Holi

Special

Ebook

Dt. Foram K. Modi

Biscuits parfait

Ingredients :

- NutriChoice 5 Grain Digestive Biscuits,
- 2 tablespoons Honey
- 1 cup Hung Curd (Greek Yogurt)
- 4 tablespoons Chia Seeds
- Fresh fruits, sliced (Seasonal)
- Nuts for garnish

Method :

- Pulse the NutriChoice 5 Grain Digestive Biscuits in a mixer to make coarse crumbs and keep them aside.
- Whisk the yogurt with honey and keep it aside.
- Slice the seasoning fruits and keep them aside.
- Assemble everything in a jar, spoon the crumbled biscuits
- Add 3 tablespoons greek yogurt, layer with seasonal fruits, top it with a tablespoon of chia seeds, some more greek yogurt, and finally sprinkle biscuit crumble on top and nuts
- Refrigerate it for at least 2 hours before serving.

PINEAPPLE COCONUT MIX VEGGIES RICE.

INGREDIENTS

1 1/2 cups cooked rice(cook in coconut milk)
1 cup chopped pineapple
1 cup of coconut milk
3 tablespoons sweetened coconut flakes
1 teaspoon garlic powder or finely chopped garlic
1 cup green pepper finely chopped
1 cup red pepper finely chopped
1 cup yellow pepper finely chopped
1 cup onion finely chopped
1 cup corns
1 cup boiled broccoli
1/2 teaspoon ground ginger
Salt to taste
Pepper to taste
1 spoon @Everest kitchen king masala or any gram masala
Garnish
3 tablespoons lime juice
1/2 cup salted roasted cashews
1/2 cup chopped coriander leaves

Click here to view the video

INSTRUCTIONS

- Stir fry all veggies till you smell the delicious aroma of the veggies, add salt and pepper and garam masala, and all seasoning.
- Mix well.
- Add rice cooked in coconut milk and add coconut flakes and pineapple chunks, mix well.
- Serve in half cut pineapple with skin, this not only makes the recipe beautiful but it can be a party special recipe too.

WATERMELON LIME CHIA PUDDING

Ingredients
1 1/2 cup watermelon flesh
1 cup watermelon juice
Salt and pepper to taste
2 spoon Chai seeds
1 spoon of lime juice
2 spoon oats
Method :
Mix all others and serve chill in a tall glass

Melon masti/ Muskmelon salsa

Ingredients :

1 cup small chopped muskmelon
1 cup small chopped cucumber
1 cup small chopped onion
1vcup small chopped peppers(red, green, yellow)
1/4 cup fresh coriander
2 limes, juiced
Salt
Chilli flakes

Method :

Mix them all and garnish with coriander

Summer
Muskmelon salsa

BEETROOT SODA

Ingredients

1 cup beetroot cubes
1 1/4 cups pineapple cubes
1/4 cup apple cubes
black salt to taste
1 tsp chaat masala
salt to taste
3 cups chilled sprite

Method

Combine the beetroot, pineapple, apple, black salt, and 1½ cups of chilled water in a mixer and blend till smooth.
Transfer the mixture into a deep bowl, add the chaat masala and salt, and mix well.
Put ¼ cup of the mixture into a tall glass and pour ½ cup sprite over it and stir it gently.
Repeat step 3 to make 5 more glasses.
Serve immediately.

Paan Truffles with rose petals inside:

For the center:

2 tablespoons almonds
1 teaspoon saunf
A tiny pinch of salt
3 tablespoons of good quality gulkand /rose petal jam (homemade gulkand recipe on my grind OR DM for link)
2 drops of rose essence

For the green coating-

¼ cup sweetened condensed milk
¼ cup sweetened shredded coconut
½ teaspoon cardamom powder
4 drops of green food coloring
A tiny pinch of salt
6 big-sized, fresh betel leaves
1/2 teaspoon ghee
Dry sweetened coconut for rolling the truffles

To serve-
Vanilla ice cream
Rose syrup

Paan Truffles with rose petals inside:

METHOD:

Roast almonds in a pan or microwave.
In the same pan heat the saunf on high for 30 seconds, until fragrant.
In a dry grinder or food processor, pulse the almonds and anise seed together until powdered. Remove in a bowl.
Add the salt, gulkand, and rose essence and mix.
Divide mixture into parts and roll into balls. Set aside in the refrigerator.
In a pan, combine the condensed milk, shredded coconut, cardamom powder, food coloring, and salt, keep the string till thicken and starts leaving sides.
Cut the betel leaves into thin strips and combine them with the condensed milk mixture.
Take one part of the green mixture and flatten it like a disc, in your hands using ghee, if needed, to grease your palms.
Put a gulkand mixture ball in the center and cover it bringing the sides of the flattened green mixture around it. Roll in the dried sweetened coconut and set the truffle aside. Repeat the same
Refrigerate truffles to cool.
Serve with vanilla ice cream topped with rose syrup

Pasta salad

Ingredients

- 1 bowl of cooked wheat pasta coloring
- 1 cup boiled corn
- 1 cup black beans
- 1 cup tomatoes
- 1 cup colored peppers (red, green. yellow)
- 1/3 cup chopped coriander
- ½ cup cheese
- ½ cup paneer
- Fresh lime juice

Dressing

- 1/4 cup ketchup
- 1/2 cup vegetable oil
- 2 tablespoons sugar
- 1 teaspoon paprika
- 1/2 teaspoon onion powder
- 1/2 teaspoon Italian seasoning blend
- Salt and pepper to taste
- Instructions:
- Toss the salad dressing, pasta, and veggies, and all dry ingredients together and garnish with crumbled cheese and paneer and a squeeze of fresh lime.

Pan Thandai Shots

It's not only a cooling drink for this summer heat but it's healthy too.
It has very little sugar do even weight Watchers can enjoy 🤗

Recipe:
Blend metal leaves, rose petals, and Thandai powder little sugar in a blender.
And it's done.
Simple isn't it?
Serve chilled and garnish with tutti Frutti or nuts.
Enjoy

P.s. Thandai powder recipe is on the grind
Do try and let me know how it was.
Drop an 🤤 if you're tempted to try this.

Happy Holi

about me

I Work With You to Create a Custom Nutrition Plan & Healthy Habits

Mrs. FORAM KRUNAL MODI, the owner and founder of Fmnutritionist, with 10+ years of experience in nutrition and dietetics. My aim is to Make Weight Loss & Lifestyle management Easy, Engaging, and Accessible to all.

We make sure that clients are continuously monitored and motivated during the weight loss program. Follow-up is important. We do not leave you alone once enrolled with us because it is crucial to any weight loss program as one can regain the lost weight if the basic follow-up routine is ignored so follow-up and constant motivation and contact with the client is our principle . Our mantra is STAY CONNECTED, STAY HEALTHY. We do not believe in giving medicines for obesity or any supplements, we think that the kitchen ingredients are enough to help for the same.

about our diet plans

Our diet plan helped many clients who had failed earlier to either achieve weight loss or bounced back from losing weight. We believe losing weight is not the key, but losing weight the right way is, we focus on overall wellness, and weight loss follows.

No gimmicks,
No quick fixes,
No crash diets,
No unsubstantiated claims.

We do not compromise on the client's long-term health for short-term results. We understand there is no shortcut to eating right thus our diet programs consist of natural easy to make at home recipes and nothing artificial or synthetic... and yes the taste is kept in mind as we believe one should live to eat and not eat to live. Easy-to-do at-home physical routine is suggested as part of the program which has been designed by our certified trainers thus ensuring long and sustained results for a healthy life. The physical routine includes cardiovascular exercise, bodyweight training, and flexibility routine.

Connect to us

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www.makesyoueat.com