A recipe book of

QUICK AND EASY IRON RICH RECIPES

Ayurjanani

clinisys

Enabling healthier communities

www.clinisys.com

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Preface

At Clinisys, we are dedicated to making patients, citizens, and communities around the world, healthier and safer. As a global corporate enterprise, we are laser focused to create an impact guided by our Environmental Social and Governance goals.

In India, our Corporate Social Responsibility programs are designed to help build resilient and sustainable local communities. Over the last few years, we have initiated specific CSR initiatives to help overcome environmental and societal challenges. Ensuring ‘health and well- being’ of communities is one of our CSR priorities in India. In 2021-2022, we have steered strategic initiatives like ‘Ayurjanani’ and ‘Jeevanam’ to pursue this vision further.

While we continue to focus our efforts to revitalize our people and communities, with this cookbook we want to encourage people to adapt a healthier lifestyle.

We are proud to present this curated collection of mouth-watering recipes, shared by Clinisys India employees. It is a true representation of India’s diverse food and cultural traditions.

Enjoy these recipes and stay healthy.

About Clinisys

Clinisys enables healthier communities by transforming laboratories through digital innovation and intelligent informatics, to deliver lab data that solves real world challenges.
Headquartered in Tucson, Arizona, and Chertsey, England, Clinisys is a global provider of informatics software and expertise to support diagnostic testing across healthcare, life sciences and public health. Millions of diagnostic results and data insights are generated every day using Clinisys' Laboratory Platform and cloud-based solutions in over 3,000 laboratories across 34 countries.

We are transforming the modern laboratory, providing flexible and best-in-breed solutions to help streamline workflows and improve health outcomes across nine diverse industries: healthcare, contract services, crop sciences, environment, water, food and beverage, pharma, life sciences and public health. We're committed to supporting every type of laboratory or remote testing environment – from the public or private sector, in-house or outsourced. Technology is vital to future preventative approaches to health, and we are enabling the digital transformation of diagnostics.

Clinisys in India

Our Development Centre in India drives technology innovation for Clinisys' global laboratory solutions. Our high performing team of almost 300 professionals in India is integral to our global team of 1400 + professionals working across12 countries. Our teams in India creates ground-breaking technology solutions and supports our global business to improve public health worldwide.

For more than 20 years, our teams have been pivotal in driving continuous improvement and value for our customers across the globe, and we are committed to continue our investment in nurturing talents and developing the local communities in India.

Corporate Social Responsibility at Clinisys

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About Ayurjanani

Ayurjanani, one of the CSR projects of Clinisys aims to promote women's health care and eradication of anemia pertaining to SDG 3 that aims to promote 'Good health and well-being.' Under this initiative, Clinisys has been conducting ongoing research, creating awareness through webinars, disseminating through innovative media like creation of Recipe books with iron rich recipes to name a few. However, some of the critical impacts lie in distributing iron-rich food to 3 shelter homes in Kolkata and Bengaluru (India) on a regular basis and also continuously monitoring the change in their hemoglobin profile from time to time.

This recipe book is an initiative under the Ayurjanani project of Clinisys CSR, India .

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Introduction

India is one of the countries with very high prevalence of anaemia in the world. Almost 58 per cent of pregnant women in India are anaemic and it is estimated that anaemia is the underlying cause for 20–40 per cent of maternal deaths in India.

To counter this problem, this book contains simple and Iron rich recipes for everyone suffering from Iron deficiency.

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ABC Juice

Ingredients

- *Apple*
- *Beetroot*
- *Carrot Juice*

Directions

1. Cut and dice an apple, one beetroot and one carrot.
2. Place this in a mixer add sugar/honey as desired and blend.
3. Strain the mixture and drink this as a refreshment anytime of the day.

Recipe Contributed by Carolyn Anne Lefevre, Clinisys.

Ambil

What is Ambil?

Ambil is a Maharashtrian meal that is extremely easy to prepare. Ginger, garlic, and cumin are all present. This incredibly healthy recipe takes only 10 minutes to prepare.
Green chilli paste and dry date powder have been added. This dish can be made without the date powder if you have diabetes. Date powder is widely accessible in India and elsewhere. On Amazon, I purchased a high-quality date powder.
Ambil should be served with a drizzle of butter milk on top. Vegans, on the other hand, can eat it without the buttermilk and still like it.

Ingredients

- ¼ cup + 2 tbsp multigrain nutritious flour
- 3 cups water
- ¼ tsp garlic paste
- ¼ tsp ginger paste
- ¼ tsp green chili paste
- ¾ tsp salt or as per taste
- 1 ½ tbsp dry date powder / kharik powder
- 3/4 tsp cumin powder
- ¼ cup yogurt
- ¼ cup water for buttermilk

Directions

- In a pan pour water and heat it.
- While water is heating add multigrain nutritious flour, salt, cumin powder, date powder, green chili paste and ginger-garlic paste. Use whisker to mix all the ingredients.
- Note : remove all the lumps from the flour.
- Cook till the mix becomes thick soup like consistency.
- Later turn off the heat and keep it aside.
- Next in a bowl make buttermilk by mixing yogurt and ¼ cup water.
- Serve Ambil by mixing it with a glass of buttermilk or serve warm in bowl with a drizzle of buttermilk on top.

Recipe contributed by - Relic Treat

Made with Iron Rich - Multigrain Nutritious Flour

Amla & Honey Juice

Amla combined with jaggery is a great booster for hemoglobin. It also increases the production of red blood cells. Amla or the Indian gooseberry is a fruit which is popular for its many health benefits. The fruit is extremely rich in Vitamin C, iron and calcium. Honey contains iron (Fe), which is an important micromineral in the body because it can function to form red blood cells. Iron content can synthesize heme formation which increases Hemoglobin levels.

Ingredients

- *Amla- 5*
- *Honey – 4 tbsp*
- *Ginger –1 inch piece*
- *Mint leaves- 1 spring*
- *Water –1 glass*
- *Sea salt a pinch*

Directions

1. Wash, chop & remove seeds from amla
2. In a mixer jar, add amla, ginger, green salt & water, finely grind.
3. Then pour into a serving glass, add honey mix well.
4. Serve immediately with ice cubes.

Recipe contributed by Rajeshwari Govindhan, Clinisys

Atta/Flour Halwa

This is an easy yet hearty breakfast. It is mostly a celebratory dish, but it may also be prepared on a regular basis or whenever you choose. Along with this, there is a popular Halwa-Poori dish, which is served with a spicy flour poori. This atte ka halwa recipe is a delicious melt-in-your-mouth halwa that tastes incredible. The texture of this atta ka halwa is smooth, velvety, and moist. In the halwa, you can add any dried fruits you choose, such as almonds, cashews, or raisins.

Ingredients

- *1 cup multigrain nutritious flour (200gm)*
- *½ cup ghee*
- *½ cup jaggery*
- *1.5 cup water*
- *2-3 almonds (for garnishing)*

Directions

- In sauce pan, add water and jaggery. Boil the water till jaggery gets melt at medium heat. In between you need to stir them well. After that using Strainer, strain jaggery solution, and again heat in same pan but very low flame of gas.
- Heat the ghee pan. I prefer non stick pan. Just let ghee to liquid form, if it is already in liquid form, no need to heat it, immediately follow next step
- Add the flour into ghee, continuously stirring till color changes to brown, and you get aroma of roasted flour.
- Once flour is starting to release ghee, switch of gas of jaggery solution.
- Carefully add that jaggery solution slowly into whole wheat flour by continuously stir with all your hand force so that no lumps are formed.
- Keep stirring till this pudding absorb water and get thick smooth form. After it absorb water switch off flame.
- Serve it warm with almond flakes and you can add cashews nuts for garnishing

Recipe contributed by - Relic Treat

Made with Iron Rich - Multigrain Nutritious Flour

Banana Stem Fry

Ingredients

- *Fresh banana steam: 500 Grams*
- *Raw mustard seeds: 1/2 tea spoon*
- *Mustard seed paste: 1 tea spoon*
- *Turmeric powder: 1/2 tea spoon*
- *Cooking oil: 2 table spoon*
- *Dry Chilly/green chilly/Red chilly: As per taste*
- *Salt: As per taste*

Directions

1. Take the inner most part of a banana stem
2. Cut the stem in very small pieces (as small as possible)
3. Boil the pieces in water with turmeric powder and salt
4. Drain off the water from the boiled banana steams completely
5. In a kadai/frying pan prepare temperature, then add cooking oil
6. Let the oil become hot, add mustard seed and dry chilly while keeping the flame low for around a minute
7. Add the boiled banana steams and fry it in low flame for about 15- 20 minutes
8. Add the mustard paste and fry for 2-3 minutes in high flame
9. Add salt if needed
10. The testy banana steam fry is ready for serving

Recipe Contributed by Susobhan Pandit, Clinisys

Beet- Pome Juice

Ingredients

- *1 Carrot*
- *1 Pomegranate*
- *1 Beetroot*
- *5-6 Dates*

Directions

1. In a small jar, add all the ingredients mentioned above.
2. And 1-2 cup of water to it
and grind it well.
3. Add water according to required consistency
4. Stain the juice out of the grinded mixture.
5. Voila ! Its Ready to serve

Recipe contributed by Aishwarya Raju, Clinisys

Beetroot Halwa

Ingredients

- *Freshly Grated Beetroot – 4 cups (approx. 500gm)*
- *Milk – 1.5 cups*
- *Ghee – 4 tpbs*
- *Sugar – 3/4 cups*
- *Cardamom powder – 1/2 tsp*
- *Garnish – Pista, Almond & Cashews (chopped)*

Directions

1. To a heated kadai & add 1 tsp of ghee
2. Add the grated beetroot
3. Cook it (keep mixing) in medium flame for about 10minutes
4. Add 1.5 cups of boiled & cooledmilk
5. Keep stirring and cook till the milk is absorbed completely by the beetroot
6. Add 3/4 cups of sugar and mix well
7. Continue cooking by stirring on a high flame to ensure all the moisture is gone
8. Add 1/2 tsp Cardamom powder & mix well
9. Add 3 tbsp of Ghee & mix well
10. Turn off the flame and garnish with chopped Pista, Almond & Cashews
11. And serve

Recipe Contributed by Aswathy Menon, Clinisys

Bhakri / Flat Bread (Gujarati Style)

The Bhakri recipe is a wonderful flatbread cooked with a variety of flours. Every Gujarati household prepares bhakris differently. It comes in a variety of textures and thicknesses, and it's usually prepared from a combination of flours. Almost every Gujarati and Marathi household cooks these with wheat flour, jowar flour, or a combination of the two. The outside of the bhakri is crispy, while the centre is soft.

Ingredients

- *1 cup Whole Wheat Flour*
- *1cup multigrain nutritious flour*
- *4 tablespoons Ghee*
- *2 teaspoons Ajwain (Carom seeds) , or sesame seeds*
- *1 teaspoon Whole Black Peppercorns , coarsely pounded*
- *1/2 teaspoon Turmeric powder (Haldi)*
- *1/4 teaspoon Dry ginger powder*
- *Salt , to taste*

Directions

- To begin making the Bhakri's, in a wide bowl, combine the flours, ghee, cumin seeds, ginger, red chilli powder and salt. Add water a little at a time and knead into very firm dough. Cover and set aside for 15 minutes.
- Preheat an iron skillet on medium heat. Divide the dough into 10 equal portions. Roll out each portion into a 4 inch diameter circle. Place the rolled dough on the heated skillet on medium heat.
- Cook each rolled portion of the bhakri dough on both sides until golden brown, putting light pressure using a wooden press, so the insides cook evenly.
- You will notice brown spots coming on very quickly if you your heat is very high. So take care and cook it evenly on medium heat. Optionally, many families cook the Bhakri's in ghee to make it flakier.
- Bhakri also travels well, so if you have a long distance journey this would be an ideal bread to dip into your Masala Chai.
- Serve the Bhakri along with Lauki Channa Dal and a bowl of yogurt for dinner or a packed lunch.

Recipe contributed by - Relic Treat

Made with Iron Rich - Multigrain Nutritious Flour

Chilla

Here's a recipe for a quick, crispy, and hearty snack to go with your tea or for a quick breakfast on a quiet weekend morning. This delectable dish goes well with green chutney or tomato ketchup. It's a simple recipe that won't take up much of your time. This chilla dish can also be made with vegetables to make it more crispy. Capsicum, tomato, baby corn, and carrot will give the breakfast food a great aroma and texture. If you're a spice fanatic, red chilli flakes can be added to the batter for a scorching flavour! You may even take this simple and mess-free dish to work with you, and your coworkers will be impressed these. Try it and enjoy!

Ingredients

- *1 cup Multi grain nutritious powder*
- *1 cup water*
- *1 onion finely chopped*
- *1 teaspoon turmeric powder*
- *2 green chillies finely chopped*
- *to taste salt and chili powder*

Directions

- Mix the powder with water to get a batter of smooth consistency.
- Add salt, chilli powder and rest of the ingredients.
- Heat a tawa and spread the mixture on the hot tawa.
- Roast on side and then turn and roast the other.
- Enjoy with ketchup or green chutney.

Recipe contributed by - Relic Treat

Made with Iron Rich - Multigrain Nutritious Flour

Millet Chilla

Here's a recipe for a quick, crispy, and hearty snack to go with your tea or for a quick breakfast on a quiet weekend morning. This delectable dish goes well with green chutney or tomato ketchup. It's a simple recipe that won't take up much of your time. This chilla dish can also be made with vegetables to make it more crispy. Capsicum, tomato, baby corn, and carrot will give the breakfast food a great aroma and texture. If you're a spice fanatic, red chilli flakes can be added to the batter for a scorching flavour! You may even take this simple and mess-free dish to work with you, and your coworkers will be impressed these. Try it and enjoy!

Ingredients

- 1 cup Sorghum Millet
  Chilla Batter Mix
- 1 cup water

Directions

- Mix the powder with water to get a batter of smooth consistency(thicker than dosa batter).
- Salt & Chili Powder is already added but if needed add salt, chilli powder and.
- Heat a pan add teaspoon of oil on it and spread the mixture on a hot pan.
- Roast one side and then turn and roast the other.
- Enjoy with ketchup or green chutney.

Coconut Milk Fish Curry

Ingredients

- *Fish – 1 kg currycut (washed and cleaned) >> I prefer and suggest fleshy fish for these curries,like Seer Fish (i.e., Neymeen or Vanjaram)*
- *Coconut oil*
- *Coconut milk –Two 200ml pack.*
- *Ginger garlic paste – 1 ½ tsp*
- *Onion – 2 (thin sliced)*
- *Washed Curry leaves*
- *Tomato – 3 ripen sliced (adjust for sourness)*
- *Salt*
- *Red chili powder*
- *Turmeric powder*
- *Fish curry masala (optional, but good to have)*

Directions

1. Keeping coconut milk ready:
2. Take one 200 ml coconut milk pack and add enough water to make it a loose solution (we'll be cooking fish in this) – 2nd milk
3. Pour 100ml of the other 200 ml coconut milk to a bowl and beat it to remove lumps (final garnish) – 1st milk
4. To a hot kadai, add 1 tbsp coconutoil.
5. Add the sliced onion and fry till golden yellow.
6. Reduce the flame, add ginger garlic paste and fry for 3-4 mins.
7. Add salt, ¾ tsp Turmeric powder, 1 tsp Red chili powder.
8. Ensure to reduce the flame before adding the spices so that they don't get burnt.

Continued....

Recipe Contributed by Aswathy Menon, Clinisys

Directions

9.Fry for 2-3 mins.
10.Add the sliced tomato and mix.
11.Increase the flame, close, and cook for 5-6 mins.
12.Add the 2nd milk (i.e., coconut milk + water solution) to this and stir thoroughly.
13.Check salt and ensure that salt is more than needed.
14.Ensure salt is more than needed so that you need not add salt after adding fish pieces & later adding 1st milk. This is because we cannot stir once the fish is added and cooked since the pieces will break down.
15.Cook this for 2-3 mins.
16.Solution comes to boil. Now, gently add the washed and cleaned fish pieces to the curry.
17.Mix well. Close and cook for 20-25mins.
18.Turn off the stove, open the lid and add 1st milk (i.e., undiluted thick 100ml coconut milk) and mix gently.
19.Add the fresh curry leaves on top and serve hot with rice, dosa or idli.

Recipe Contributed by Aswathy Menon, Clinisys

Dates and Milk

Ingredients

- *Dates*
- *Milk*

Directions

1. Remove the seeds and add three or four dates to a blender/mixer
2. Add one glass of milk and blend it together
3. Drink a glass of this everyday preferably before breakfast

Recipe Contributed by Carolyn Anne Lefevre, Clinisys

Drumstick Leaves Soup

Ingredients

- *Drumsticks*
- *Ghee*
- *Onions*
- *Tomato*
- *Salt & Pepper*

Directions

1. Boil drumstick leaves in a vessel add some salt and pepper to it and strain.
2. Alternatively, you could add ghee (clarified butter) and fry the leaves, add onions and tomato before adding water and bring it to a boil.
3. This can be drunk as a soup with your meal.

Recipe Contributed by Carolyn Anne Lefevre, Clinisys

Dry Grape Juice

Ingredients

- *Dry Grapes*

Directions

1. Soak approximately 7-8 dry grapes in drinking water overnight and drink the water the next day.
2. Alternatively, you can chew and eat the grapes on empty stomach once they are soaked.

Recipe Contributed by Carolyn Anne Lefevre, Clinisys

Ladoo

Multigrain Ladoo is a basic variant of Atta Ladoo with multigrain flour as the major ingredient. It's perfect for Ganesh Chaturthi and one-of-a-kind! Instead of creating ladoos in the traditional churma style, this method includes making them in a pan. To make this ladoo healthier, jaggery is used instead of sugar! This festival season, give it a try!

Ingredients

- *1 cup multigrain flour*
- *½ cup melted ghee (plus for greasing)*
- *⅓ cup grated jaggery*
- *1 tsp poppy seeds*
- *⅓ cup mixed dry fruits (cashew nuts, almonds & pistachios)*
- *¼ tsp cardamom powder*
- *pinch grated nutmeg*

Directions

- In a kadai dry roast ⅓ cup mixed dry fruits (cashew nuts, almonds & pistachios) for 2-3 min stirring continuously.
- Switch off flame. Let it sit for 3 min.
- Grind to coarse powder in mixer grinder.
- In a kadai roast 1 cup multigrain flour (alternatively use wheat flour) for 10 min on low flame stirring continuously. Do not over roast.
- Add ½ cup melted ghee.
- Mix well & cook for 2-3 min on low flame.
- Switch off flame.
- Let it sit for 5-7 min.
- Add coarsely ground dry fruit powder, ¼ tsp cardamom powder, pinch grated nutmeg, ⅓ cup grated jaggery & using hands mix well ensuring no lumps. (Ensure mixture is not completely cooled down or else jaggery will not mix well.)
- Take little mixture in hands greased with ghee & make round ball shape ladoo out of it.
- Decorate with 1 tsp poppy seeds & put it in plate.
- Prepare all ladoos in same way. (Step 10-11).
- Let is set for 30-60 min & then it is ready to eat!
- Store for 7-10 days in airtight container.

Recipe contributed by - Relic Treat

Made with Iron Rich - Multigrain Nutritious Flour

Moringa Chutney

Ingredients

- *250 to 300 gm fresh moringa leaves*
- *8 to 12 garlic cloves, pounded lightly*
- *2 tbsp coconut oil or alternatively any cooking oil*
- *1 piece ginger*
- *2 dry red chilies*
- *1 tsp rai or mustard seeds*
- *1 onion, chopped*
- *1 sprig curry leaves*
- *Salt to taste*
- *½ tsp haldi or turmeric powder*
- *½ cup fresh coconut*
- *1 tsp jeera or cumin seeds*
- *1 small piece of jaggery*
- *2 green chilies*
- *A pinch of hing or asafetida*

Directions

1. Wash the Moringa leaves
2. Heat 1 tbsp of oil in a thick bottomed kadhai
3. Sauté fry Ginger, Green Chilies and Moringa leaves
4. Continue to fry for a while
5. Grind the fried items with coconut and jaggery
6. Transfer the ground paste to a vessel
7. Add salt and mix well
8. Heat 1 tbsp of oil in a small tempering pan
9. Once the oil is heated, add 1 tsp of mustard seeds and allow to splutter
10. Add pinch of hing
11. Add pounded cloves of garlic and wait until they become a bit crisp
12. Add red chilies and wait until a bit crisp
13. Add curry leaves and after a few seconds, add the tempering to chutney
14. Mix well and Moringa chutney is ready to serve, with any flavored rice, idly, dosa, roti, chapathi, etc.

Recipe Contributed by Neville D'Souza, Clinisys

Multigrain Roti

Bored of eating the same old wheat chapati with every meal? Try this multigrain chapati which is not only delicious but also loaded with nutrients.For breakfast, you can add a dollop of butter to the multigrain chapati and have it with curd or pickle. For lunch, you can pair the multigrain chapati with dal, sabzi or curry. Lastly, for dinner, you can use multigrain chapatis to make healthy kathi rolls. This recipe of chapati is loaded with fibre, iron and protein and is perfect for people of all ages. Do try this healthy recipe

Ingredients

- *1/4 cup wheat flour*
- *1/4 cup gram flour (besan) (optional)*
- *1 cup multigrain nutritious flour*
- *1/2 teaspoon carom seeds*
- *1 tablespoon vegetable oil*
- *water as required*
- *1 teaspoon kasoori methi leaves*
- *salt as required*

Directions

- Firstly, add all the ingredients to a large bowl and mix them roughly.
- Add water as per need and knead it. Keep adding water in batches and knead to form a soft dough. Let it sit aside for 15 minutes.
- Take small balls from the dough and flatten them out using a rolling pin. Now put a tawa on medium flame and put the rolled out chapati on it. Cook from both sides, until cooked well and golden-brown spots appear all over it. You can also cook it for a few seconds directly on flame. Repeat this step to make more chapatis.
- Once the chapatis have cooked, smear some desi ghee on each. Your nutritious chapatis are ready to be served. Pair them up with dal, curry, sabzi or raita and enjoy.

Recipe contributed by - Relic Treat

Made with Iron Rich - Multigrain Nutritious Flour

Onion Pakora

Onion pakora must be one of the favorite evening snacks for most of us. We generally make it using gram flour & rice flour. For a change, let's try adding multigrain nutritious flour/ atta Try this snack recipe with your family and enjoy it with a cup of coffee or tea in the evening.

Ingredients

- Multigrain nutritious *flour - 1/3 cup*
- *Gram flour - 1/4 cup*
- *Rice flour – 1 tbsp*
- *Big onion - 2 nos (medium)*
- *Red chilli powder - 1/2 tsp*
- *Hing/Asafetida - 2 pinches*
- *Finely chopped green chillies - 1 no*
- *Curry leaves - few*
- *Coriander leaves – few*
- *Mint leaves – few*
- *Ginger - 1/2 inch piece*
- *Hot oil - 1 tbsp*
- *Ghee – 1/2 tsp (I used frozen ghee)*
- *Water – Very little (say 1.5 tbsp)*
- *Salt – as needed*

Directions

- Wash and slice big onions thinly. Wash and chop ginger, green chillies, mint, curry leaves, coriander leaves & set aside.

- In a wide bowl, take all the ingredients except cooking oil and ghee. Mix all the ingredients well without adding water. Onions will leave water while u mix. So mix everything together.
- Heat oil to deep fry. Take a tbsp of hot oil and add to the flour. Add ghee. Mix well. Then sprinkle few drops of water and make a dough.
- Put a drop of batter & check the heat of oil.If the batter comes up immediately,oil is ready.Reduce the flame to medium high & pinch in a portion of batter and drop in the oil in a sprinkled manner. Cook till onions turn golden brown.Remove in a tissue and enjoy eating hot with tea !

Gram flour is used for binding and rice flour for crispiness.
Hot oil is added to give crispy pakoda.Don't skip

Recipe contributed by - Relic Treat

Made with Iron Rich - Multigrain Nutritious Flour

Pathravade/Pathrod

Ingredients

- *12 Colocasia Leaves (Arbi)*

For masala (to grind)

- *2 cups Basmati rice*
- *1 tablespoon Green Moong Dal (Whole)*
- *1 tablespoon Chana dal (Bengal Gram Dal)*
- *3 tablespoons Coriander (Dhania) Seeds*
- *1 tablespoon Cumin seeds (Jeera)*
- *1 cup Fresh coconut, grated*
- *1/2 teaspoon Turmeric powder (Haldi)*
- *Tamarind, lemon size*
- *2 tablespoons Jaggery*
- *8 Dry Red Chillies*
- *Salt, as per taste*
- *Oil, as required*

Directions

1. To begin making the Pathrode Recipe, wash and soak the rice and dal in water for 3 to 6 hours.
2. Wash the colocasia leaves, remove the stem & the large veins of the leaves with the help of a knife. This will help them cook fast and make them less itchy.
3. Drain off the excess water from rice and grind all mentioned masala ingredients (except the leaves) to chutney/spread consistency.
4. Now first take the largest/biggest leaf. Keep leaf upside down and smear a layer of masala on back side of leaf. Place the second leaf on top of the first leaf & smear masala. Repeat the process for 3 or 5 leaves.
5. In one pathravade roll there should be minimum 3 leaves. Now pathravade is ready for rolls. Firstly, fold the sides of the leaf towards the center and then roll along length of the leaves to make a roll.
6. After it is rolled, smear the paste on top of it. Once the rolls are done, steam cook these rolls 15 to 20 minutes.
7. Wait till the pathravade cools down a bit.
8. Once the pathravade is cooled, you can serve them in 2 ways. Just slice them, smear little butter and relish or shallow fry them with oil till they turn crisp. Serve hot.

Recipe Contributed by Lakshmi Kurthkoti, Clinisys

Pomegranate juice

Ingredients

- *Pomegranate*

Directions

1. Rinse and clean 3 medium to large pomegranates, slice off the top layer thinly and place in a bowl, then cut each pomegranate in 4 parts.
2. Add water to the bowl with the chopped pomegranates in it.
3. Keep the pomegranate immersed in water and with your fingers remove the pomegranate seeds (arils). Remove the pith and discard them.
4. Drain all the water using a strainer. Add the pomegranate arils in a blender, grinder or mixer jar.
5. Take a pan or bowl and keep a juice strainer on it. Now pour the pomegranate juice in the strainer. Press well so that all juice is extracted.
6. Pour in glasses and drink as a juice, add sugar if needed.

Recipe Contributed by Carolyn Anne Lefevre, Clinisys

Quick Moong Bite

Ingredients

- *Moong sprouts – 1 cup*
- *Onion – 1*
- *Tomato – 1*
- *Cucumber – 1*
- *Corn – Tiny halfcup*
- *Grated coconut – grate 2 – 3 pieces Coriander - Few*

Directions

1. Mix Moong sprouts , Onion, Tomato, Cucumber, Corn, Gratedcoconut in a bowl and add
2. ½ spoon of chillipowder
3. ½ spoon of chat masala powder
4. Salt to your taste
5. Add coriander and mix everything and It's ready!
6. Health and Happiness in a bowl.

Recipe contributed by Aishwarya Raju, Clinisys

Ragi Dosa

Ingredients

- *1 cup ragi flour (finger millet flour) - 150 grams*
- *¼ rice flour*
- *½ cup finely chopped onions*
- *1 tsp ginger-chili paste*
- *2 tablespoons chopped coriander leaves (cilantro)*
- *½ teaspoon cumin seeds*
- *½ cup buttermilk or ¼ cup yogurt mixed in ¼ cup water*
- *1.5 cups water*
- *salt to taste*
- *oil as required for cooking*

Directions

1. Take ragi flour and rice flour in a mixing bowl or pan.
2. Add finely chopped onions, ginger-chilli paste, chopped coriander leaves, cumin seeds and salt as per taste.
3. Add buttermilk and 1.5 cups water.
4. Mix well to a thin batter.
5. Cover and let the batter rest for 15 to 20 minutes.
6. Heat a tawa or a skillet on medium flame. Spread some oil on the tawa.
7. On the medium hot tawa or skillet pour the batter from outside to inside. Then gently spread the batter with the ladle.
8. Let the base cook and become crisp. Sprinkle some oil on top and spread it with a spoon. Sprinkle a few drops of oil on the sides of the dosa as well.
9. When the base is golden and crisp, turn over and cook the other side. Cook till both sides are crisp and cooked well.
10. Serve ragi dosa hot or warm with ketchup or any chutney of your choice.

Recipe Contributed by Rajiv Pujara, Clinisys

Rice Flakes Ladoo

Ingredients

- *Raw Rice Flakes – 200 Grams*
- *Dates Pieces (Deseeded) – 150 Grams*
- *Raw Honey – 50 Grams*

Directions

1. Clean and dry roast the rice flakes on a pan, this burns fast so keep an eye on it and mix often. Once crisp, remove from heat and set aside to cool. Grind 1/4th quantity in mixer
2. Fry dates pieces, after some time add honey and fry for some more time
3. Switch off the stove and mix fried rice flakes and fried rice flakes power into pan and mix well
4. Take a small quantity of this mix and press it down to form lime sized balls. Now it is ready to eat.

Recipe Contributed by Vinod Kumar, Clinisys

Roast and ground coconut fish curry

Ingredients

- *Fish – 1 kg currycut (washed and cleaned) >> I prefer and suggest fleshy fish for these curries, like Seer Fish (i.e., Neymeen or Vanjaram)*
- *Coconut oil*
- *Freshly Grated coconut – 1 coconut*
- *Dried red chili – 1 hand full (7-10 numbers)*
- *Onion – 1 (roughly chopped), 1 (thin sliced)*
- *Ginger garlic paste – 1 tsp*
- *Washed Curry leaves*
- *Mustard*
- *Fenugreek*
- *Tomato – 3 ripen sliced (adjust for sourness)*
- *Salt*
- *Red chili powder*
- *Turmeric powder*
- *Coriander Powder*
- *Pepper Powder*
- *Fish curry masala (optional)*

Continued

Recipe Contributed by Aswathy Menon, Clinisys

Directions

1.To a heated pan, add 1 tsp coconut oil and add the roughly chopped onion.
2.Lightly fry the onion and then add the grated coconut and dried red chili.
3.On a medium-high flame, keep stirring and fry the contents till it becomes golden brown (this usually take 15-20 mins). Ensure to keep stirring so that the coconut does not burn.
4.After this, reduce the flame and add the spices one by one
a.Turmeric – ½ tsp
b.Red chili powder – 1 tsp (adjust based on preferred spice level)
c. Salt
d.Coriander powder - 1 ½ tsp
e.Pepper powder – ½ tsp (adjust based on preferred spice level)
f.Fish curry masala – 1 tsp
5.Ensure to reduce the flame before adding the spices so that they don't get burnt.
6.Roast for 3-4 minutes & turn off the flame. Roasted coconut mix is not ready for grinding.
7.Cool it. Transfer to a mixer jar and grind it into a fine paste (add water for grinding). Check the spice level of the roasted ground paste.
8.To a heated kadai, pour 1 tbsp coconut oil.
9.To the hot oil add mustard seeds and wait for it to crackle.
10.Reduce the heat, add curry leaves & 2-3 dried red chili, and stir.
11.Add ½ tsp fenugreek and stir.
12.To this, add the sliced onion and sauté till onion is golden yellow.
13.Reduce the flame, add ginger garlic paste and fry for 3-4 mins.
14.Increase the heat and add the sliced tomato. Close and cook for 5 mins.
15.Tomato is well cooked.

Recipe Contributed by Aswathy Menon, Clinisys

Directions

16.Based on the spice level of the roasted ground paste, add missing spices to the cooking tomato at this point (i.e., additional red chili or salt). Cook for 2-3 more mins.
17.Ensure to reduce the flame before adding the spices so that they don't get burnt.
18.Add the roasted ground paste to the kadai.
19.Add 1 cup water (based on gravy needed), adjust salt to taste, and mix thoroughly.
20.Close and cook for 10 mins. Gravy comes to boil.
21.Open the kadai, taste the gravy.
22.Ensure salt is a little more than needed so that you need not add salt after adding fish pieces. This is because we cannot stir once the fish is added and cooked since the pieces will break down.
23.After adjusting salt and mixing thoroughly, gently add the washed and cleaned fish pieces to the curry.
24.Mix well. Close and cook for 20-25 mins.
25.Turn off the stove. Open the lid and add 1 tsp of coconut oil on top and serve hot with rice or tapioca.

Recipe Contributed by Aswathy Menon, Clinisys

Sesame Brittle

Ingredients

- *1 tsp ghee/clarified butter*
- *1 cup white sesame seeds*
- *1 cup jaggery/gud*

Directions

1. Dry roast sesame seeds in a pan on low flame till they splutter and turn aromatic. Transfer them onto a plate.
2. Heat ghee in a pan and add jaggery to it. Keep stirring the jaggery on a medium flame till it melts.
3. Boil the jaggery syrup on low flame till the syrup turns glossy and thickens.

4. Check the consistency, by dropping syrup into a bowl of water, it should form a hard ball and cut with a snap sound.
5. Once you get the right consistency, turn the flame off and add the roasted sesame seeds to it.
6.Keep stirring till the mixture turns into a ball.
7. Immediately pour the mixture over the back of a greased steel plate or the back of an oven tray.
8. With help of a rolling pin, roll the mixture out into a thin round sheet.
9.Cut rectangular pieces while the sheet is still warm.
10. Separate the pieces when it is completely cooled down and store the chikki in an airtight container.

Recipe Contributed by Rajiv Pujara, Clinisys

Soup

You don't have to prepare chapatis; there are plenty of whole grain options. One of them is atta soup, a healthful multigrain soup. All you have to do is combine corn, capsicums, and carrots with slim atta and voila! Within minutes, you have a fantastic recipe on your hands. To discover more, read the recipe!

Ingredients

- *1-2 tbsp multigrain nutritious flour/ atta*
- *1-2 carrots*
- *1 capsicum*
- *1 small cup corn*
- *3-4 spring onions*
- *3 cups water*
- *Salt and pepper to taste*

Directions

1. Add chopped vegetables to 2 glasses of water and cook the mixture.
2. Add 2 tbsp of multigrain nutritious flour/ atta in a cup of cold water, stir it well (see that lumps are not formed).
3. Add the atta mix to boiling water with chopped vegetables.
4. Cook for 10 minutes on a medium flame. If needed, add some more water and boil for some time.
5. Add salt and pepper to the soup
6. Garnish with coriander leaves and serve hot.

Recipe contributed by - Relic Treat

Made with Iron Rich - Multigrain Nutritious Flour

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