

ORGANIC MANTRAS
RECIPE DIARY

ORGANIC THAI DETOX LENTIL SOUP

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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.



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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
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ORGANIC TAPIOCA PUDDING WITH HONEY CARAMELISED PINEAPPLES

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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
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ORGANIC PERSIAN JEWELLED RICE

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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!!



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Lapetitchef

ORGANIC VANILLA LIME PANNACOTTA WITH HONEY SAFFRON GELEE

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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 gelee 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.

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ORGANIC ROASTED PEARS IN JAGGERY SYRUP



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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.



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ORGANIC CHICKPEA AND OATS PATTIE

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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!!

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ORGANIC VEGAN MILLET PORRIDGE

Lapitchef

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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
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ORGANIC BANANA COCONUT MUFFINS WITH PEANUT BUTTER AND WALNUT STREUSEL

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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 tsp 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



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A close-up photograph of a white ceramic bowl filled with golden-brown, fried chickpea plantain kofta. The kofta are skewered with wooden sticks and garnished with fresh green cilantro leaves and thin slices of red onion. The bowl sits on a white plate with a green rim and a blue floral pattern. To the right of the bowl is a small white bowl of vibrant red sauce and a lime wedge. The background is dark and out of focus.

ORGANIC CHICKPEA PLANTAIN KOFTA

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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!



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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. Each tart is topped with a swirl of dark brown peanut butter, a whole chocolate-covered almond, and a small purple edible flower. The tarts are arranged on a dark surface, with some chocolate shavings and a piece of a chocolate bar scattered around them.

ORGANIC PEANUT BUTTER CHEESECAKE TART

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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!!



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ORGANIC BROWNIE WITH NUTELLA FUDGE

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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.





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ORGANIC ZA'ATAR ROASTED CHICKPEA NAAN PIZZA

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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



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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 piece of white fabric.

ORGANIC STRAWBERRY AND BASIL PIE

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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.





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ORGANIC CHICKPEA CREPES WITH CAULIFLOWER RICE

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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.

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ORGANIC CHURRO WAFFLES WITH MOCHA SAUCE



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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!

