the dough and cover it over the pie dish. Carefully press the dough into the edges of the pie dish. Cover and Chill. Roll out the other disc the same way. Cut out shapes using a cookie cutter for the top. Chill till the pie is filled.
- For the filling Start by microwaving the strawberry jam for 30 secs till slightly liquid. Slice the strawberries thin and tear the basil into tiny bits. Spread the strawberry jam over the crust, top it with sliced strawberries, the lemon juice, basil leaves and some almond flakes
- Now layer the star pieces, brush some milk and sprinkle some granulated sugar over the crust.
- Bake in a pre heated oven at 180 C or 350F for 40-45. Remove the pie and let it cool for 30 mins. Serve hot.





ORGANIC MANTRAS
RECIPE DIARY

ORGANIC CHICKPEA CREPES WITH CAULIFLOWER RICE

#24MANTRAORGANIC | #ORGANICMANTRAS

ORGANIC CHICKPEA CREPES WITH CAULIFLOWER RICE

Imagine how it would feel to start your day with a gluten-free vegan recipe that will deliver the proteins that you need to kick start your day. But that's not all, this recipe is exceptionally tasty and can definitely break the monotony of your boring breakfast. In just a few simple easy to follow steps you can create this beautiful recipe. Seriously all it takes is 30 min to make, and you can even have this for lunch or an evening snack if you like. So go ahead, try out this splendid recipe and go ahead and add your own indian flavour to it, tell us how you made it your own and how much you loved eating this beautiful dish.



ORGANIC CHICKPEA CREPES WITH CAULIFLOWER RICE



INGREDIENTS

300 gms chickpea flour or besan, 120 ml water, 30 ml yoghurt, 1 small onion chopped, 2 small green chillies, 1/4 inch Ginger, 1/4 cup coriander leaves, 1 tsp Turmeric Powder, 1/2 tsp red chili powder, 1 tsp amchur or chaat powder, 1 tsp fennel seeds, 1/2 tsp cumin seeds & salt

METHOD

- Start by keeping the vegetables chopped.
- In a mixing bowl, mix together the chickpea flour, water, and yoghurt till no lumps remain. Add the remaining ingredients and mix well.
- The batter should be the consistency of a dosa batter, not too thick. Easily pourable.
- Now heat a non-stick tawa on medium heat. Pour two ladles of the batter on the tawa and quickly spread it in circular motions starting from the centre out, just like a dosa. Pour a little (1 tsp) on the chilla and let it cook well. Carefully loosen the edges and slowly turn it over. Let it cook for 2-3 mins till done.
- Serve as is hot off the tawa with some pickles and curd. Or serve it stuffed with your favourite stuffing like a burrito. I served it with some cauliflower rice (recipe up soon), fresh figs and pomegranate arils for a burst of sweetness and contrast.

ORGANIC MANTRAS
RECIPE DIARY

ORGANIC CHURRO WAFFLES WITH MOCHA SAUCE

A stack of golden-brown churro waffles is presented on a white, ornate plate. The waffles are drizzled with a dark, glossy mocha sauce. Topped with fresh strawberries, a dollop of white cream, and a small pink flower garnish. The background features a rustic wooden surface and a piece of parchment paper with handwritten text.

#24MANTRAORGANIC | #ORGANICMANTRAS

ORGANIC CHURRO WAFFLES WITH MOCHA SAUCE

This is the third waffle recipe in The Organic Mantras recipe diary. And what a beautiful recipe it is. Churro waffles are just the things you need to energise your day. Fluffy waffles inside with a crispy exterior. Pair those waffles with fresh strawberries and marshmallows. Just the thought of that in the morning will make your kids get up early for breakfast. The mocha sauce is the flavour & the soul of the recipe. If you are a fan of waffles then you are gonna love this recipe. Try it out and have a truly memorable breakfast with your friends and family.



ORGANIC CHURRO WAFFLES WITH MOCHA SAUCE



INGREDIENTS

2 cups flour, 3 eggs, 1 tbsp sugar, 2 cups Milk, 1 tbsp Apple cider vinegar, 6 tbsp Butter melted, 1 tbsp Cocoa Powder, 2 tsp baking powder, 1 tbsp vanilla essence, 2 tbsp Cocoa Powder, 1/4 cup sugar, 1 cup dark chocolate chips, 2 tbsp espresso, 1 cup Milk, 4 tbsp melted butter, 1 tbsp Cinnamon Powder, 1/2 cup sugar, 4 whole fresh strawberry sliced, 6 mini marshmallows, chocolate shavings

METHOD

- In a mixing bowl, whisk together the milk, apple cider vinegar, egg yolks, 6 tablespoons melted unsalted butter, vanilla and 1 tbsp sugar.
- Add the flour, cocoa powder, baking powder and salt and stir until just combined. It's OK if the batter is a little lumpy.
- Whip the egg whites stiff in a clean and dry mixing bowl till stiff.
TIP: Turn the bowl upside down, if it doesn't fall off, the egg whites are whipped right.
- Gently fold in the whites into the batter. Allow the batter to sit 5-10 minutes.
- Now heat the waffle iron, brush some oil / butter on it and pour 1 cup of batter in to the pan. Close the lid carefully and let it cook it for 3-4 mins per side. or as per your waffle makers instructions.
- Brush the waffles liberally with melted butter. Now rub the cinnamon+sugar mixture well all over the waffles, drizzle with mocha sauce, garnish and enjoy!!
- Mix everything in a sauce pan. Bring to a boil and mix well. Let it simmer for 10 mins till thick. You can add a pinch of seasalt or nutmeg too.



ORGANIC MANTRAS
RECIPE DIARY



ORGANIC MIXED FRUIT POPSICLES

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ORGANIC MIXED FRUIT POPSICLES

Celebrate summer with this yummy popsicle recipe. The creativity of the popsicle lies in the ingredients. The perfect blend of sugar and citrus with little spurts of flavour blasts as you slurp past every layer of this ingenious popsicle. Mixed fruit juice and the strawberry puree goes so well together, and the best part is that people of all ages can enjoy this recipe on a warm summer noon. We know you can't wait to get your hands on one of these, so try it out today! Add in your favourite fruits, try it with a totally different flavour of juice and tell how much you loved this recipe.



ORGANIC MIXED FRUIT POPSICLES



INGREDIENTS

1 cup mixed fruit juice , 1 cup strawberry syrup , strawberry, mango, green grapes, moscato grapes, sprigs of fresh mint, 2 tsp chia seeds, 4 lemon crescent, 1 tbsp lemon juice, 2 tbsp granulated sugar, 12-15 pieces of strawberry , 1/4 cup water , start with a little less water, 2 tbsp sugar & 1 tbsp lemon juice

METHOD

- Start by adding a little lemon juice to the mixed fruit juice. Taste and add sugar if desired. I haven't for the mixed fruit juice.
- Chop the fruits, you can also use kiwi, chunks of watermelon or any fruit you desire.
- Now lay the fruit pieces in the popsicle mould. Add the lemon crescent, mint leaves, chia and slowly pour the mixed fruit juice till about half filled.
- Next, top it gently by spooning some strawberry syrup on the mixed fruit juice. use a small toothpick to gently mix it to get the right colours.
- I topped it with more chia and mint leaf next. Gently tap the moulds to make sure the liquids have reached every corner of the mould. Put in the freezer for 30 mins.
- After 30 mins, remove from freezer, carefully insert popsicle sticks, put it back in the freezer till completely set.
- Run the popsicles under warm water for 30 sec and gently pull it out. and enjoy!

