

ORGANIC MANTRAS  
RECIPE DIARY

# ORGANIC SATTU PARATHA

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# 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  
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# ORGANIC MILLET TAMARIND RICE

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# 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.



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# ORGANIC MILLET TAMARIND RICE

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# 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.



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# ORGANIC SATTU LADDU

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# 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.





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# ORGANIC CURRIED MILLETS

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# 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.



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# ORGANIC HONEY PEANUT BUTTER COOKIES

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# 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.



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# ORGANIC MILLET ARANCINI KEBAB

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# 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.



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# ORGANIC VEGAN MILLET BURRITO BOWL

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# 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  
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# ORGANIC FOXTAIL MILLET HONEY BALLS

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# 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  
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# 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.

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# 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.



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# ORGANIC CHOCOLATE PEANUT BUTTER MUG

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# 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 butter or a similar liquid. The sauce is drizzled over the brownies in a zig-zag pattern. There are also some small, light-colored, flaky pieces, possibly almonds or coconut flakes, scattered on top of the brownies and the sauce. The background is a plain, light-colored surface.

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# ORGANIC EGGLESS RAGI BROWNIES

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# 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.



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# 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 clear ice cubes. Fresh green mint leaves are perched on top of the drink, and a whole strawberry is visible on the right side. The background is softly blurred, showing more strawberries and mint leaves.

ORGANIC MANTRAS  
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# ORGANIC ICED STRAWBERRY TEA

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# 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.



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# ORGANIC BHAJA MUGER DAL

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# 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.



A photograph of two golden-brown, folded rice adais resting on a large green banana leaf. In the top right corner, a small metal bowl contains a yellow curry with vegetables. In the top left corner, there is a pile of brown, crumbly fried items. The text "ORGANIC MANTRAS RECIPE DIARY" is in the top left, "ORGANIC BROWN RICE ADAI" is in the center, and "#24MANTRAORGANIC | #ORGANICMANTRAS" is at the bottom.

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# ORGANIC BROWN RICE ADAI

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# 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.





# 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

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# 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.

