



Healthy Diwali Recipes

THIS FESTIVAL OF LIGHTS
EAT RIGHT, STAY LIGHT



ABOUT SHARAN

SHARAN, Sanctuary for Health And Reconnection to Animals and Nature, is an organisation dedicated to spreading awareness about holistic health and an ecologically sustainable compassionate lifestyle.

SHARAN comprises an ever-growing team of doctors, nutritionists, health coaches, facilitators and volunteers brought together by a common vision of building a culture of health.

Our mission is to help you regain and maintain an optimum quality of life by guiding you to reconnect to your natural state of perfect, vibrant wellbeing.

We empower you to make long-term lifestyle changes that will help you achieve your highest health potential. Our methods are based on scientific evidence. They have been used and tested by doctors all over the world and are becoming a part of mainstream knowledge in India and other countries too.

We have already positively impacted the lives of over 100,000 people worldwide, through our books, talks, classes, workshops, retreats and doctor/nutritionist consultations.



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Photo by Deepa Ballal

NAVRATNA CHIWDA

Ingredients:

- 2 cups red rice flakes (poha)
- ¼ cup dalia (chana dal/ Bengal gram)
- ¼ cup peanuts
- ¼ cup broken cashew nuts
- ¼ cup whole almonds
- ¼ cup thinly sliced dried coconut (optional)
- 2 tbsp unpolished sesame seeds (til)
- 3 tbsp sunflower seeds
- 1 tsp mustard seeds (rai)
- 1 tsp cumin seeds (jeera)
- 2-3 green chillies, slit lengthwise
- 2 - 3 sprigs of curry leaves, or according to taste
- ¼ cup raisins
- 2 tsp flax seeds
- 1 tsp unrefined salt (if required, since chaat masala also has salt in it)
- 2 tsp chaat masala

Method:

Roast all the ingredients separately on medium heat and mix them well together along with salt (if required) and chaat masala.

Serve or store in an airtight container.

Serves 4-6





Photo by Asha Sreedharan

NAMAKPARRE

Ingredients:

- 2 cups whole wheat flour
- 5 whole dry red chillies
- ½” pc ginger
- 4 cloves garlic
- 1¼ tsp unrefined salt (or as per taste)
- 1½ tsp carom seeds (ajwain)
- 1 tbsp tahini (sesame butter)

Serves 10

Method:

Grind ginger, garlic and red chillies with enough water, until smooth. In a mixing bowl, mix flour, salt and carom seeds and add the ground chilli mixture. Add 1 tbsp tahini and mix adding sufficient water to form a stiff dough. Keep aside for at least ½ an hour. Knead the dough again after it is rested and divide into equal-sized balls. Roll them out thin – like chapattis and cut using a knife/pizza cutter – first into strips and then diagonally, to make diamond-shaped pieces of dough. Preheat the oven at the 200 °C mark for 10 minutes and line a baking tray with parchment paper. Arrange the diamond-cut pieces on the baking tray in a single layer and bake for 7 – 8 minutes, depending on your oven. Store in an airtight container.





Photo by Deepa Ballal

RIBBON PAKODA

Ingredients:

- 1 cup brown rice flour
- 1 cup gram flour (besan)
- $\frac{3}{4}$ tsp coarsely ground black pepper (kali mirch)
- 1 tbsp coconut butter
- $\frac{1}{4}$ tsp asafoetida (hing) powder
- Unrefined salt to taste
- Water as required

Serves 4-5

Method:

Mix together well the rice flour, gram flour, pepper powder, coconut butter, asafoetida and salt. Add water – a little at a time – and make a stiff dough. Preheat the oven at the 200 °C mark for 10 minutes and line a baking tray with parchment paper.

Fix the ribbon pakoda disc (plate/cutter) in the chakli maker and fill the hollow of the maker with the prepared dough. Squeeze the dough onto the lined tray in a circular manner, in a single layer – just one layer to ensure even and quick cooking. Bake for 10 – 15 minutes, turning it over once, after about 6 – 7 minutes. Store in an airtight container.





BAKED WHEAT AND RICE CHAKLIS

Ingredients:

- 1 cup whole wheat flour
- 1 cup brown rice flour
- ¼ tsp carom seeds (ajwain)
- ½ tsp red chilli powder
- ⅛ tsp turmeric powder (haldi)
- 1 tsp unrefined salt
- 1 tbsp finely chopped fresh coriander leaves (or to taste)
- 1 tbsp chilli-ginger paste
- ¼ cup sesame butter
- 2 tbsp peanut and rice curd
- Lime juice as per taste
- ¾ - 1 cup hot water

Makes about 25-30 Chaklis

Method:

Mix all the dry ingredients together. Add chilli-ginger paste, sesame butter, peanut-rice curd, lime juice and hot water and knead to make a soft dough. Use a chakli press to form chaklis on a parchment lined baking sheet/tray.

Bake in a pre-heated oven at 200 °C, until crisp and golden brown (it takes around 20 - 25 minutes). Yummy baked chaklis are ready to eat.





Recipe by Mr P V Narayanamoorthy

CHOCOLATE KAJU KATLI

Ingredients:

- 2 cups cashew nuts
- 1 cup date paste
- 80 ml water
- ¼ tsp cardamom powder
- 1 tbsp unsweetened cacao powder (a little more if you so desire)

**Makes about
20 Pieces**

Method:

Clean the cashew nuts and roast until crunchy (without discolouration). Once cool, transfer to a blender and make a fine powder. Take date paste, cardamom and water in a heavy-bottomed vessel. Heat on low heat. Bring it to boil and simmer for a minute. Add powdered cashew nuts and immediately remove from the heat. Mix well, ensuring that there are no lumps in it.

Sieve cacao powder onto this mixture and mix well. Return to the stove and cook until you are able to make a non-sticky, soft ball with the dough.

Transfer the mixture to a parchment paper and leave aside, until just lukewarm. While warm, cover with another butter paper. Use a rolling pin to flatten out the dough. Cut into desired shapes. Allow to cool and transfer to an airtight container. Serve for Diwali and enjoy!





KARANJI/ GHUGHRA/ GUJIA

Filling Ingredients:

- ½ cup desiccated /shredded dried coconut
- ¼ cup cashew nuts
- ¼ cup almonds
- ¼ cup pistachios
- ½ cup dry date (kharek) powder
- 1 tsp cardamom (elaichi) powder
- ½ tsp nutmeg (jaiphal) powder

Dough Ingredients:

- 2 cups whole wheat flour
- ½ cup cashew butter
- ½ tsp cardamom (elaichi) powder
- ½ tsp nutmeg (jaiphal) powder
- 2 tbsp coconut butter
- 2 tbsp date paste
- Sufficient hot water to knead the dough

Filling Method:

Roast the cashew nuts, almonds and pistachios until light golden in colour. You will know it is done, when fragrant. Cool and coarsely powder them. Add the desiccated coconut, raisins, kharek powder, cardamom powder and nutmeg powder and mix well and keep aside.

Dough Method:

Mix all the ingredients well. Knead a soft dough with hot water and let it rest for 30 minutes, covered. Take a small golf-sized ball of the dough and roll it out into a thin disc. container. Place the prepared filling on half of the disc and fold the other half over, to make a half-moon shape. Apply water along the edges and seal it tight. Using a fork, secure the edges by making imprints of the fork. Bake in a pre-heated oven at 180 ° - 200 ° C. Bake until golden on both the sides. Store in an airtight container.

Makes 20-22 Pieces

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BESAN LADDOOS

Ingredients:

- ½ cup split Bengal gram (chana dal)
- 3-4 pods green cardamom
- ½ cup grated fresh coconut
- ¼ cup pitted soft dark dates
- 10-12 almonds, chopped

Makes 12-15 Laddoos

Method:

In a heavy bottomed pan, roast the split Bengal gram and cardamom together on medium heat, until it turns a lovely golden colour. Cool and grind coarsely. Add grated coconut and mix well. Transfer to a bowl, add dates a few at a time and knead into the Bengal gram mixture. Keep doing this until the mixture comes together to form a dough. Adjust the sweetness by adding more dates if required. Add almonds, divide the mixture into equal portions (about 12-15) and shape each portion into a

Variation:

Substitute chana dal with red rice, whole ragi, whole amaranth, green moong dal,





MALAI PEDHA

Ingredients:

- ¼ cup almond flour
- ¼ cup cashew flour
- 2-3 tbsp desiccated coconut/ shredded dried coconut
- 3 tbsp crumbled extra firm tofu
- 3-4 tbsp dry dates (kharek) powder
- ⅛ tsp unrefined salt
- ¼ tsp cardamom powder
- 2 tbsp date paste
- 2-3 tsp non dairy milk (if required)
- Few halved pistachios, to decorate

Makes 12-15 Pedas

Method:

Mix together the almond flour, cashew flour, desiccated coconut, tofu, dry dates powder, salt and cardamom. Add the date paste and bring everything together and roll into small balls. If the mixture is not binding together well, add non dairy milk and form small balls. Flatten the balls into thick discs. Place a pistachio piece in the centre of each disc and press in. This can be consumed as is, or can be baked in a pre-heated oven at 180 °C for 5-6 minutes.





COCONUT BARFI

Ingredients:

- 2 cups desiccated coconut/fresh coconut
- ½ cup coarsely powdered cashew nuts
- ¼ cup dry dates powder
- ½ tsp cardamom powder
- 1 cup raisins, or as required to bind the barfi
- ⅛ tsp unrefined salt

Makes 20-25 Pieces

Method:

Mix all the ingredients together (except the raisins), very well. Mash the raisins and knead them into the coconut mixture.

Press this mixture into a wide stainless steel dish and cut into desired shapes. Garnish with desiccated coconut. Refrigerate the barfi for 6-8 hours before unmoulding. Store in the refrigerator.





DELIGHTFUL DATE SWEETS

Ingredients:

- 1 packet of the best quality whole black dates with seeds
- 100 g walnuts
- 100 g almonds
- 1 tbsp date paste

Serves 4-6

Method:

Slit each date and carefully remove the seed from within, without breaking the date.

Variety 1

In half the dates, in place of the seed, stuff a piece of walnut, so that a part of the walnut sticks out. That's it! And it tastes great.

Variety 2

This one needs a little more effort but it is nice to serve both the varieties together. Pour boiling water over the almonds and wait for 3 - 4 minutes. Peel them. Grind the almonds with the date paste, form ovals and stuff the dates with these. Serve.

Variations

Serve the dates stuffed with blanched whole almonds or whole cashew nuts.





RAW CARROT HALWA

Ingredients:

- ½ cup finely grated, unpeeled carrots
- ¼ tsp green cardamom powder
- ½ cup grated fresh coconut
- ¼ cup pitted soft black dates, ground between fingers, a few at a time
- 8-10 almonds, slivered

Serves 2

Method:

Take carrots, cardamom powder and coconut in a bowl and mix well. Knead the ground dates into the carrot coconut mixture. Repeat this process until all the dates are kneaded into the mixture. Transfer to a serving bowl and chill in the refrigerator for 2 hours. Decorate with slivered almonds and serve.

Variations

Substitute carrot with unpeeled grated beetroot, pumpkin or bottle gourd.





We hope you will enjoy making the recipes from this e-book. The SHARAN team wishes all of you a Happy & Healthy Diwali.

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