



Ahimsa
JAIN VEGAN
PARYUSHAN/DAS LAKSHAN
COMMUNITY COOKBOOK



UNIQUE ASPECTS OF THIS COOKBOOK

This cookbook is a project of the broader 'Jain Vegan Initiative' movement and is aimed at inspiring all Jains globally to embrace vegan lifestyle. We as Jains firmly believe in core Jain tenants of complete non-violence and compassion towards all living beings. By adopting veganism we could avoid being a part of the cruelty and violence that is inflicted on farmed animals by the dairy-industry. Vegan lifestyle allows us to practice what we so strongly believe in and align our actions to the Jain principles.

However, most people find it hard to give up on dairy products like milk, yogurt, cheese (paneer) etc. as these have been part of their daily diet and they do not know how to make up for the lack of dairy products in their day to day diet. It is our humble mission to help all such people get over the initial hurdle by providing amazing plant based alternatives to dairy. This Jain Vegan Paryushan/Das Lakshan Cookbook contains simple yet delectable recipes to serve as that 'vegan transformation' launchpad for all those aspiring to eliminate dairy from their diet. This book is also proof that it is totally possible to exclude dairy products from everyday diet without compromising on nutrition, taste or variety.

The auspicious period of Paryushan/Das Lakshan Parva is a perfect time to reflect on the ugly truth behind the dairy industry and make a pledge to stop supporting them. This is the time for inner reflection, penance and asking for forgiveness from the countless animals that we have unknowingly hurt over many years and make a pledge to stop doing it going forward. Even if it is only for a few days of Paryushan/Das Lakshan Parva, it is our sincere and humble prayer to all Jains around the world to consider eliminating dairy from their lives. It is the best thing you can do for your soul, for speechless animals and for the planet. This cookbook will get you started on the journey.

As the Jain Vegan Cookbook that is strongly inspired by a noble cause it has helped bring together hundreds of like minded people from around the world. We received an overwhelming response from the community, especially from non Jains who tweaked their recipes to adhere to the strict cookbook guidelines. The unique feature of this cookbook is that over 60% of the recipes have been contributed by non Jains. We are thrilled that this initiative has helped spread the Jain message of reverence for all forms of life beyond the Jain community. The readers will also meet the contributors as they have also shared their photograph, personal note/story and affiliation alongside their recipe.

We are proud to say that this is the first ever cookbook with Jain Vegan Paryushan/Das Lakshan recipes. We urge you to join the "Give Up Dairy this Paryushan / Das Lakshan Campaign" and practice Ahimsa to its true essence. It is not our intention to hurt anyone's feelings or beliefs by releasing this cookbook. If we have unknowingly hurt anyone in any way, shape or form by our words, actions or thoughts, we ask for your forgiveness. Michhami Dukaddam!

Disclaimer:

- Many Jains during Chaumassa and Paryushan / Das Lakshan do not consume nuts, seeds and certain other ingredients. We request you to use your discretion to make your transition to a vegan lifestyle smooth.
- Some of the contributors may have shared the recipes using 'Free-style' cooking where measurements are used as a guideline. This leaves a room for customization that suits your taste and create your 'own' version.





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Luvn Arms Animal Sanctuary was founded in 2015 by Shaleen and Shilpi Shah and their two sons, Aarav and Avi. The Shahs were recipients of the **Karuna Ratna Award in 2021**. Luvn Arms' mission is Ahimsa, nonviolence toward all living beings. Luvn Arms practices and exemplifies Jivdaya & Karuna through rescuing the lives of the most abused farmed animals, healing them, and providing them with a safe and loving home. Luvn Arms amplifies these Jain principles through education and inspiration. Luvn Arms inspires people to change their lifestyle and include karuna and ahimsa in their feelings, thoughts, and actions, specifically their diet.

By inspiring one person to give up eating animal products like meat, eggs, and dairy, ONE individual could spare 300 lives each year. In this way, Luvn Arms has rescued over 850 lives since 2015 and spared over 350,000 lives through our education programs.

Ahimsa is the most beautiful word in the human language. Why? Because it describes our character. At **Luvn Arms Animal Sanctuary**, Ahimsa is what we think, feel, and how we act. Ahimsa is the feeling in our heart when we are doing everything we can physically, cognitively, emotionally, and spiritually to fulfill our promise of compassion to all living beings.

Join us in our mission to spread Ahimsa and Karuna worldwide in each home and community. Join us through cooking and eating a vegan diet.



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"All of life is just like me. I want to live. So do all souls, all living beings. The instinct of self-preservation is universal. Every animal being clings to life and fears death. Each of us wants to be free from pain. So let me carry out all of my activities with great care not to be harmful to any living being." — Lord Mahavir.

Ahimsa

NONVIOLENCE TOWARD ALL LIVING BEINGS

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SHALEEN & SHILPI SHAH



Ingredients Avoided/ Allowed during Paryushan / Das Daslakshan Parva

During Paryushan/ Das Lakshan Parva, fresh Vegetables, fresh fruits and fresh herbs are avoided because they are one sensed being.

Ingredients to AVOID:

- All Dairy products such as ghee, butter, milk, cheese, curd, buttermilk, cream, paneer, milk powder, cream cheese, sour cream. For any ready to eat product, please check the ingredient list for casein and whey powder.
- All vegetables, fruits, fresh herbs:
 - o Including tomatoes, plantains, green chilies, lemon, etc.
 - o Fresh herbs like basil, mint, oregano, kaddi patta, coriander, etc.
 - o Fruits including avocados, bananas and any other seasonal or frozen fruits
 - o Jains do not consume sprouts as once sprouted, the grain has life.
- Any foods with yeast – avoid breads
- Any fermentation overnight like soaking pulses/ grains/ millets for idli/ dosa/ dhokla/ handwa, etc. as it possesses a higher concentration of microorganisms (for example, bacteria yeast etc). Instead, soak it early in the morning at 5 am.

Ingredients that can be USED:

- All grains, lentils and pulses
- Millets
- All flours – 15 days cycle
- Dry herbs like basil, mint, oregano, rosemary, curry leaves etc.
- Rava (cream of wheat) (15 days cycle, cracked wheat (fadaa), quinoa etc .
- Poha or flat white rice
- Desiccated coconut for curry or any sweets (mithais).
- All dry spices including cinnamon, tej patta, kokum, whole red chilies, chili flakes, soonth powder (dry ginger powder), dry mango powder (amchur) etc.
- Substitutes for Dairy: Non-Dairy options such as:
 - o PLANT BASED MILKS: soy, oat, coconut or nut-based milk like almond, cashew, etc. or seed based like sesame. If it is store purchased, make sure the milks don't contain potato/ tapioca starch.
 - o PLANT BASED YOGURT - soy, coconut, nut based like almond, cashew, peanut, rice or any other plant-based yogurt. If it is store purchased, make sure the yogurts don't contain potato/ tapioca starch. This yogurt can be used for kadhi, raita, buttermilk, handwa, dhokla or any recipe that calls for yogurt. Heat the dahi before mixing any pulses/ legumes.
 - o Nut based butters, vegan ghee and neutralized coconut oil.

- o Tofu as replacement for paneer
- soya chunks
- Oils
- Seeds like sesame, melon, pumpkin, etc. for dips/ sauces
- Nuts like split cashew (avoid whole), almond, etc. for homemade nut butters, cashew cheese etc.
- .
- Desiccated coconut as replacement for homemade ghee on rotis, as a nut butter in some recipes.

Disclaimer – Ideally nuts, seeds, rava, maida (all-purpose flour) , seeds like sesame, poppy seeds, etc, tofu, store bought yogurts or other items are not consumed by strict Jains during Chaumasa (the 4 months of monsoon season) and during Paryushan/Das Lakshan Parva.

Please use your discretion to make your transition to veganism comfortable.

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PARYUSHAN PARVA / DAS LAKSHAN DHARMA AND AHIMSA

For thousands of years people, the world over, have sought to experience Ahimsa as an inherent, living, active expression of God within. The term Ahimsa itself comes to us from Sanskrit language which means non-violence or non-killing. When seen in a more positive context it means dynamic harmlessness or dynamic compassion. This dynamic compassion is practiced during the festival of Paryushan/ Das Lakshan by Jains all over the world. The festival stands for the celebration of the living spirit within all of us by living with awareness, compassion and reverence in these days. It is one of the most important annual festivals of Jain religion. It is celebrated for 8 days for Shwetambars and 10 days for Digambaras (Das Lakshan Parva).

What is Paryushan Parva?

The word paryushan is made up of two words, namely pari + ushana. Pari means from all directions and ushana means to stay close to yourself. Retreating back from all the worldly activities and coming closer to yourself is the true significance of this festival. The cornerstone of the Indian Spiritual tradition is self-knowledge and paryushan provides us the time and space to find out "who am I." It is a spiritual journey which connects oneself to the soul. Every Jain tries to follow the basic principles of Jainism during this festival, which are: right faith, right knowledge and right conduct.

festival gives everyone a chance for reflection, introspection, renewal and self-analysis. It also reminds us that life's eventual and main aim is not the pursuit of materialism but to attain the state of Nirvana or Moksha.

During eight days of Paryushan the aspirant is required to follow the five important practices such as:

SADHARMIK VATSALYA: means to see to the well-being and welfare of the other fellow Jains.

AMARI PRAVARTAN: Practicing ahimsa or non-violence to its fullest capacity is one of the major aspects of this festival.

ATTHAMA TAP: Fasting for three days is also considered as one of the major practices.

CHAITYA PARIPATI: This involves daily visits to temples, pilgrimage to holy places, paying respect and devotion to the monks and nuns and involving in worship, prayers, and meditation.

KSHAMAPANA: The heart of this festival is forgiveness. It is one of the most significant part of celebrating this festival. Kshamapana means forgiveness. It involves asking for forgiveness from all the people whom we may have hurt in the past or present life. It also includes forgiving those who have hurt us and forgiving them for their shortcomings and weaknesses.

What is Das Lakshan Parva?

In the Digamber tradition Das Lakshan Dharma means the ten cardinal virtues of the soul which are celebrated during this Parva. This is the festival in which ten universal virtues are venerated and worshipped for self - purification and practice of Ahimsa.

The ten dharmas or the virtues of the soul are supreme forgiveness, supreme humility, supreme straightforwardness, supreme contentment, supreme truth, supreme sensual restraint, supreme austerities, supreme renunciation, supreme non-possessiveness, and supreme celibacy.

- 1) To observe forgiveness whole-heartedly. Accepting your mistakes and to say sorry to other person and to ask them to forgive us. Now this is the hardest thing to do.
- 2) To observe the virtue of humility by subduing vanity and passions.
- 3) To practice a deceit free conduct by vanquishing the passion of deception.
- 4) To keep the body mind and speech contended by discarding greed.
- 5) To speak affectionate and just words with a good intention causing no injury to any living being.



- 6) To restrain from harming life by abstaining from all the desires, passions and pleasures provided by the five senses and mind.
- 7) To practice austerities is putting a check on all worldly allurements.
- 8) To renounce worldly possessions to overcome desires.
- 9) To practice non-possessiveness by detaching from things and people.
- 10) To observe the great vow of celibacy in order to keep sensual pleasures away.



These 10 virtues uplift our consciousness. In the holy days of Das Lakshan Parva let us follow these 10 cardinal virtues of the soul and advance in our spiritual journey.

Paryushan/ Das Lakshan Parva is not just a time to rejoice and celebrate; instead, it is a 'parva' a festival in which all Jains try to discipline themselves. People try to live with the utmost simplicity and awareness so that no harm is caused to even the smallest micro-being.

The aspirant tries to see that whatever they use does not involve any violence in food, clothing, thoughts, words and deeds. Jains do not eat any vegetables on these days as they want to eschew from any harm caused to the vegetable kingdom by consuming them. In order to save lives of innumerable one sense beings they are asked to renounce the eating of vegetables.

The question arises that if we do not want to harm any life forms during these auspicious days, how come we are cool about consuming dairy products during these auspicious days?

Let us understand the impact of consuming dairy products on the cows and calves.

Cows produce milk for the same reason that humans do—to nourish their young.

Calves born on dairy farms are taken from their mothers when they are just one day old and fed milk replacer so that humans can have the milk instead.

In order to keep a steady supply of milk, the cows are repeatedly impregnated. Several times a day, dairy cows are hooked by their udders to electronic milking machines, which can cause the cows to suffer electrical shocks, painful lesions, and mastitis. Their udders become sore and heavy with the milking machines and touch the floors.

Some spend their entire lives standing on concrete floors; others are crammed into massive mud lots.

What has Jain Dharma to say about this:

In Jain dharma Jivadaya has gained a significant place. The principal value of Jivadaya seems to have been first enunciated in Jain Dharma. The Sanskrit word Jivadaya has a unique connotation in the literature of Jain dharma. Jiva means life and daya means compassion - compassion to all living lives. Jivadaya means to care and protect all living creatures of the universe making it a very distinctive ideal having noble and lofty aspirations. This is the reason that during Paryushan / Das Lakshan the great teachers have emphasized the practice of Amari Pravatan.

The idea behind Jivadaya is to have a sensitive heart that makes a deep empathic relationship with every form of living life starting from the micro-beings to macro-beings. It is directly associated with saving animals that are being sent to the slaughterhouses and thus taken care of throughout their lives.

When Jains give up eating vegetables during Paryushan how can they consume dairy products that involves killing of five sense beings? It is something that we need to ponder on.



MRS. PRAMODA CHITRABHANU
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CONTEMPORARY JAIN WAY OF COMPASSIONATE AND ETHICAL LIVING

1.0 Jain Ethics and Compassion

Main Principles of Lord Mahāvīr's Teaching:

- Ahimsa (Non-violence) is respect for the life of all living beings.
- Aparigraha (Non-possession / Non-possessiveness) stems from respect for other lives as well as the environment.
- Anekāntavāda (Non-one-sidedness/ Open Mindedness) is respect for the views of others because the expression of truth is relative and hence it has many sides.
- Lord Mahāvīr made the following profound statements of all times:

- "All lives are bound together by mutual support and interdependence". This is an ancient Jain scriptural aphorism of Tattvārtha sutra.
- "One who neglects or disregards the existence of earth, air, fire, water and vegetation, disregards one's own existence" (Āchārāṅga sutra).
- "We harm and kill other lives because of our greed and possessiveness" (Shrāvākāchār).

Since all lives are interconnected, one should realize that **"if we harm ONE, we harm ALL Living Beings"** and **"Greed, Possession and Possessiveness are the primary causes of all violence as well as imbalance in the environment"**.

These ancient statements form the basis of the modern science of ecology and are refreshingly contemporary in their promises.

Lord Mahāvīr's entire life was full of compassion. After attaining Kevaljñān, he traveled barefoot for 30 years to deliver the message of true compassion directly to the common people. He lived in perfect harmony with nature throughout his life and provided utmost respect for the environment.

He stated that earth, water, fire, air, and vegetation which constitute the five basic elements of our environment, possess life. They possess one sense which is the sense of touch.

Animals and human beings possess five senses and a mind. The five senses are: touch, taste, smell, sight, and hearing.

Human beings are also blessed with advanced developed thinking as compared to animals. They are the only living beings who can do the meditation (meaning observing the observer) and hence attain Keval Jñān and Liberation. Hence, they also have the responsibility for achieving oneness and harmony among all living beings, including the environment, through **Compassionate Living and Disciplined Conduct and Behavior**.

2.0 Survival of Human Life and Ethical Living

It is not possible to sustain human life with absolute non-violence and absolute non-possession. **To sustain a healthy human life, one needs to eat plant based food which is a life by itself according to Jainism.** Also, one may need minimum clothes and shelter. **Hence the destruction of some form of life and limited possession are essential for human survival.**

The goal of Jainism is to minimize the violence and negative impact of our existence to other living beings and the environment.

In his book **"Jain Darshan"** Muni Shri Nyayvijaji explains very clearly the following definition of minimum violence which is to be used only for our existence/survival. This guideline applies to laypeople (Shravak and Shravika) only. Monks and nuns must practice total non-violence (i.e. Ahimsa Mahavrat).

Definition of Minimum Violence

- Jain philosophy believes that violence is proportional to the state of development of soul's knowledge (Jñān Guna of a living being). Also, the soul's development of knowledge is proportional to number of senses it possesses. Hence for our survival, **if we hurt or kill even a single five sense living being it is considered higher violence compared to millions of one sense living beings** (ref: Jain Darshan of Muni Nyayvijaji).
- A human being possesses all five senses and a very developed mind and hence to hurt, to exploit (slavery, child labor etc.), or kill any human being for our survival results in the highest form of a violent act.
- Other animals also possess all five senses but a less developed mind and hence to hurt, to exploit, or kill any animal for our survival also results in violent act.

- Similarly killing, exploiting, or hurting a living being with four, three, and two senses results in a violent act.
- Since a human life can healthily survive by consuming and using only one sense living beings (fruits, vegetables, air, water, earth, fire etc.), Jainism prohibits the destruction and exploitation of higher sense living beings for the survival of laypeople.

Also, modern science has quantified that the killing or exploitation of higher (five, four, three etc.) sensed living beings has a much greater negative impact on the environment.

Hence, Jainism advocates strict vegetarianism and is against raising animals for food for ethical, spiritual, as well as environmental reasons.

To read/download Muni Shri Nyayvijaji's article in Hindi, Gujarati and its English translation, by downloading the file serial numbers 200027 (Hindi), 200028 (Gujarati), and 200029 (English).

3.0 Universal Law of Mothers of Human and Animal Beings

The following law of Mother Nature is true for all mothers of humans as well as mothers of all 5 sense animals under a natural healthy environment.

- No mother (cow and human) can produce milk unless she delivers a baby first.
- After the birth of a calf, the cow starts to produce milk only to feed her calf. She also produces just enough milk that is needed for her calf under a natural healthy environment (same as humans).
- The cow slowly stops producing milk after her calf reaches a weaning age (same as humans).
- Nature has not made any provision for mother cows to produce more milk than the needs of her calf under natural healthy environment.

In summary, we can safely state that:

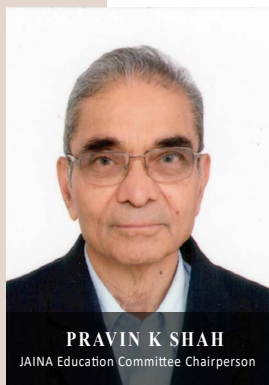
Any drop of milk that we drink, or we consume in dairy products is considered stolen from the mother cow that was meant for her baby calf under normal healthy environment.

Any other reasons that we hear, or we are told that we use excess milk of the mother cow from our religious scholars and leaders or from other sources are **Totally Incorrect Under Natural Healthy Environment**. They do not possess good knowledge of this subject. (Make sure they provide supporting data for their concluding statement).

From the Jain principle point of view, by consuming dairy products we commit the highest sin of violence which is "stealing mother's milk which is meant for a newly born animal calf".

In conclusion we can safely say that more than 98% of milk production worldwide inflicts pain and suffering on mother cows and we slaughter them after 5 years of their productive life. We also rob the baby calf mother's milk and consume only for our taste. Animal milk is not needed for healthy human survival.

Please reflect upon the "Laws of Mother Nature" and decide for yourself whether to consume or not to consume milk and other dairy products. Please provide your feedback to my email address jainaedu@gmail.com



PRAVIN K SHAH

JAINA Education Committee Chairperson

I sincerely apologize to the people whose feelings may have hurt because of this article. However, I have presented the reality of our action of milk consumption. If you have any academic level data or papers, please send me via email.

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One can read Muni Shri Nyayvijaji's article in Hindi, Gujarati and its English translation, by downloading the file serial numbers 200027 (Hindi), 200028 (Gujarati), and 200029 (English) from Jainelibrary.org website.

APPLYING JAIN DHARMA IN EVERYDAY LIFE

Jai Jinendra!

I am Professor Christopher Jain Miller, VP of Academic Affairs at Arihanta Academy.



In summer of 2019, I became vegan after many years of practicing vegetarianism. I decided to become vegan after studying Jain philosophy all summer in preparation for a university course I would be teaching in the coming fall semester. After reading all the stories of the Tirthankaras, studying ahimsa, and learning about the Jain tradition's commitment to compassion, I decided I could only teach Jain principles with integrity if I myself embodied them. This meant that I would have to give up dairy, because all dairy is connected with manifold forms of unnecessary violence to cows, humans, the planet, and our climate.

I have since sought to make the transformative insights of the Jain tradition accessible to as many students as possible. Arihanta Academy has played a major role in this mission. We are a fully online learning institution that seeks to democratize Jain Studies worldwide. We bring you courses from top subject experts from around the world who share their knowledge in Jain tradition and allied fields of inquiry, always emphasizing how we can apply Jain principles in everyday life.

No matter what we do, whether it has to do with eating, professional life, family life, or social justice, the Jain tradition has critical teachings that can be applied to make the world a better, more compassionate, and non-violent place for all of us to live. We therefore teach "Applied Jain Studies" where you learn how to apply the Jain way of life in all that you do. This begins with changing how you eat, but also how you consume, travel, work, and interact with others.

For example, the dig-vrata calls into question our need to carelessly travel as well as the modes of transportation we use to move ourselves in daily life. Is it really necessary to fly or use a car to get our work done knowing that these modes of transportation contribute immensely to climate change? Or can we use alternative modes of sustainable transport such as public transport or bicycles to get to work? Alternatively, can we replace business travel and office work with online means of communication to conduct our business?

With regards to our work and professional life, the Jain tradition has banned harmful industries for centuries. In contemporary society, we might consider whether the industry we work in is contributing to environmental pollution or human and animal exploitation. If it is, perhaps a career change is in order. Better yet, perhaps you can become an entrepreneur of a more compassionate and non-violent business that eliminates human, animal, and environmental exploitation.

There are indeed endless ways we can apply Jain principles to daily life. Given the many challenges humanity currently faces, there is no better time to learn how to do so than now. We invite you to join us in this important endeavor at Arihanta Academy, and to begin by going vegan today



CHRISTOPHER
JAIN MILLER, PHD

Is there anything that summarizes the path to ethical living as simply as the Ratnatraya (the three jewels) Samyak Darshan - right faith and perception, Samyak Gyana - right knowledge (and continuously expanding it), and Samyak Charitra - right conduct that is in line with the values including ahimsa (and hence, compassion and justice) effectively describe the concept of ethics. Now, where does veganism come in? The definition of veganism by the Vegan Society would be a good starting point.

"Veganism is a philosophy and way of living which seeks to exclude—as far as is possible and practicable—all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose; and by extension, promotes the development and use of animal-free alternatives for the benefit of animals, humans and the environment. In dietary terms it denotes the practice of dispensing with all products derived wholly or partly from animals."

Isn't this in complete agreement, and in fact, inherent to Jain principles? After all, the idea of non-violence encompasses all animals - human and other. This is the very reason we avoid causing harm to animals, like consuming them, their eggs and honey, wearing silk, animal leather, wool and fur, visiting zoos, aquariums, circuses, animal-riding, etc.

But why should we avoid consuming dairy? Let's look at the violence associated with dairy.

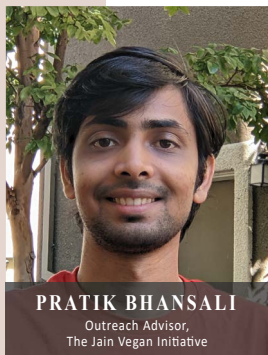
- Mammals - humans and others, produce milk because they are mothers, and not because they are meant to do so.
- Thus, it is necessary to impregnate the animals like cows, buffaloes, goats, camels, etc. The act of impregnating someone for our benefit, in itself, is treating these mothers as commodities and a violation of the bodies, meaning violence.
- Further, standard dairy practice often involves techniques like artificial insemination, which involves use of hands (up to shoulder length) and a tube to inject semen in their bodies. The bodies of males are also violated to collect their semen.
- The calves are separated from their mothers, in many cases - right after birth. This might be total separation or they might be tied away.
- They are denied or limited from drinking their mother's milk, which is rightfully theirs.
- Often times, the male calves are sent to slaughter or abandoned because they are 'resource-consuming by products'. This is why there are many more females than males in the dairy farms and India is among the top exporters of their flesh.
- The females become a 'resource' - a mere commodity, and are made pregnant every year and the cycle repeats.
- After their bodies cannot take it anymore and they cannot be pregnant, they are sent for slaughter, or are abandoned. This is why we also see so many animals on the streets. They all come from dairy - both industrialized and small farms.
- We might see 'gaushalas' who claim that they do not send the animals to slaughter and shelter the animals. However, their milk is still sold, which means that the animals are still pregnant, and the calves are prevented from drinking all the milk.
- The sight of these animals and their babies tied down separately, starving, abandoned and in many cases, even dead animals is not rare in gaushalas.
- The act of using their bodies to claim right over their milk is in itself, treating them as means to satisfy our ends. This happens even though there are many abandoned calves around the locality who should get milk, and not the humans.
- All this has been well documented and can be verified by visiting local dairies - including family owned and investigating the whereabouts and conditions of the males and old females.
- The abuse is not limited to this, and there are many other horrific and exploitative practices. The readers are encouraged to explore and reach out to us for further discussion. Let's ask ourselves, "Would we want to be in their place?"
- By consuming any dairy products, we are participating, and perhaps, also paying for this violence.



Let us take a pledge this Paryushan, to introspect and make our best efforts to avoid any harm to the animals and apply ahimsa in the modern context. Let's say no to dairy, no to silk, leather, honey, cosmetics tested on animals, like many of us already do. It is perfectly possible to live and thrive without dairy on a plant based diet.

Finally, should we be proud to be a vegan? If we really consider all beings to be the same and we do not feel proud about not harming a human child, or any other human, it is obvious that being a vegan - the mere act of not causing harm has nothing to do with pride. While it doesn't make us superior and veganism is not about superiority and purity, not causing harm is definitely a better choice - an ahimsa one. After all, we all share the earth, and are all earthlings.

We hope that this cookbook proves to be a companion along that journey.



--- EFFECTS OF CONSUMING ANIMAL PRODUCTS ON HEALTH ---

- Early studies showed benefits of veganism, beyond vegetarian diets, in all causes of mortality, cancer, and cardiovascular mortality.¹
- Vegans have decreased total cholesterol, LDL, glucose levels, and BMI, less incidence of and mortality from cardiovascular disease and 8% less cancer incidence. Vegans have 15% less cancer incidence than the general population.²
- Plant based diets have benefits for prevention of cardiovascular disease, stroke, hypertension and obesity.³
- Unhealthy components of dairy products include saturated fat, lactose, galactose, estrogen hormones, insulin-like growth factor, and other antibiotics.

Risk of Dying

- Those who consume animal products have higher risk of dying from all causes, while those consuming most plant protein have a lower risk of dying from all causes, as well as specifically from cardiovascular disease and dementia. In this and other studies, milk and milk products are animal products. Their effects on the body are like meat, not like other plant sources of food.⁴
- There is no benefit of dairy products on bone density and a lot of studies showing harms.⁵
- The effects of whole milk are especially detrimental.

Cancer

- Breast and ovarian cancers are associated with dairy product consumption in women
- Milk consumption, especially with high fat content, was associated with an increase in breast cancer (And soy product intake with a decrease in breast cancer risk) and dying from breast cancer.⁶
- Consuming lactose and dairy products was linked to risk of ovarian cancer
- There is also a strong body of evidence linking milk consumption to prostate cancer in men
- Men who were vegan had less prostate cancer compared to those who were non-vegetarian (including those who were lacto-ovo vegetarian) in a study of Seventh Day Adventists and in the European Prospective Investigation study
- In a prospective study it was found that high consumption of milk in adolescence led to a 3 fold risk of advanced prostate cancer later in life.
- A larger meta-analysis confirmed the association between dairy intake and prostate cancer, and moreover showed that no- dairy sources of calcium such as plant milks, kale and broccoli show protective effects
- Even after prostate cancer diagnosis, men who consumed the most (3 or more servings) dairy products had a higher risk of dying from all causes or from prostate cancer compared to those that consumed less than 1 dairy product/day.
- A study of male physicians confirmed that whole milk increased the risk of dying from prostate cancer.

Diabetes

- Plant based diets have been shown effective to prevent and treat Type 2 diabetes.



Dementia and Cognitive Impairment

- Risk of Alzheimer's dementia is associated with meat, eggs and high fat dairy products. Some consider it a disease affecting blood vessels of the brain with the same harmful effects in the brain as these products have on blood vessels of the heart.
- Men and women eating the most dairy had higher rates of Parkinson's disease.

Hypertension

- Vegans have lower blood pressure than vegetarians and meat eaters, with body mass index associated in one study but not another

Fractures

- Total calcium intake is important but dairy consumption is not associated with decreased risk of fractures

BMI

- Vegans had the lowest Body Mass Index compared to lacto-ovo, pesco, semi and non vegetarians.

Children

- For children and infants, allergies, constipation and lactose intolerance are all associated with dairy consumption



Reference



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EFFECTS OF ANIMAL AGRICULTURE ON THE ENVIRONMENT

Our planet is going through a huge climate crisis. It is no longer a concern, but an ongoing existential crisis that is much larger, and much immediate than what many of us think. The wellness of all beings is under a severe attack. There is overwhelming evidence and consensus among climate scientists that animal agriculture is a leading cause of greenhouse gas emissions, deforestation, species extinction and loss of biodiversity, water body pollution, etc. Animal agriculture is very resource intensive in terms of land and water use. Following are only some of the disastrous effects of animal farming, including dairy on the environment and resources.

Dairy and meat is the leading cause of global deforestation. This is because land needs to be cleared for grazing, growing feed for the animals and management of waste.

It takes about 1000 liters of water per liter of milk production. This is because there is so much water required to grow crops to feed the animals, for flushing of manure and for the consumption of the animals.

In 2017, 909 tonnes of milk was produced in the world (20% was this comes from India)[1].

About 278 million cows are being used in the dairy industry worldwide.

India is the largest producer of dairy, with the combined number of cows and buffaloes being close to 300 million in 2019[2].

This takes away an enormous amount of land, water and food, which affects all of us in addition to the animals. The harm caused to the marginalized communities is disproportionate. This makes it even more important for people with access to the information to take a step in the right direction and prohibit the consumption of dairy.

The waste generated from the dairy and meat industry also results in water body pollution, risking marine life and also further worsening the already acute water shortage. This waste is disproportionately released in or passes through the localities of marginalized people. This makes these industries a big contributor to environmental discrimination.

Keeping animals as livestock is responsible for 65% of all human-related emissions of nitrous oxide – a greenhouse gas with 296 times the global warming potential of carbon dioxide, and which stays in the atmosphere for 150 years.[3]

We are in the 6th major extinction, a grave situation in our planetary history. [4]

Thousands of humans die every year due to hotter conditions and extreme heat events. Between 2030 and 2050, climate change is expected to cause approximately 250,000 additional deaths per year, from malnutrition, malaria, diarrhea and heat stress. [5]

Most of the extra CO₂ and heat has been absorbed by the oceans, creating stress and dangerous living conditions for marine life [6] With sea levels rising due to melting glaciers and hotter ocean temperatures, low lying areas are flooding. Warmer ocean temperatures are also adding extra energy to hurricanes making them ever more destructive[7].

Forests are getting drier and wildfires are becoming increasingly more prevalent and destructive [8]. These climatic changes cause people and animals to be displaced. Mass displacement and migration could challenge societies worldwide.

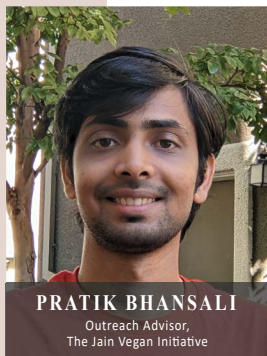
Climate change affects social and environmental determinants of health – clean air, safe drinking water, sufficient food and secure shelter. Air pollution, increased allergic and asthma symptoms, decreasing food security and mental distress are health consequences caused or exacerbated by climate change.[9]

In addition, changes in the climate have already changed the geographic distribution of pathogen carrying mosquitoes and increased the risk of diseases such as malaria, West Nile, dengue and Zika viruses [10].

The principal tenet of conduct followed by Jains is that of Ahimsa or non-violence to any living being. As a result, practicing Jains are vegetarians and have a long history of building sanctuaries for injured animals. Jain teachings prohibit Jains from engaging in professions that harm plants, animals and the earth. Another key tenet followed by Jains is Aparigraha (non-possessiveness), to limit one's consumption and material possessions, which form the basis of modern day minimalism. Ahimsa and Aparigraha as taught and traditionally practiced have great relevance to the climate crisis.



Parasparō Pagraho Jivanam [11] means all life is bound together by mutual support and interdependence. It is not only the human perspective that we must consider, but those of all living beings. Therefore, it is important to live in harmony, and not attempt to dominate nature or other living beings. We need to act now, so we can avert catastrophe and take better care of our world. The readers are further encouraged to read and endorse the 'Jain Declaration on The Climate Crisis (2019)' [12] [13] and consider performing a Climate Focused Pratikraman.[14]



Reference



PLANT BASED MILK

PREP : 4-5 hrs | COOK : nil | TOTAL : 4-5 hrs | CONTAINS : Nuts, peanuts | CUISINE : Dairy Alternative

Plant - based milks are easy to make at home

INGREDIENTS

- 1 cup-soaked nuts /seeds
- 4 cups water

INSTRUCTIONS

- Wash and soak nuts/ seeds (Cashew/almond/peanut/pumpkin seeds / watermelon seeds or any other) for 5-6 hours.
- Wash nuts/seeds thoroughly
- Blend the nuts /seeds with $\frac{1}{2}$ - 1 cup of water to make a smooth paste.
- Add the remaining water and blend once more
- Strain if needed with a cheesecloth, muslin or a nut bag (mostly peanut).

NOTE

PERSONAL NOTE:

This milk can be used to make milkshakes, tea and coffee.



RECIPE BY
MINAL AGRAWAL
CHENNAI, TAMIL NADU - INDIA

Minal's Cooking Class



PREP : 10 Min | COOK : 0 Min | SOAK TIME : 6 - 8 Hrs | TOTAL : 6 - 8 Hrs | CUISINE : Dairy Alternative

While switching to a plant-based diet, the first alternative we look for is dairy/cow's milk. Majority of us are used to drinking milk daily either on its own, as a milk shake, in tea/coffee, in desserts or in various other dishes. It is an overwhelming thought when "life without milk" needs to be considered. But today, we know that we are loaded with options when it comes to plant-based milks. Let's try home-made almond milk.

INGREDIENTS

- 1 cup Almonds raw, unsalted, soaked for 6-8 hours
- 3 cups water and extra for soaking

INSTRUCTIONS

- Once almonds have been soaked for 6-8 hours, discard the soaking water as this has anti-nutrients. You can use this to water your plants.
- Blend the almonds (or any other nut/seed) with 1/2 cup of fresh water to form a very smooth paste.
- Now add the remaining 2 1/2 cups of fresh water and blend for just a few seconds.
- Pass this through a nut milk bag/cheesecloth/muslin cloth.
- Milk is ready.



NOTE

TIPS :

Soaking time for almonds will depend on the weather. In hot weather, 6 hours are enough but in winters you may need to soak them for 8-12 hours. This recipe can be used to make milk from any nuts or seeds but soaking time will vary.

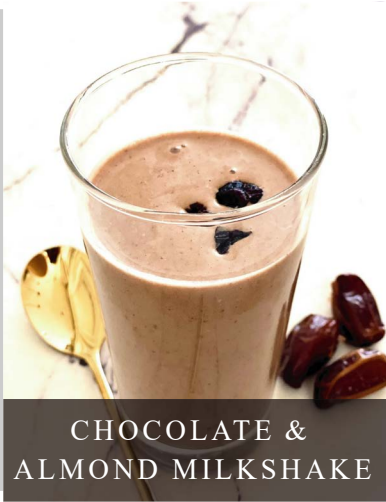
PERSONAL NOTE :

I turned vegan over 4 years ago, and this was a go to recipe to replace milk in my breakfast. With time, I have learnt to live without milk and now I use this occasionally!



RECIPE BY
PRIYANKA N JAIN
NEW DELHI-INDIA

Nutrition & Lifestyle Coach
@Priyanka.n.jain



No Bananas! Naturally sweet and chocolatey milkshake made without any added sugar.

PREP : 5 min

TOTAL : 5 min

CONTAIN : Soy

CUISINE : Dairy Alternative

CHOCOLATE & ALMOND MILKSHAKE

INGREDIENTS

- 3 cups unsweetened soy milk
- ½ cups silken tofu
- 10 soft pitted Medjool Dates or 18 Deglet Noor
- 4 tbsp almond butter
- 3 tbsp cacao powder
- ½ tsp ground cinnamon
- ½ tsp pure vanilla extract (optional)
- ½ tsp salt (optional)

OPTIONAL TOPPINGS

- Dried cranberries
- Roasted pumpkin seeds

INSTRUCTIONS

- Add milk, almond butter, cocoa powder, vanilla, cinnamon, and salt to a blender. Blend until smooth.
- Add the dates and blend until smooth. To add some texture, blend in pulse mode so that some small chunks still remain. This will be a chunky and thick shake, however feel free to adjust the thickness by adding more milk/water and sweetness by adding a few extra dates if required.
- Garnish with some roasted pumpkin seeds and dried cranberries. These toppings are optional but recommended for additional chewiness & crunch.
- Serve immediately, Enjoy!

NOTE

PERSONAL NOTE :

Typically, not everyone adds Nut Butter in the smoothie/shakes, however this is an excellent way to boost your protein intake. This shake is my kids favorite, they could have it at any time of the day :)



RECIPE BY
MEGHA SHAH
DALLAS-TX USA

Board Member of Jain Vegan Initiative.
Founder of True V
@trueveats



This shake is a delicious meal by itself which is extremely thick, creamy and super yummy.

PREP : 5 Min

COOK : 5 Min

TOTAL : 10 Min

CUISINE : Dairy Alternative

INGREDIENTS

- 150 ml oat milk or any plant milk
- 1 tbsp pista butter or any nut butter
- 12- 15 pistachio, crushed
- 1 tbsp oats
- 3-4 strands of saffron
- 1 tsp cardamom powder
- 2 tbsp jaggery syrup

INSTRUCTIONS

- Weigh out all the ingredients and collect them in your blender jar except for crushed pistachio.
- Blend it all in your blender until smooth, transfer to your mason jar.
- Top it up with crushed pistachio before serving. Enjoy!

NOTE

TIPS :

You can add chia seeds or any other seeds to make it more nutritious.

PERSONAL NOTE :

This is a very special recipe for me as it is something I tried when I first became vegan and my family members who are not vegan, enjoyed it too. It is a simple and easy shake that I blend and carry even to work sometimes.



RECIPE BY
NEHA RANGLANI
MUMBAI MAHARASHTRA - INDIA

@neharanglani_



VEGAN HORCHATA

Horchata is an easy to make, authentic Mexican drink. It's a perfect compliment to all your favorite Mexican meals and one of the refreshing drinks for hot summer days.

PREP : 15 Min

SOAK : 6 Hrs

TOTAL : 6 Hrs 15 Min

CUISINE : Dairy Alternative

INGREDIENTS

- 1/2 cup uncooked white rice
- 1/2 cup almonds, chopped
- 1/4 -1/2 cup sweetener of choice (sugar, agave, dates, etc), or as needed
- 1/2 cup any unsweetened plant milk, optional (soy, coconut, cashew, almond, rice, oat, etc)
- 1 whole Ceylon/Canela cinnamon stick (OR 2 whole of other varieties)
- 1/4 tsp ground cinnamon
- 1 tsp pure vanilla extract
- 1 1/2 cups water, boiling
- 1 1/2 cups cold water
- 1 pinch of salt

INSTRUCTIONS

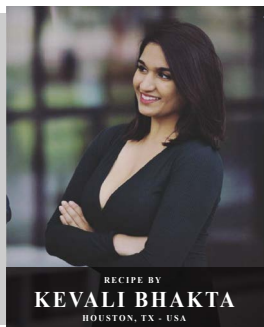
- Soak uncooked white rice, almonds, salt, and cinnamon stick(s) in just-boiled water for at least 6 hours, slightly uncovered.
- Drain the mixture and add the soaked mixture to a blender along with your sweetener, cold water, and vanilla.
- Blend until mixture is almost pulverized and only slightly grainy, if at all.
- Strain the contents of a blender through a cheesecloth or nut milk bag into a large serving bowl.
- Only the pulp should remain in the cloth. Set pulp aside.
- Stir in optional plant milk and ground cinnamon into the strained liquid. Add sweetener and cinnamon as necessary.

NOTE

When using pre-made commercial brands of plant milk, take note of the sweetness already included so that you can adjust additional sweetener in the recipe to taste.

EASY QUICK HORCHATA FIX FOR ONE:

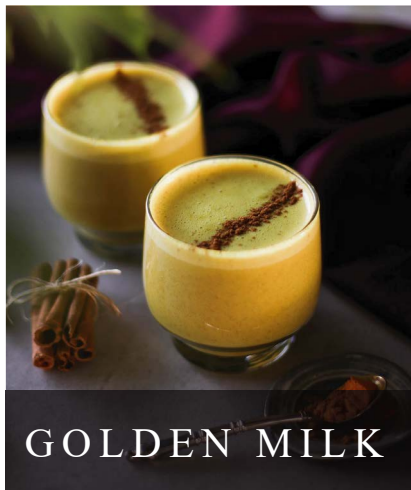
- Replace rice, almonds, whole cinnamon, all water, and optional plant milk with 1/2 cup of chilled almond milk & 1/2 cup of chilled rice milk.
- Add together along with vanilla, ground cinnamon, salt, and 1 tablespoon sugar.
- Use a blender if using whole, not ground, forms of sweetener (ex. dates).



RECIPE BY
KEVALI BHAKTA
HOUSTON, TX - USA

Proud Contributor

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Antioxidant powerhouse turmeric gives this latte its beautiful, vibrant color. Turmeric gives a subtle, earthy flavor to this drink, which is perfect when paired with sweet, creamy coconut milk.

PREP : 3 Min

COOK : 7 Min

TOTAL : 10 Min

CONTAINS : Soy (swap with any plant-based milk)

INGREDIENTS

- 1 ½ cups +1 tbsp unsweetened soy milk (Replace with any unsweetened plant-based milk of your choice)
- 1 ½ tsp ground turmeric
- 1 ½ tsp ground cinnamon
- 1 ½ tsp pure vanilla extract
- 3 soft pitted Medjool dates
- A pinch of black pepper
- 1 tbsp +1tsp maple syrup
- 2 ½ tbsp + ½ tsp brewed espresso (optional)

(swap for strong pour-over coffee)



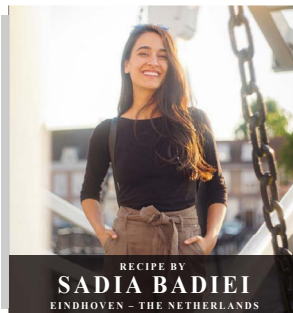
INSTRUCTIONS

- Add all ingredients to a high-speed blender and blend* on high until smooth.
- Pour this mixture straight into a saucepan. If your blender isn't very powerful, or if you don't like small fibers to remain in your drink, strain the mixture first when pouring it into the saucepan.
- Bring to a gentle simmer on medium-high heat, stirring throughout to prevent burning. Taste test and add maple syrup if you'd prefer the drink sweeter. To turn it into a turmeric latte, add in some brewed espresso if desired.
- When warmed through, pour into mugs, sprinkle on a bit of cinnamon, and enjoy!

NOTE

TIPS:

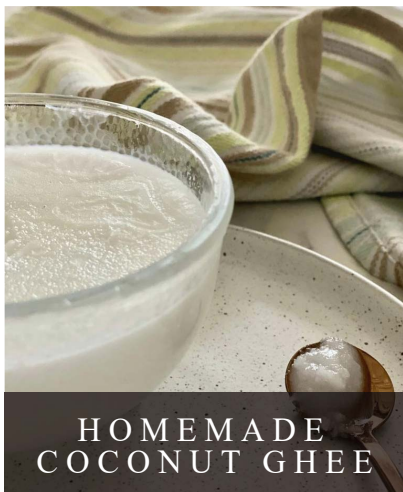
- Aim to use plant-based milk that is fortified with Calcium.
- * If you don't have a blender, simply substitute 2 dates for 1 Tbsp (15 mL) maple syrup.



RECIPE BY
SADIA BADIEI
EINDHOVEN - THE NETHERLANDS

PLANT-BASED NUTRITIONIST,
FOUNDER OF PICK UP LIMES

@pickuplimes



HOMEMADE COCONUT GHEE

Do not add any water while making vegan ghee.

PREP : 5-8 Min

COOK : N/A

TOTAL : 5-8 Min

CUISINE : Dairy Alternative

INGREDIENTS

- 1 cup shredded/powdered desiccated coconut

INSTRUCTIONS

- Place the desiccated coconut in the grinder. Do not fill it till the top. Grind until it turns to butter. Take occasional breaks to let the mixer cool. Scrap down the sides so that coconut blends evenly making it into a smooth butter.
- This should take about 5-7 minutes.
- Once it is like butter consistency, empty in a glass jar and store at room temperature.
- Do not refrigerate.
- Use on roti, khichdi or in any comfort food that needs ghee

NOTE

Coconut has a strong odour and this may not work well with all sweets.

PERSNAL NOTE:

One thing that we Indians miss when we go vegan is ghee. This quick and easy recipe substitutes ghee well for rotis or khichdi.



RECIPE BY
RUCHIKA CHITRABHANU
MUMBAI, MAHARASHTRA - INDIA

Board Member at Jain Vegan Initiative
Founder of the Earthen One
@theearthenone



PLANT BASED BUTTER

Plant - based butters are easy to make at home

PREP : 15 Min

COOK : Nil

TOTAL : 6 hrs

CONTAINS : Nuts

CUISINE : Dairy Alternative

INGREDIENTS

FOR VEGAN BUTTER (250 GMS)

- 1/2 cup refined coconut oil (to avoid the strong smell of coconut)
- 1/2 cup sunflower or safflower oil
- 2 Tbsp of extra virgin olive oil
- 1 tsp Apple cider vinegar
- 1/2 cup of unsweetened soy/almond (strained)/ cashew milk
- 1 tsp salt

METHOD

- Bring the coconut oil at room temperature
- Mix the salt in the milk thoroughly
- Mix the apple cider vinegar in the milk and let it curdle for ten minutes
- Pour the milk mix in the blender
- Mix all 3 oils in a separate bowl
- Add 50% of mixed oil in the blender
- Blend on high speed for 2 minutes until it's smooth
- Add the remaining mixed oil and blend for 2 more minutes to form the homogeneous consistency of semi - liquid.
- Pour it in mould or in a glass jar and keep it in the freezer to solidify for 5-6 hours.
- Remove it and unmould it and keep it in the fridge.

NOTE

TIPS :

Shelf life for this butter is 3 weeks in the fridge.



RECIPE BY
MINAL AGRAWAL
CHENNAI, TAMIL NADU, INDIA

Minal's Cooking Class

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CHICKPEA CURD

Out of various vegan curds, this is the easiest to make and perfect for making kadhi (curry)

PREP : 16 hr 10 min

COOK : 40 min

TOTAL : 16 hr 50 min

CUISINE : Dairy Alternative

INGREDIENTS

- 1 cup dry chickpeas (use dry chickpeas, not canned. Should be raw, not cooked.)
- 4 cups of water for soaking
- 3 cups of water for making milk

CURD STARTER:

- 2 tbsp of soaking water from chickpea.

TIPS :

The pulp that is left behind can be added to chapathi flour, soups, dals, or other recipes. The yogurt has a strong chickpea taste, works very well in baking and savory recipes like kadhi, other Indian curry or raita

OR
WATCH
VIDEO

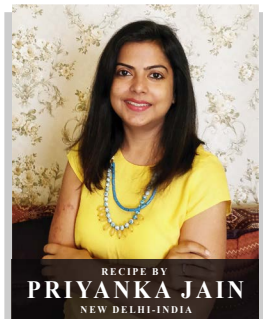
INSTRUCTIONS

- Soak the chickpeas in 4 cups of water for 8 hours. This can be done early morning.
- CURD STARTER: After 8 hours, water should have bubbles. Save 2 tbsp of this water to be used as the curd starter.
- Strain the remaining water (this can be used to water your plants.)
- Now blend the chickpeas in the blender with 1 cup of fresh water to form a smooth paste. Don't blend it too much, else it will be difficult to extract the milk. It should be a little coarse.
- Now add the remaining 2 cups water and blend for few more seconds.
- Place a cotton cloth or a nut milk bag on a container. Add half the quantity of the chickpeas paste to the cloth/bag and squeeze to extract the milk.
- Repeat this with the other half of the chickpeas paste.
- Stir the milk and pour into a pan and place it on the stove. Stir it again to make sure it doesn't settle at the bottom, before switching on the stove.
- Turn the stove on and heat the milk on medium heat. Keep stirring the milk until it begins to boil and the consistency is thick like custard.
- You may notice foam building upon the surface during this process. Remove it as and when required.
- Once you have the right consistency, switch off the stove and let it cool down.
- Keep stirring to make sure it cools down evenly. Else it will cool from the top and still be hot underneath.
- Wait till the milk comes to a lukewarm temperature. You can check the temperature by adding a few drops of it on your finger. Ideal temperature to add the starter culture for fermentation is around 38°C to 44°C (100°F to 110°F)
- Transfer the milk to a non-metallic container.
- Add 2 tablespoons of the soaking water that you saved at the start of this recipe. This will act as a starter.
- Stir the starter thoroughly. You can also use your clean finger to stir to give additional bacteria from your skin. Cover the container with a loose lid and let it sit.
- The process can take anywhere between 6 to 12 hours depending on the weather. If the weather is very cold, you can cover the container with a blanket to keep it warm.

NOTE

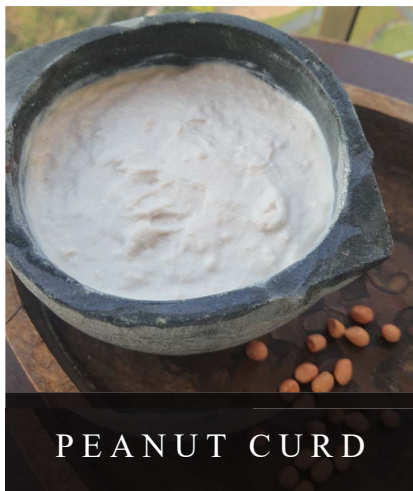
PERSONAL NOTE :

I was determined to come up with a plant-based curd recipe that is easy to make and sets thick. After numerous experiments, I came up with this recipe.



RECIPE BY
PRIYANKA JAIN
NEW DELHI-INDIA

Nutrition & Lifestyle Coach
@Priyanka.n.jain



PEANUT CURD

Extremely easy and a sure shot to make well set curd.

PREP : 6 Hrs

COOK : 10 Min

TOTAL : 16 Hrs 10 Min

CONTAINS : Peanut

CUISINE : Dairy Alternative

INGREDIENTS

- 1 cup raw peanut
- 1/2 cup brown rice flour
- 800ml water
- 1 tbsp curd starter

INSTRUCTIONS

- Soak the raw peanuts with its peel for 4-6 hours.
- Discard the water, rinse the peanuts and grind them into a very smooth paste using some water.
- Add 500 ml water to this peanut paste. Blend it to smooth liquid consistency.
- In a separate vessel, mix the rice flour with a small quantity of water to make it into a paste. Make sure there are no lumps.
- Add the remaining water to the rice paste to make it into rice milk.
- Boil the peanut milk. When it boils, simmer the gas and add the rice milk slowly, stirring continuously so that the milk thickens.
- Cool this mixture to room temperature and add the curd starter. Mix well and keep aside for 8-10 hours till it sets.



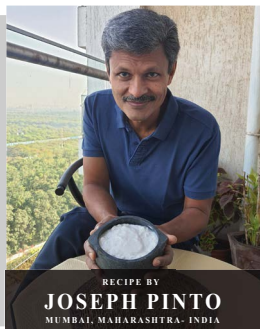
NOTE

TIPS:

This recipe works best with a curd starter.

PERSONAL NOTE:

This curd can be used for butter milk, curd rice and raita



RECIPE BY
JOSEPH PINTO
MUMBAI, MAHARASHTRA- INDIA

SHARAN Associate

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CURD WITH PEANUTS & MILLET

PREP : 14 hrs 10 Min | COOK : 20 min | TOTAL : 14 hrs 30 min | CONTAINS : Peanuts | CUISINE : Dairy Alternative

If I am looking for a quick yogurt, I usually make peanut curd. It needs less soaking time and is easy to make.

INGREDIENTS

- 1 cup Peanuts
- 1/4 cup barnyard millet (Varai or samwa)
- Water for soaking
- 3 cups water for peanut milk
- 3/4 cup water for millet milk
- 1 tbsp soaking water of millet to use as curd starter



INSTRUCTIONS

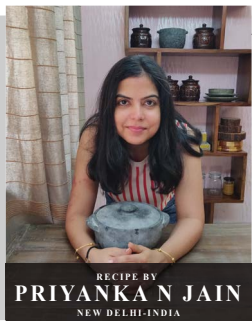
- Soak the peanuts and millets for 6 hours. I soak at 3 pm, make curd around 9 pm and it's ready for next day.
- Soak the millet in exactly 1 cup water, this is important as we will use 1 tbsp of this water as the curd starter
- After 6 hours, from the soaking water of millet, save 1 tbsp of water as we will use this as the curd starter. This water has live culture.
- Discard rest of the soaking water of millet and peanuts.
- Add peanuts in the blender with 1 cup fresh water to make a smooth paste and then add 2 more cups of fresh water to make it thinner.
- Pass this through a nut milk bag to extract peanut milk.
- Take the millet in spice jar of the blender with very little water to make a smooth cream.
- then add a bit more water to make milk. In total, you need to use 3/4 cup water with this millet.
- Heat the peanut milk at medium flame while stirring till it starts to bubble. Reduce to low flame and slowly add the millet milk while stirring continuously. Once the milk will become very thick, switch off the flame.
- Keep stirring till it cools down to lukewarm temperature otherwise it will start setting already
- Once it comes down to lukewarm temperature that is comfortable to touch, transfer this to your curd pot or any non-metallic container and add the curd starter - 1 tbsp soaking water of millet.
- Mix it well. I like to use my hands to do this to add additional bacteria from my skin.
- Cover this with cloth or clay lid and let it rest for 7-9 hours. Curd will be ready in the morning.

NOTE

Any kind of rice can be used like white, brown, black, red etc or any millet rice like barnyard, kodo, brown top, proso etc.

PERSONAL NOTE :

Usually I set the peanut curd using green chili crowns as the starter. But we cannot use green chili during paryushan. I decided to make peanut + millet curd. When we soak millets or rice in water, microbial activity takes place which makes this soaking water ideal for being used as a curd starter.



RECIPE BY
PRIYANKA N JAIN
NEW DELHI-INDIA



CASHEW CHEESE

An easy vegan cheese recipe which is simply delicious. This is the basic cheese recipe. This recipe can be modified as per requirement of the dish by adding various spices.

PREP : 6 hrs

COOK : Not required

TOTAL : 12 hrs

CUISINE : Dairy Alternative

INGREDIENTS

- 2 cup cashews (soaked for 6 Hours & drained)
- 1 cup fresh water
- ½ - 1 tsp sea salt (as per taste)
- 1 tbsp amchur powder (dry mango powder)

INSTRUCTIONS

- Wash , rinse and soak the cashews for 6 hours. After 6 hours remove the water and wash again.
- In a blender, combine the water (start with 3/4 cup , but add more if needed).
- Blend until very smooth.
- Place in a jar or bowl, covered in a clean towel and let sit in a warm place for 6 hours. This will allow fermentation of cheese and it will give good, sour taste. This is basic cashew cheese. (It can be had fresh to avoid fermentation)
- Transfer the cashew cheese to a mixing bowl and stir in the remaining ingredients. This cheese recipe is irresistible.

NOTE

TIPS :

You can add more ingredients to make the cheese interesting like black pepper (1/4 tsp) or red chilli powder.

PERSONAL NOTE :

This cheese recipe is irresistible. It tastes even better than the dairy cheese. We can use it in all kinds of dishes that call for cheese like pasta and dips.



RECIPE BY
RUPA SHAH
MUMBAI-MAHARASHTRA, INDIA

Co-Founder of Circle of Health
Author of What About My Calcium?



| TOTAL : 5 min |

Simple yet creamy cashew sauce you could make in minutes. It is incredibly versatile and can be paired with pretty much anything!

INGREDIENTS

- 1 1/2 cup raw Cashews
- 1/2 TSP Each: Ground Asafetida, Turmeric, Paprika, Salt
- 1/2 TSP dry Mango powder
- 1/4 TSP Sugar or Maple Syrup
- 3/4 cup Water

INSTRUCTIONS

- Rinse cashews under hot water and drain.
- Put all of the ingredients in a blender and blend until it turns into a smooth paste with no graininess.
- Use it as dipping sauce, pasta sauce, taco sauce, spread, or as a curry base.

NOTE

PERSONAL NOTE:

Hardly a recipe but nonetheless delicious! This is my favorite dip/sauce especially during the Paryushan period.



RECIPE BY
MEGHA SHAH
DALLAS-TX, USA

Board Member of Jain Vegan Initiative.
Founder of True V
@trueveats



CREAMY NUT-FREE MASALA CHAI/TEA

After trying almost every alternative out there, this is one of the best versions of tea/ chai you could try especially when you are still in the transition phase. This is a perfect beverage to wake up to with no need for dairy.

PREP : N/A

COOK : 5 Min

TOTAL : 5 Min

CUISINE : Dairy Alternative

INGREDIENTS

- 1/2 cup water
- 1 tsp tea powder, or as desired
- 1 pinch tea masala
- 1 tsp sugar, or as desired
- 1/2 cup oat milk (Chobani Extra Creamy, Planet Oat Extra Creamy, etc)
- 1 drop rose essence (optional)

INSTRUCTIONS

- Heat water, tea powder, and tea masala in a small pot. Bring it to a boil.
- Add sugar and oat milk. Make sure oat milk is at room temperature and preheated.
- Bring to boil, remove the pot from the heat. Make sure not to over boil because plant-based milk tends to get separated when over boiled.
- Strain mixture into a cup
- Add rose essence (optional)
- Serve hot! Enjoy!



RECIPE BY
URVASHI JAIN
HOUSTON, TX - USA

Proud Contributor



VJ INDIAN MASALA CHAI

Kickstart your morning with VJ Indian masala chai which will give you similar or better experience as your traditional Indian masala chai.

Even more importantly, this tea is better for you, animals and for the planet.

PREP : 5 Min

COOK : 15 Min

SET TIME : 20 Min

CUISINE: Dairy Alternative

SERVING FOR 1 CUP

- Barista oat milk 0.6 cup full (i.e. about 60% of cup capacity)
- **Special Note 1:** Soya, almond or any other will also work as long as it's the barista variant which gives the needed thickness and texture for Indian tea
- **Special Note 2:** Typically, plant-based or vegan milk tends to get a little watery at the top in any packaging which gives sub-par tea experience. Therefore, shake the package a little bit before taking out milk. When you open a new package, make sure to take out about one cup or so on the side so that milk can mix properly
- Water: 0.6 cup full (or more) (i.e. about 60% of cup capacity)
- Assam Tea: 1 tsp (+/-)
- Sugar: between none and 1 tsp
- Clove: 1
- Cinnamon: Small piece (according to taste)

INSTRUCTIONS

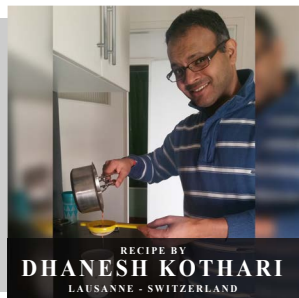
- In a thick steel pot, boil the water at heating level 7 or 8 out of 10 (10 being the highest heating level of your cooking equipment)
- Add Assam tea, sugar, clove and cinnamon
- As soon as the water starts bubbling (usually in about 30 seconds to 1 minute), lower the temperature down at heating level 3 or 4 out of 10 (10 being the highest heating level of your cooking equipment)
- Pour oat barista milk into the pot of boiling tea water
- Let the entire mix brew for about 5-7 minutes, until it turns light brownish color and will show boiling tea bubbles, 5 minutes for lighter taste and 7 is for slightly stronger taste
- Pour your tea with a tea filter in the cup.
- Enjoy the aroma to refresh your senses

That's it. Enjoy your VJ Indian Masala Chai.

NOTE

PERSONAL NOTE:

One of the reasons for me to wake up at 5 am is to make VJ Indian Masala Chai for my wife.



RECIPE BY
DHANESH KOTHARI
LAUSANNE - SWITZERLAND



HOMEMADE SEITAN

INGREDIENTS

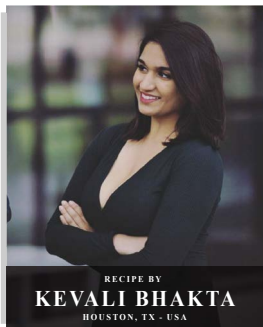
- 4 cups flour, strong flour preferred* (see notes)
- 1 – 2 cups water
- Foil
- Optional seasoning: 1 tsp each
- Fennel seeds
- Dry herbs (oregano, thyme, rosemary, etc)
- Tamarind
- Chili flakes
- Any savory seasoning! Even pre-made masala boxes can be added (Shan, MDH, etc)
- Cumin
- Sea salt

INSTRUCTIONS

- Slowly mix water little by little into the flour. Dough should be saturated with water, but still remain a stiff, kneadable dough. You may end up using less or more than the water required in the written recipe.
- Knead for 10 minutes. The more you need, the more gluten forms. You will end up with a smooth dough that still holds its shape. The dough should spring back when poked. An electric dough mixer can be used.
- Submerge the ball of dough into a bowl of cool water. The entire dough ball must be covered. Let rest for 2 hours.
- Pour out the water from the bowl and try to keep the dough ball undisturbed. Again, submerge the dough ball in cool water in the same bowl.
- Massage and knead the dough ball underwater. The water should turn a bit murky and milky. This is called “washing the flour”. You are essentially separating the starch (the milky water) from the protein (what is left in your hand).
- Once the water becomes heavily saturated with the starch, pour the water into a 2nd bowl. Do not discard this water!
- Repeat washing the flour. Again add cool water and submerge the dough ball. Knead until water is milky again. Add milky water to the 2nd bowl. Keep repeating until the dough ball is very stretchy and glutinous and until you barely see any milky water.
- Set starchy water aside or in the fridge for at least 3 hours until starch and water are separated. This can be used for another recipe.
- There are several methods of cooking gluten, the easiest being steaming. Feel free to use any methods such as boiling, baking, etc. Prepare the steaming pot. Add water to boil as well as a steam basket. While water is boiling, stretch and roll the gluten ball into a log that is 1-2 inches wide. Cover the log with foil.
- When water is boiling, add the foiled gluten log to the steamer basket and steam on high for 15 minutes. Open the steamer and flip the log. Steam for an additional 15 minutes.
- Remove from the steamer basket. Allow to come to room temperature.
- Use immediately. You can pan-fry, add to sauces, soups, stews, wraps, etc.

NOTE

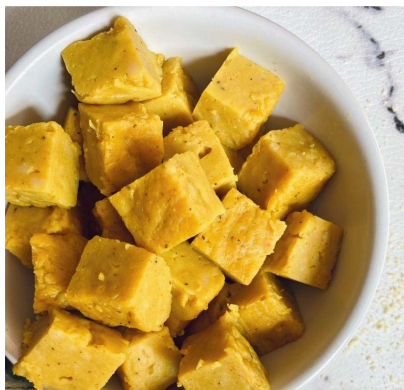
Use flour with a protein content of at least 10%. Whole wheat flour, all-purpose flour, etc can be used. Note that seitan yield will be dependent on the gluten protein content of your chosen flour.



RECIPE BY
KEVALI BHAKTA
HOUSTON, TX - USA

Proud Contributor

[Go to Index](#)



BURMESE CHICKPEA TOFU (GRAM FLOUR TOFU)

A typical Burmese Tofu is made using water, gram flour (ground yellow split peas & chickpeas), salt, and turmeric. Though this recipe has a few extra spices, the outcome is a versatile soy free/dairy free alternative that can be used in many dishes. It is quite simple to make, doesn't require any fancy equipment and also budget friendly!

PREP :	2 Min
COOK :	8-10 Min
SET TIME :	15 Min
TOTAL :	25-30 Min
CUISINE :	Burmese

INGREDIENTS

- 1 cup water
- 1/2 cup (packed) Black chickpea flour/Besan flour
- 1 tbsp oil
- 1/2 tsp each ground spices:
Turmeric, Paprika, Black Pepper, Cumin

INSTRUCTIONS

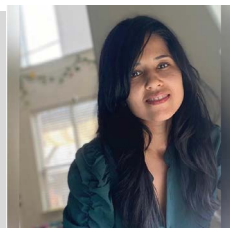
- Mix the flour, water, oil, and spices together in a bowl. Make sure to add water little by little to create a smooth paste.
- Take a medium size saucepan and heat the flour mixture on a medium flame. Whisk it over medium heat until the mixture becomes thick and glossy. This should take about 5-8 minutes.
- Use a lightly greased glass container or line it with parchment paper.
- Spread the tofu mixture with the use of a spatula. Gently, spread and smooth out the top layer. Be sure to do this step while the mixture is still hot.
- Cool the mixture and allow it to set. At room temperature, it could take 30 minutes to set.
- Cut into desired size & shape. The firmness level on this Tofu is soft to regular.

NOTE

Unlike traditional Tofu, this Tofu is already seasoned with spices. It tastes flavorful even when simply sautéed. When used in curries, add these tofu pieces right before serving. You could also blend these chunks when making Vegan cheese sauce for added thickness.

PERSONAL NOTE :

I use these lightly sautéed tofu chunks in wraps, sandwiches and curries. Kids love Prayushan friendly vegan mac n cheese made using these tofu chunks. Everyone in my family loves it.



RECIPE BY
MEGHA SHAH
DALLAS-TX USA

Board Member of Jain Vegan Initiative.
Founder of True V
@trueveats



CHATPATI

Delicious and very easy to make snack.

PREP : 5 Min

COOK : 5 Min

TOTAL : 10 Min

CONTAINS : Peanuts

CUISINE : Gujarati

INGREDIENTS

- 4 cups of Puffed Rice
- 2 tbsp Mustard Oil or any other oil
- 2-3 tsp Crushed Mustard seeds (as per taste)
- 4 tbsp Crushed Peanuts
- 1/2 tsp Asafoetida (Hing)
- 1 tsp Turmeric powder (haldi)
- 2 tsp Red Chilly Powder
- Salt as per taste
- 2 tsp sugar, as per taste (Optional)
- For Garnishing - Sev (long thin strands of gram flour, deep fried and spiced)

INSTRUCTIONS

- Wash puffed rice with water and put it aside in a strainer for 10 minutes
- Coarsely crush the peanuts and mustard seeds
- Take a pan, heat at a low flame
- Add the mustard oil and sauté the crushed peanuts.
- Add crushed mustard seeds and mix it well
- Add the spices (asafoetida, turmeric and red chilli powder)
- Immediately add the puffed rice and mix it well with the spices
- Add salt & sugar (optional) and mix everything well for 2-3 minutes
- Serve it hot in a bowl and garnish it with sev.

NOTE

TIPS :

This taste the best in mustard oil. If you have peanut allergy can substitute it with roasted Chana Dal you can also add Aamchur powder for a little sour taste.



RECIPE BY
BINITA MODY
MUMBAI MAHARASHTRA - INDIA



COCONUT & SEEDS GRANOLA

Make-ahead Granola for Breakfast or include it in your Lunch with any plant-based milk as a replacement of fruit salad!

PREP : 10 Min

COOK : 20 Min

TOTAL : 30 Min

INGREDIENTS

DRY

- 2 cups (200g) Old fashioned rolled oats
- 1/4th cup (30g) Pumpkin seeds
- (20g) Raw sunflower seeds
- ½ cup (30g) Unsweetened shredded dry coconut
- 3 tbsp Coconut sugar
- Pinch salt
- Raisins (optional)

WET

- 3 tbsp (45ml) Coconut oil
- ½ cup (60ml) Maple syrup

INSTRUCTIONS

- Preheat the oven to 350°F and place a sheet of baking paper onto a baking tray.
- In a large bowl, mix the dry ingredients.
- Pour over the maple syrup and oil. Mix thoroughly.
- Transfer to a parchment-lined baking tray and bake in the upper rack of the oven for 30 - 40 minutes or until brown.
- Stir every 10-15 minutes to achieve even color and crispiness.
- Remove from the oven and let it cool. It will continue to harden as it cools.
- If adding any dried fruits (like raisins/cranberries/apricot), stir it in as soon as remove from the oven.
- Once completely cooled, transfer to an airtight container or in a Mason jar. Enjoy!

NOTE

Use cane sugar or Jaggery powder to enhance the taste. You may add cinnamon powder, cardamom powder, nutmeg powder and nuts of your choice.

PERSONAL NOTE:

This is my go-to breakfast! This granola + unsweetened oat milk + chopped dried fruits. A perfect way to start your day and it's oh! so good. No additional sugar required!



@Grain-to-Grand



DAHI BHALLA

Here is the recipe of how to make the vada. Once ready, you can top it up with vegan curd, tamarind chutney and bhalla masala. You can also add some boiled chickpeas!

PREP : 40 Min

COOK : 30 Min

TOTAL : 1 Hr 10 Min

CUISINE : North Indian

INGREDIENTS

- 1/2 cup urad dal/split dehusked black gram
- 1/2 tsp Jeera/cumin seeds
- 1/2 tsp asafoetida (hing)
- 1 tsp dry ginger powder (soonth)
- salt to taste
- oil as required for frying, cast iron pan will not need oil only needs to be greased

Tamarind A.K.A Imli Chutney

Chickpea Curd

INSTRUCTIONS

- Wash and soak the urad dal for 4-5 hours
- Drain this water and wash again thoroughly and drain all the water
- Blend this dal to a very smooth paste with as little water as possible. First try to blend without any water and start adding 1-2 tbsp to ensure you use the least amount of water.
- Transfer this to a bowl and add the hing, salt, ginger powder and cumin seeds
- Now beat this batter in one direction only - clock-wise or anti-clock-wise, either with hand or with a double beater till it becomes light and fluffy. Lighter means softer bhalla.
- With a serving spoon, add batter in a pre-heated paniyaram pan. If using kadai, then dip your hands in water and take handful of batter and add to kadai in hot oil.
- Add as many as you can in the pan/kadai and let them cook on both sides until they turn golden brown throughout.
- Remove and place on a kitchen towel to drain any oil and let them cool for 10-15 minutes.
- Once cooled, dip them in a bowl of lukewarm water with some salt for 15-20 minutes.
- Then remove from water, lightly squeeze the water out by placing each bhalla between your hands. This should be done just before you wish to serve the chaat.
- Bhalla is ready. Top it up with plant-based curd and tamarind chutney along with garnish of your choice like boiled chickpea or bhalla masala.

NOTE

You can add some jaggery to the plant-based curd before adding to the bhalla. I like to do this as I prefer the sweet taste it adds.

TIPS :

You can enjoy these on their own as evening snack or turn into chaat.



RECIPE BY
PRIYANKA N JAIN
NEW DELHI-INDIA

Nutrition & Lifestyle Coach
@Priyanka.n.jain



GRAM/BESAN PANCAKE WITH PEANUT CHUTNEY

Extremely easy and Protein packed dish.

PREP : 10 Min

COOK : 10 Min

TOTAL : 20 Min

CONTAINS : Peanuts (in chutney)

INGREDIENTS

FOR PANCAKES

- 1 cup gram/besan
- 1 tablespoon red chili (mirchi) powder
- 1 tablespoon coriander (dhana jeera) powder
- 1 teaspoon turmeric (haldi) powder
- Salt to taste
- Oil for cooking

FOR PEANUT CHUTNEY

- 4 tbsp oil
- Red chili powder
- Rock salt to taste
- Roasted peanut powder

INSTRUCTIONS

- Mix all the masalas/spices and Gram/Besan flour well
- Add water to make it a dosa like batter
- Take non-stick tawa and put it on medium flame.
- Take a medium serving spoon full of batter and spread it on tawa in a round shape. Try to make it thin to medium thickness (while spreading the batter one shld be careful that tawa should not be extremely hot otherwise the batter will not spread properly)
- Spread oil on the periphery of the pancake as well on the top of it
- Let it cook till it becomes pink to light brown on one side and then make it upside down.
- Cook the same way on the other side also and your besan pancake is ready.

TO PREPARE OIL PEANUT CHUTNEY

- Mix well oil, chilly powder, salt and roasted peanut powder all together and your chutney is ready.
- One can add or minus the oil according to the chutney consistency they want

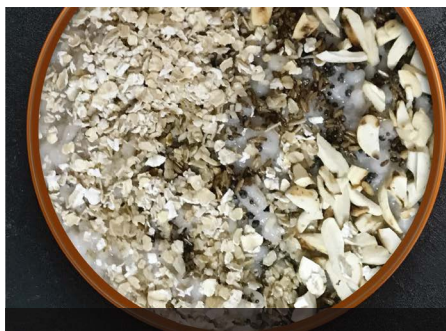
NOTE

PERSONAL NOTE :

I love this recipe because it is quick to make and my kids love it too.



JESAL SANGHAVI



HUMBLE BARLEY WEDS THE COCONUT

PREP : 5 Min | COOK : 30 min | TOTAL : 35 min | CUISINE : Indian fusion | CONTAINS : Nuts

Sumptuous snacks with goodness of barley , coconut and tickles your taste buds with sweetness, spice & crunchiness.

INGREDIENTS

MAIN

- 4 tbsp barley pearls
- 1 ½ tbsp dry desiccated coconut
- 3 cups water
- Salt as per taste

TEMPER/TADKA

- 1 tsp cumin (Jeera)
- 1 tsp whole mustard (rai)
- 1 tbsp oil Garnish
- 2 tsp roasted cashews
- 2 tsp roasted oats

INSTRUCTIONS

- Wash barley pearls
- In a pot boil the water and add the barley
- After the first boil add the coconut and salt
- Keep stirring till the barley pearls swell up and water is absorbed
- In another pan heat the oil

- Add the cumin and mustard to the oil
- Once the above starts to crackle and aroma is released take it off the heat and pour on the barley coconut mix.
- Garnish with roasted cashews and roasted oats. Enjoy!!!!

NOTE

TIPS :

For the tempering can add dried curry leaves and fennel.
Dried berries can be added to reduce the sourness.



RECIPE BY
AERNEVAAZ RANDERIA
MUMBAI MAHARASHTRA - INDIA



INSTANT WHEAT FLOUR DOSA

The below recipe is an instant dosa recipe. No fermentation is required. Make sure the batter is of lump-free consistency.

PREP : 5 Min

COOK : 5 Min

TOTAL : 10 Min

CUISINE : South Indian

INGREDIENTS

- 1 cup wheat flour
- Water as required.
- Salt as per taste

METHOD

- Take the wheat flour into a vessel. Add salt as required. Mix well with a spoon.
- Add water and mix well without forming lumps.
Do it carefully. Prepare a batter of pouring consistency like dosa batter and not too thin..
- Heat, the dosa pan. It should not be too hot as these dosas will roll up into a lump on the pan while you spread.
- Pour a ladle of the batter and spread with the back of the spoon.
- Add some oil to the edges of the dosa.
- Flip the dosa when it leaves the sides or after a few minutes. Cook on both sides.
- Serve with chutney or sambar.

NOTE

PERSONAL NOTE :

This dosa taste best when consumed immediately. My family really enjoys this dosa.

Coconut Chutney



RECIPE BY

SINDHU EMBRAMADATHIL

SHANGHAI - CHINA



KHAMAN DHOKLA

PREP : 10 Min | COOK : 25 min | TOTAL : 35 min | CUISINE : Gujarati, Indian

This dish is delicious, easy to make and light on the tummy.

INGREDIENTS INSTRUCTIONS

FOR THE BATTER

- 125g gram flour (Besan)
- 1/2 tsp of chili powder
- 1 tsp coriander seeds (dhana)
- 1/2 tsp of citric acid
- 1 tsp of salt or as per taste
- 1/4 tsp of turmeric powder (haldi)
- 300 ml of water
- 1 heaped spoon of Eno (instant soda)

FOR THE 'TADKA' (TEMPERING)

- a few sprays of oil

Few dried curry Leaves

- Pinch of Asafoetida (hing)
- 1 1/2 tsp of mustard seeds (rai)
- 1 tsp desiccated coconut

FOR KHAMAN DHOKLA

- Excluding the water and Eno, mix all the batter ingredients together
- Add the water a little at a time to avoid lumps of flour forming - I found mixing it with my hands was better as I could find any lumps and squeeze them out
- Spray a 3-inch deep steaming tray with sunflower oil and set it aside
- Add 1 heaped teaspoon of 'Eno' to the batter and stir vigorously - it will begin to react and froth
- Pour the batter into the steaming tray ensuring there's at least 1/2 inch gap from the top
- Place the steaming tray within a larger vessel (either a large wok or pan or an Instant Pot), Ensure that 1/4 of the vessel is filled with boiling water
- Place a lid on top and steam for 25 minutes
- After steaming allow it to cool for 15 minutes before cutting it into 4 cm cubes

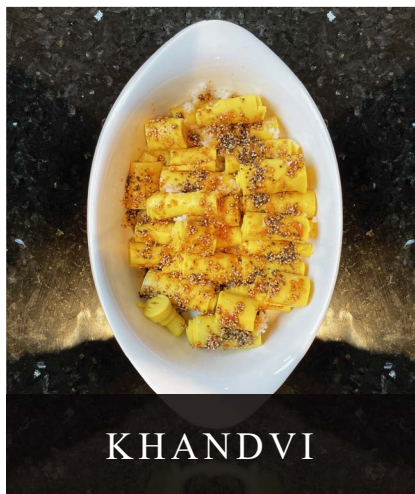
FOR THE TADKA (TEMPERING):

- In another pan heat 1 a few sprays of sunflower oil
- After it's heated up, add the mustard seeds, dried sweet curry leaves and asafoetida and put the lid on the pan
- When the seeds finish popping pour this 'dressing' over the diced pieces of dhokla
- Garnish the pieces with desiccated coconut and enjoy with a cup of Vegan 'Indian' tea!



RECIPE BY
HEENA MODI
LONDON - UK

NATURAL HEALTH PRACTITIONER
COACH AND AUTHOR - PLANT SHIFT



KHANDVI

Veganized version of a popular savory Gujarati snack in an easy-to-make style!

PREP : 10 Min

COOK : 20 Min

TOTAL : 30 Min

CUISINE : Gujarati, Indian

INGREDIENTS

FOR KHANDVI BATTER

- 1 cup besan (gram flour)
- 2 cups water
- ½ tsp turmeric powder (haldi)
- 1 pinch asafoetida (hing)
- 1 ½ tsp salt (or per taste)
- Optional: ¼ tsp citric acid/dried mango powder (Amchur)

FOR TEMPERING:

- 1 ½ tbsp vegetable or any cooking oil
- ½ tbsp mustard seed (rai)
- ½ tbsp sesame seeds (til)
- ½ tsp red chili powder

FOR GARNISH:

- Unsweetened or sweetened shredded coconut (dry)
- Dry coriander leaves (optional)

INSTRUCTIONS

MAKING KHANDVI BATTER:

- Add salt, citric acid(optional), and turmeric powder to water and mix well.
- Add besan/gram flour to the water slowly while constantly mixing to avoid lumps. Mix batter with a whisk until it is smooth without any lumps. Consistency of the batter should be thin.
- Pour the batter into a non-stick sauce pan. Place on low-medium heat and constantly stir until the batter becomes thick (usually takes 12-15 minutes). To test if the batter is cooked, you can do a "plate test" by spreading a few teaspoons of the batter on a plate. If you are able to roll the batter after letting it cool for a bit, then the batter is ready.
- Cut large sheets of aluminum foil (no need to grease) and quickly spread the hot batter onto them.
- Make layers as thin and even as possible. Let it cool for 5-10 minutes.
- Using a knife, cut into 1.5 inch wide strips.
- Carefully roll each strip into a tight roll. Place all rolls into a serving bowl.

FOR TEMPERING:

- Heat oil on medium-high heat and add mustard seeds. Let it crackle.
- Add sesame seed and turn off heat right away.
- Add red chili powder
- Pour the hot tempering mix/oil immediately onto the rolls evenly
- Finish by garnishing with coconut and dry coriander (optional)

NOTE

PERSONAL NOTE:

I tried veganizing khandvi after my daughter became vegan. Such a happy moment when she tried it for the first time and loved it.



AMITA SHAH

A PROUD CONTRIBUTOR,
MOTHER, HOME CHEF



MOONG DAL CHILLA (LENTIL PANCAKE)

Get ready to flip over these healthy, nutritious moong dal chillas (lentil pancakes)! They are super delicious and protein-packed.

PREP : 10 Min

COOK : 10 Min

TOTAL : 20 (not including soaking time)

CUISINE : Chaat

INGREDIENTS

- 1 cup split moong dal (green or yellow split gram)
- 3-4 cups of hot water for soaking
- 1/2 cup for grinding (adjust as needed)
- 1/2 tsp turmeric powder
- 1/2 tsp red chilli powder
- 1 tsp cumin
- 1/2 tsp cilantro cumin powder
- 1 tsp salt (to taste)
- Pinch amchur (dry mango powder)
- A Pinch of hing (asafoetida)
- 1/4 cup each dried cilantro and dried methi leaves (fenugreek), crumbled
- 1 tbsp dried curry leaves, crumbled

INSTRUCTIONS

- Rinse the moong dal twice and then soak in the hot water for 4 hours minimum. Rinse one more time
- In a high-speed blender, pulse the moong dal until it is ground evenly
- Pour the batter into a bowl and add the remaining ingredients. Whisk together very well. Taste and adjust spices
- Allow the batter to rest for 15 -20 mins
- Whisk again and add 1-2 tbs of water if needed
- Heat the skillet over medium-hot heat
- Spread the batter on the pan, drizzle a little oil on top/side, and flip to cook on the other side
- Enjoy with peanut chutney, methia masala, or vegan yoghurt

NOTE

PERSONAL NOTE:

Love this protein-packed chilla recipe - I take my big griddle out and make big batches for family brunch.



RECIPE BY
RESHMA SHAH
CHICAGO, IL - UNITED STATES

@reshmomlife

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NACHOS CHIPS

A pre-prayushan prep recipe, delicious & loved by all.

PREP : 30 Min

COOK : 30 Min

TOTAL : 60 Min

CUISINE : Mexican

INGREDIENTS

FOR THE DOUGH:

- 1 cup wheat flour
- 1 cup maize (corn) flour
- 1 tbsp dried oregano
- 1 tbsp chilli flakes
- 1 tbsp dry mint powder (optional)
- Salt to taste
- 1 ½ cup water or as needed
- Oil for deep frying
- ½ cup - maize(corn) flour for rolling

INSTRUCTIONS

FOR THE DOUGH:

- Mix all the dry ingredients in a deep bowl and mix well with a wooden spoon.
- Add water slowly and as needed to knead a soft dough
- Rest the dough for 15 minutes.
- Divide the dough in 8 equal portions
- Take one portion, roll it into a ball and make into a chapati/tortilla of around 6-8 inch with a rolling pin. Keep dusting with dry flour so that it does not stick to the surface.
- Cut the tortilla into triangles.

THREE METHODS OF COOKING TORTILLA/ NACHOS CHIPS

- You can either heat the oil in a deep non-stick kadhai/cauldron & deep fry, a few nachos chips at time, on medium flame till they turn crispy & golden from both sides. Drain the nachos chips on an absorbent paper to remove excess oil. Cool the nachos chips & store them in an air-tight container. Repeat the steps for the rest of the chips.
- Cook the chapati on a non-stick tawa (griddle) and then deep fry them as mentioned above (this method soaks less oil)
- Cook the chapati on a non-stick tawa (griddle) and then make it crisp in khakhra maker (for oil free version) or you can make it on a non-stick tawa (griddle) and cook each tortilla on a slow flame till golden spots appear on both the sides. Continue cooking the khakhra on a slow flame, while pressing with a folded muslin cloth, till it turns crisp and brown from both the sides. Cool and store the masala khakhra in an air-tight container.

All three methods taste great but definitely the taste differs.

NOTE

These nacho chips can be had with cashew cheese or the cheesy dip or even plain.

PERSONAL NOTE:

Nachos is one snack which is cherished by everyone & for me it's special because the children in the family love them and I enjoy making it for them, so that I can see smiles on their cute little faces.



NIDHI KOTHARI

@cookathomeveggie

Cashew Cheese



These Dhoklas are very healthy and tasty. The ingredients are easily accessible and don't require much prepping.

PREP : 7 Min

COOK : 20 Min (10+10)

TOTAL : 27-30 Min

CUISINE : Gujarati, Indian

INGREDIENTS

- 1 cup Rice (any type of rice)
- ¼ cup split black gram lentils (Urad Dal)
- ¼ cup split yellow lentil (Yellow Moong Dal)
- ¼ cup split chickpea lentil (Chana Dal)
- ¼ cup yellow split pigeon peas (Toor Dal) or Semolina (Sooji)
- 2 tbsp oil
- 1 tbsp dried fenugreek leaves (Kasoori Methi)
- 2 ½ tsp fruit salt/Eno
- ½ tsp amchur powder or citric acid
- ½ tsp red chili powder/black pepper

For Serving:

Oil, salt, chili powder or methi masala

INSTRUCTIONS

PREPARE THE FLOUR:

- Blend all the rice and lentils into a blender until coarse texture is achieved. This dry flour mix can be stored in an airtight container for up to 15 days.
- Take a mixing bowl and add mixed flour. Add water little by little to create a smooth batter. The consistency should be not too thick and not too thin.
- Add salt and amchur/citric acid. Mix well and let it rest for 10 minutes.
- Meanwhile, prepare your steamer. Heat water in the steamer and grease dhokla plates with some oil.
- Take some of the batter in a different container and add Kasoori Methi. You may skip this step and make plain dhoklas too. Add Eno/fruit salt + 1 tbsp of oil. Combine everything nicely. Follow this step just before you are ready to steam the dhoklas.
- Sprinkle red chili powder on the top. Cover and Steam the Dhoklas for 10 minutes.
- Let Dhoklas cool down before you cut into desired shape. Brush some oil on the top. Doing so will prevent Dhoklas from turning dry if not serving immediately.
- Serve with some oil, mixed with some salt and red chili powder or with some Methi Masala.

NOTE

PERSONAL NOTE:

I experimented with these dhokla one day and it turned out so good, now we prefer it over typical white dhoklas. Everyone in my family loves it.



RECIPE BY
ALKA SHAH
AHMEDABAD, GUJARAT - INDIA

A PROUD CONTRIBUTOR
& AN EXPERT HOME CHEF



SPICED QUINOA & PEANUT MIX

PREP : 5 Min | COOK : 5 min | TOTAL : 10 min | CUISINE : Indian fusion | CONTAINS : Peanuts

Extremely quick and healthy protein snack that can be had either hot or cold. Suitable for vegans + wheat-free, gluten-free, soya-free, nut-free, no added sugar.

INGREDIENTS

- 1 cup uncooked smoked quinoa (180 grams)
- 1/4 cup crushed peanuts (100 grams)
- 20 dried curry leaves/6 dried bay leaves
- 1 tsp oil (rapeseed or sunflower)
- 4 cloves
- 6 shards cinnamon, 1-inch long
- 2 tsp cumin seeds
- 1/2 tsp asafoetida
- 1 tsp turmeric
- 1/2 tsp chilli powder (or chilli flakes)
- Salt to taste

INSTRUCTIONS

PREPARATION:

- Wash the quinoa and discard the water.
- Repeat step 1 at least three times.
- Cook the quinoa with water, as per instructions on the packaging.

METHOD:

- In a saucepan add the oil and warm on medium heat.
- While the oil is getting warm, add the dried curry leaves, cloves, cinnamon and crushed peanuts.
- Give the mixture a stir and spread it out in the pan.
- When the cinnamon starts to sizzle, add the cumin seeds and asafoetida.
- Quickly add in the cooked quinoa, turmeric, chilli powder and salt.
- Give the mixture a good stir, to infuse the quinoa with the flavours of the fragrant spices.
- Switch off the heat.
- Serve either with vegan yoghurt (curds) or coconut chutney.

NOTE

PERSONAL NOTE :

Food related story:

I love the smoky flavour of the quinoa as it reminds of campfire meals I had in Kenya while on a safari.



VEGAN CHEF & CO-FOUNDER OF
SHAMBHUS, LONDON-UK



TAL PAPDI (SESAME SEED BRITTLE)

Sesame seed brittle aka tal sakri, tal papdi, tal ni chikki, til chikki - a snack that is warm, toasty, and delicious!

PREP : 5 Min

COOK : 5 Min

TOTAL : 20 (includes cooling time)

CUISINE : Gujarati

INGREDIENTS

- 1 cup sesame seeds
- 1 cup jaggery (gud)
- 1 tbsp coconut oil

INSTRUCTIONS

- Toast the sesame seeds on low heat. Remove and let cool
- Put coconut oil in the pan and then melt the jaggery over low heat. Stir constantly until it caramelizes. The caramelization test is to drop a piece of gooey jaggery into a cold glass of water. If it is chewy, then cook for a bit longer. Once it's hard in the water, then it's ready. Note: water is used for the test only. Don't put it in your jaggery mixture
- Mix the sesame seeds into the melted jaggery. Work quickly to incorporate it all and then spread on to the silicone mat
- Put another silicone mat on top and roll it out as thin as possible. You have to work fast when rolling
- While still warm, cut into pieces and let sit to cool completely.

NOTE

SUBSTITUTE

Can substitute with peanuts or other nuts.

PERSONAL NOTE :

Such a nostalgic sweet snack that immediately reminds my husband of his childhood.



RECIPE BY
RESHMA SHAH
CHICAGO IL - USA

@reshmomlife



BEST EVER VEGAN NUTELLA

Hazelnuts are the star of the show in this chocolatey recipe. The sweetness comes from the wholesomeness of dates, and the rich flavor from unprocessed cocoa powder. A perfect spread to enjoy on crackers, on pancakes, or as a dip.

PREP : 10 Min

COOK : 10 Min

TOTAL : 20 Min

CONTAINS : Tree Nuts, Soy
(swap out soy with any plant-based milk)

INGREDIENTS

- 1½ cups (202 g) raw hazelnuts
- ¼ cup (80 mL) unsweetened soy milk
- 1 tbsp (15 mL) melted coconut oil
- 2 tbsp (30 mL) maple syrup
- 6 soft Medjool dates, pits removed
- ¼ cup (35 g) Dutch processed cocoa powder
- 1 tsp (5 mL) pure vanilla extract
- ¼ tsp salt



INSTRUCTIONS

- Preheat the oven to 350°F (180°C). Spread the hazelnuts onto a baking tray and bake for 10 - 12 minutes, until lightly golden, stirring once halfway*.
- When cooled enough to handle, pick up the hazelnuts a handful at a time and rub firmly between the palms of your hands so the skin falls off. Alternatively, the hazelnuts can be rubbed in a clean kitchen cloth. Place the peeled hazelnuts in a high-speed food processor** (ideally 600W or higher).
- Blend on high for 4-5 minutes, until a nut butter consistency is formed***. Add the remaining ingredients and blend again until smooth.
- Taste test. If you prefer a thinner consistency, consider adding more coconut oil and a touch more maple syrup and blend again. Enjoy!

NOTE

- * Careful to not overcook, as the nuts continue to 'toast' when taken out of the oven.
- ** Using a blender for this is not advised, as there is not enough liquid.
- *** If your food processor isn't very powerful, you may need to blend it for an extra 5 minutes to achieve the desired consistency or consider adding a bit of vegetable oil to help the process along. If you notice the mixture heats up too much, let it rest to cool slightly so as to not damage your food processor

STORAGE :

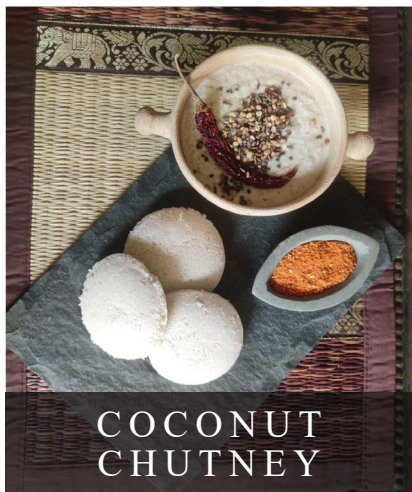
Store in a mason jar in the fridge for up to 2 weeks.



RECIPE BY
SADIA BADIEL
EINDHOVEN - THE NETHERLANDS

PLANT-BASED NUTRITIONIST,
FOUNDER OF PICK UP LIMES

@pickuplimes



COCONUT CHUTNEY

A perfect condiment to have with Idlis, Dhoklas, Utthapam and Dosas

TOTAL : 10 Min

CUISINE : South Indian

INGREDIENTS

- 1 cup desiccated coconut
- ½ cup roasted chana dal (Daliya/ split chickpeas)
- 1 golf ball size tamarind soaked in ¼ cup water or 1 tablespoon tamarind paste
- 1-2 Kashmiri Chillies soaked (optional)
- ½ teaspoon whole Jeera (cumin seeds)
- Salt to taste

For Tempering

- 2 Teaspoons White Urad Dal (Split Black gram lentils)
- ½ Teaspoon whole Rai (Mustard seeds)
- ½ Teaspoon whole Jeera (Cumin seeds)
- 1 Kashmiri Chili broken into 3 pcs
- ½ teaspoon Hing powder (asafoetida)

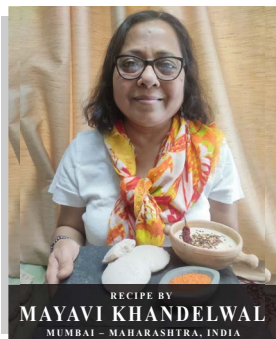
INSTRUCTIONS

- Grind the Chutney ingredients to a smooth paste by adding enough water. Add more water to get the desired consistency.
- Dry roast the urad dal and the chili pieces on a low flame in an iron pan stirring all the time till it's golden.
- Add the whole rai and whole jeera and stir. When it starts spluttering, switch off the gas and add the hing.
- Add this to the chutney and mix well and serve.

NOTE

PERSONAL NOTE :

The coconut chutney is not only delicious it's also very nutritious! It's very good for the body. It has very good fats and eating coconut can help loose weight.



RECIPE BY
MAYAVI KHADELWAL
MUMBAI - MAHARASHTRA, INDIA

Whole Food Plant-Based Nutritionist & Chef,
Founder @mypurepath



HOMEMADE ITALIAN SEASONING

A super simple seasoning mix filled with Italian flavors. The perfect blend to add to pastas, soups, sauces and dips

PREP : 3 Min

TOTAL : 3 Min

INGREDIENTS

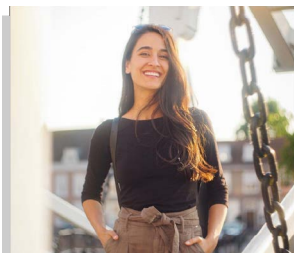
- 1 Tbsp (3 g) dried oregano
- 1 Tbsp (2 g) dried basil
- 1 Tbsp (2 g) dried parsley
- 1½ tsp (2 g) dried rosemary
- 1½ tsp (1 g) dried thyme

INSTRUCTIONS

- Add all the ingredients into a glass jar, mix, and you're good to go!

NOTE

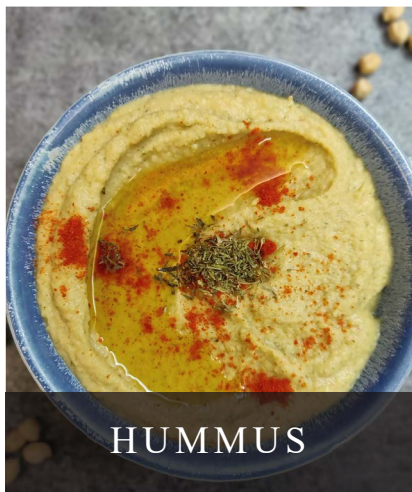
Will keep in a sealed jar, away from direct sunlight for months, just like regular spices.



RECIPE BY
SADIA BADIEI
EINDHOVEN - THE NETHERLANDS

PLANT-BASED NUTRITIONIST,
FOUNDER OF PICK UP LIMES

@pickuplimes



HUMMUS

Here is a recipe for hummus that can be consumed during Chaturmas and Paryushan by Vegan Jains.

PREP : 3 hrs 10 min

COOK : 15 Min

TOTAL : 3 hrs 25 min

CUISINE : Mediterranean

INGREDIENTS

- 1/2 cup Chickpeas
- 1 tsp Sesame seeds dry roasted in a pan
- 1 tsp Parsley dry
- 1 tsp Thyme dry
- 1/2 tsp Dry mango powder (Amchoor)
- 1/2 tsp Cumin Powder (Jeera powder)
- 2 tbsp cold pressed extra virgin Olive oil for blending in hummus
- 1 tbsp cold pressed, extra virgin Olive oil for garnishing
- Tamarind pulp to taste (I used 1 inch of tamarind soaked in 1 1/2 tbsp water then drained)
- Red chili powder to taste
- Salt to taste
- 2 tbsp plant-based curd optional (I used peanut and millet rice curd)

INSTRUCTIONS

- Soak the chickpeas for 3-5 hours, remember not to soak overnight during paryushan.
- Pressure cook for 3-4 whistles, keep them slightly under-cooked but soft enough to break with hands.
- Once they have cooled down, add them to the blender along with roasted sesame seeds and a little water. You can use the boiling water of chickpea.
- Don't add a lot of water at first, keep adding slowly as much is required to make this into a smooth paste.
- Make hummus consistency just a little thinner than you would like.
- Now add the rest of the ingredients and blend again.
- When we blend with olive oil, the texture becomes very nice and creamy, and the hummus will turn little thicker as well.
- Taste and adjust salt/tamarind pulp as per your taste.
- Transfer to a bowl and garnish with dry herbs, red chili powder and olive oil.

NOTE

PERSONAL NOTE :

I did a few experiments and came up with this that I really enjoyed. I am usually not that fussy but got this tested by my husband, he is difficult to please. If he likes it, I am sure everyone will enjoy this hummus!



RECIPE BY
PRIYANKA N JAIN
NEW DELHI-INDIA

Nutrition & Lifestyle Coach
@Priyanka.n.jain



JAIN RAMEN NOODLE MASALA

Vegan Ramen noodles are a staple snack for my teenager, and here's a Jain version that is made with spices we already have in our traditional Indian kitchen. Also, other than ramen noodles, you can use this masala on other types of noodles and I'm even planning on using this to make a quick rice stir fry.

PREP : 5 min

COOK : 5 Min

TOTAL : 10 min

INGREDIENTS

- 2 tbsp coriander powder (dhana jeeru)
- 1/4 tsp asafetida (hing)
- 1/4 tsp cinnamon powder (dalchini)
- 1/2 tsp crushed red pepper
- 1 tsp salt
- 1/2 tsp ginger powder (soonth)
- 1/2 tsp dry mango powder (amchur)
- 1/4 tsp black salt
- 1 tbsp Jain curry powder (or garam masala)
- 1 tsp dried fenugreek (kasoori Methi)
- 1.5 tbsp red chili powder
- 1/2 tsp sugar
- 1 tbsp turmeric powder (haldi)
- 1/4 tsp black pepper (kali mirch)

INSTRUCTIONS

- There's literally only 1 step – mix it all together and use according to your taste on your ramen noodles.
- Feel free to adjust spices according to your taste level. Store in an airtight container.

NOTE

PERSONAL NOTE :

My son is a huge ramen lover! I pre-make a big batch of this masala and he can use it whenever he wants a quick snack.



RECIPE BY
RESHMA SHAH
CHICAGO, IL - USA

@reshmomlife



Malgapodi is a spicy and delicious coarse South Indian spice mix. Traditionally it is served with idlis and dosas.

PREP : 15 min

COOK : 30 Min

TOTAL : 45 min

CONTAINS : Peanuts

MALGAPODI CHUTNEY

INGREDIENTS

- 1 cup split chickpea lentils (chana dal)
- ½ cup split Black Gram lentils (urad dal)
- ¼ cup split yellow lentil (Yellow moong dal)
- ¼ cup yellow split pigeon peas (tur dal)
- ¼ cup peanuts
- ½ dried coconut thinly sliced or ¼ cup desiccated coconut
- 2 tbsp grated jaggery (gud)
- Small tamarind/ imli (Lemon sized)
- 2 tbsp coriander seeds (whole dhana)
- 2 tbsp cumin seeds (jeera)
- 5 to 6 whole kashmiri red chilli
- 1tsp asafetida (hing)
- Salt to taste

INSTRUCTIONS

- Heat a broad non-stick pan on medium flame. Add the chana dal first and dry roast on medium flame for 10 minutes or till it turns a little darker in color.
- Add other dals in same pan and roast on medium flame for more 10 minutes.
- Now add peanuts and roast for 5 minutes.
- Add all remaining ingredients except jaggery and roast everything together for 5 minutes or until it turns brown in color.
- Turn off the flame and let it cool for some time.
- Add jaggery to it and blend everything to a coarse powder.
- Cool it completely and store it in an airtight container.

NOTE

TIP :

While this dry chutney can be consumed as is, I recommend having it with mixed with a dash of oil.

PERSONAL NOTE :

My friends and family enjoy my cooking. Anyone who tasted this chutney provided positive feedback. Because it is not spicy, even kids can enjoy it. My extended family members who come from abroad asks me to make it in big batches to take it with them! So, I hope you give it a try



RECIPE BY
JIGNA SHAH
MUMBAI, MH - INDIA

A proud contributor and an ultimate home chef



READY TO USE SPICE MIX

Avoiding things like ginger, garlic, green chilli etc makes it difficult to add flavors to dals and this spice mix is a life saver. All you need to do is boil the lentils and add 1 or 2 spoons of this mix!

PREP : 10 Min

COOK : 5 Min

TOTAL : 15 Min

CUISINE : Indian

INGREDIENTS

Whole spices, to be roasted

- 1 tsp fenugreek seeds (methi)
- 1 tsp fennel seeds (saunf)
- 2 tsp coriander seeds (sabut dhaniya)
- 1 tsp cumin seeds (jeera)
- 1 tsp whole pepper (sabut kali mirch)
- 2 dry red chillies, break into pieces and remove the seeds (sukhi sabut lal mirch)
- 4 cloves (laung)

Powdered spice, to be lightly roasted

- 1 tsp turmeric powder (haldi powder)

To be powdered

- 4 green cardamom, skin removed

Powdered spices

- 2 tsp kashmiri red chili powder
- 1 tsp dry ginger powder (soonth)
- 1/8 tsp cinnamon powder (dalchini)
- 1 tsp salt



INSTRUCTIONS

- Dry roast all the whole spices
- Switch of the stove and move to another contain and let them cool
- While the pan is still hot (stove is off) add turmeric powder to heat it mildly
- Add this to roasted spices and let them all cool
- Once cool, move this to the small spice grinding jar and blend to form a fine powder
- Add powdered spices and cardamom to this and blend again
- Your lentil masala/powder is ready.

NOTE

TIPS :

The recipe of this powder/masala is pretty simple, if you don't have any ingredient, you can skip it but try to add as many as you can as each one adds a new dimension to the dish.

PERSONAL NOTE :

This spice mix is very useful and I keep it handy throughout the year. Whenever I am feeling lazy and want to make something quick and simple, I simply boil the lentils and add this.



RECIPE BY
PRIYANKA N JAIN
NEW DELHI-INDIA

Nutrition & Lifestyle Coach
@Priyanka.n.jain



SAMBAR POWDER (WITHOUT COCONUT)

INGREDIENTS

This is the ingredient measurement for 1 cup of Toor Dal Sambar (split pigeon peas)

- 3 tbsp rai (coriander seeds)
- 1 tsp jeera (cumin seeds)
- 1 tsp Channa Dal (Split Chickpeas lentil)
- 1/4 tsp methi (Fenugreek seeds)
- 2-3 dry red chillies
- 5-6 dry curry leaves
- 1 tsp Hing (Asafoetida)

INSTRUCTIONS

- Heat 1 tbsp oil in a pan.
- Roast the above ingredients on simmer to avoid burning or turning dark brown.
- Switch off the gas, when lightly brown.
- Add the asafoetida. (Pls note, do not add earlier as otherwise, asafoetida will be over-roasted and burnt).
- For additional spice, add chilli powder at this stage along with asafoetida.
- Allow it to cool. Once cooled, grind to a fine powder.

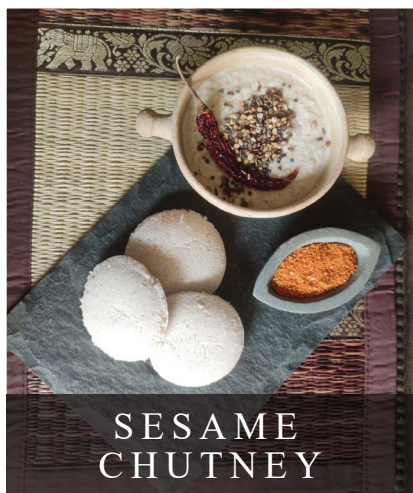
NOTE

PERSONAL NOTE:

Can be stored in the refrigerator for as many days as required. But, the flavour & aroma is best when used fresh!



RECIPE BY
SINDHU EMBRAMADATHIL
SHANGHAI, CHINA



SESAME CHUTNEY

This quick sesame chutney can be served with idli, dosa, chilla, put on roti rolls and it even tastes awesome with rice!

PREP : 5 Min

COOK : 5 Min

TOTAL : 10 Min

CUISINE : South Indian

INGREDIENTS

- ½ cup sesame Seeds
- 1tsp Kashmiri Chili powder
- A pinch of hing (asafetida)
- Salt to taste

INSTRUCTIONS

- Dry roast the sesame seeds on a low flame till they swell up but don't change color. Cool completely.
- In a grinder add the sesame seeds, chili powder and salt and hing. Grind but make sure you do it only till it's a coarse mixture. If you grind it too much it will become sticky.
- Store in an airtight container.

NOTE

PERSONAL NOTE :

I love south Indian food so much that I think I must have been a South Indian in my past life!

Also now I love it even more ...it's mostly vegan so you can have it anytime as it's a well balanced meal.



RECIPE BY
MAYAVI Khandelwal
MUMBAI - MAHARASHTRA, INDIA

Whole Food Plant-Based Nutritionist & Chef,
Founder @mypurepath



SUPER SEED NUT BUTTER

This is a nutrition hack my mom taught me. Loaded with a variety of different seeds, it helps to boost the mineral and nutrient content of your favorite nut butter. Plus, it gives it a pleasant crunch!

PREP : 5 Min

TOTAL : 5 Min

CONTAINS : Sesame, Peanut
(swap peanut butter with any seed butter)

INGREDIENTS

- 1½ cups (360 mL) peanut butter
- 2 tbsp (18 g) roasted pumpkin seeds
- 2 tbsp (18 g) roasted sunflower seeds
- 1 tbsp (10 g) whole chia seeds
- 1 tbsp (9 g) toasted sesame seeds
- 1 tbsp (7 g) ground flaxseeds



INSTRUCTIONS

In a mason jar, add the peanut butter and all the seeds. Mix to evenly distribute, and enjoy!

NOTE

STORAGE :

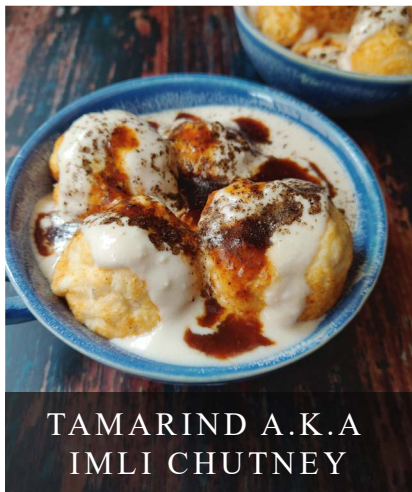
Store in a cool, dry place for up to 2 months. If possible, it's best to store this in the fridge, where it can last for up to 3 months.



RECIPE BY
SADIA BADIEI
EINDHOVEN - THE NETHERLANDS

PLANT-BASED NUTRITIONIST,
FOUNDER OF PICK UP LIMES

@pickuplimes



TAMARIND A.K.A IMLI CHUTNEY

This is a popular, age old Indian recipe. Sharing it here to ensure we only use ingredients that are allowed during paryushan.

PREP : 1 Hr 20 Min

COOK : 15 Min

TOTAL : 1 hr 15 min

CUISINE : Indian

INGREDIENTS

- 3/4 cup tamarind/imli
- 1 cup jaggery
- 1/2 tsp black pepper (kali mirch)
- 2 tsp red chili powder (lal mirch)
- 3 tsp roasted cumin powder (bhuna jeera)
- 2 tsp coriander powder (dhaniya)
- 1 tsp cumin powder (jeera)
- 1/2 tsp black salt (kala namak)
- salt to taste
- water as required

INSTRUCTIONS

- Soak tamarind in 3 cups of water and jaggery in 1 in cup of water for 1 hour each in separate bowls
- After 1 hour, strain the jaggery mixture and keep aside
- In the tamarind, remove all seeds and blend it in the blender and strain it.
- Mix both these, transfer to a pan and add another 1 cup water and let it cook for \ 10-15 minutes till it reaches the consistency that you like. The chutney will become a little thicker once you stop cooking.
- Turn off the stove and add all the powdered spices and let it cool. Chutney is ready!

NOTE

PERSONAL NOTE :

It comes very handy to enhance taste of any dish. I love to add this to chaat/dahi bhalla.



RECIPE BY
PRIYANKA N JAIN
NEW DELHI-INDIA

Nutrition & Lifestyle Coach
@Priyanka.n.jain



ZA'ATAR SPICE MIX

When we can't find a spice mix at our local grocery store, we try seeing if we can make it ourselves at home! Za'atar spice mix is a flavourful Middle Eastern and Mediterranean seasoning that we use in all sorts of ways. We use it in tofu or tempeh marinades, sprinkle it over homemade pita with olive oil, and add it to recipes such as homemade falafels to pack it full of flavor. This spice mix recipe is for 12 servings.

PREP : 5 Min

TOTAL : 5 Min

INGREDIENTS

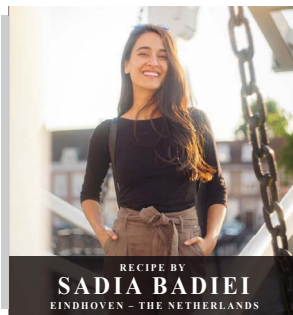
- 1½ Tbsp (4 g) dried thyme
- 1½ Tbsp (5 g) dried oregano
- 1½ Tbsp (13 g) ground cumin
- 1½ Tbsp (9 g) ground coriander
- 1½ Tbsp (14 g) toasted sesame seeds
- 1½ Tbsp (12 g) ground sumac
- ¼ tsp (5 g) salt
- ¼ tsp (2 g) chilli flakes
- ¼ tsp (2 g) ground black pepper

INSTRUCTIONS

- Add all the spices into a small jar, mix, and you're good to go!

NOTE

Will keep in a sealed glass jar away from direct sunlight for months, just like regular spices.



RECIPE BY
SADIA BADIEI
EINDHOVEN - THE NETHERLANDS

PLANT-BASED NUTRITIONIST,
FOUNDER OF PICK UP LIMES

@pickuplimes



An easy dosa like for breakfast but with more protein.

PREP : 10 Min

COOK : 5 Min

TOTAL : 15 Min (Not including soaking time)

CUISINE : South Indian

ADAI - 3 LENTIL AND RICE SAVORY PANCAKE

INGREDIENTS

- ½ cup Mung Dal (yellow moong split lentil)
- 1/4 cup Urad Dal (Split and dehusked black gram lentil)
- 1/4 cup Tur Dal (split pigeon peas)
- 1/4 cup Rice (any variety)
- Salt - to taste
- ½ - 1 tsp Dried Red chilly powder to taste
- ½ tsp Asafoetida (Hing)to taste

Coconut Chutney

Sesame Chutney

INSTRUCTIONS

- Wash and soak the dals and rice by 5 am.
- Rinse and drain the water after 5-6 hours .
- Grind to a coarse consistency adding a little water with the chilli, salt and hing. Ensure consistency is thicker and coarser than that of dosa batter.
- Heat the tawa or pan (cast iron pan works best). Grease with oil so the batter does not stick.
- When the pan is hot, lower to medium flame. Take a ladle full of the adai batter or about ½ cup of the batter. Pour the batter and gently spread the batter starting from the center and moving outwards like dosa but it should be thicker than dosa.
- Cook till the base is nicely golden and crisp. The base and edges will leave the pan when it gets cooked.
- Spread ½ to ¾ teaspoon oil on the edges and center. With the spoon spread the oil on the adai.
- If you prefer, you can flip the adai and cook the top side for a minute.
- When the adai has nicely browned from the bottom and the surface looks well cooked, without any specks of undercooked batter, then fold with a spatula and lift it from the pan.
- Serve with Jain vegan butter and powdered jaggery. Adai can also be served with coconut chutney or sesame chutney (page)

NOTE

TIPS :

The batter can be spread thicker and cooked slowly to get a heavier adai that is crisp. For a thin crisp adai grind the batter finer.

PERSONAL NOTE :

For many Tam Brahms as we are called, the evening meal is never a rice or roti based meal. It's always what we call a "tiffin". This qualifies as one. Mom would make it while we all waited our turn impatiently. We ate faster than the tawas could roll out.



RECIPE BY
NITYA RAMAKRISHNAN
BENGALURU - INDIA



BESAN KA PARATHA

(GRAM FLOUR PARATHAS)

PREP : 10 Min | COOK : 30 Min | TOTAL : 40 Min | CUISINE : Indian

Spiced and flavorful parathas made with wheat & gram/chickpea flour.

INGREDIENTS

- Wheat flour dough (4 cup wheat flour, water & salt to taste)
- Salt to taste
- Oil to cook parathas

FOR BESAN MASALA

- 4 tbsp gram/chickpea flour (besan)
- 1 tbsp red chili powder
- 1 tsp cumin seeds (jeera)
- 1 tsp carom seeds (ajwain)
- 1/2 tsp asafoetida (hing)
- 1 tsp salt
- 1/4 tsp turmeric (haldi)
- 8 tbsp oil

INSTRUCTIONS

- Heat 8 tbsp of oil and add it to Besan masala mixture (besan, mirchi, haldi, ajwain, jeera, hing, salt). Mix well and keep aside.
- Mix wheat flour, salt and add water as needed and knead a dough. The dough should be smooth and not sticky. Roll into a shape of roti using a rolling pin and dry flour so that it does not stick.
- Spread 1/2 of prepared Besan masala evenly on rolled dough.
- From one edge of the rolled dough, start making about 1/2" pleats till the opposite edge is reached. Stretch the pleated dough gently and then twist the whole pleated dough like a swiss roll and secure the end. The result is a spiral flat ball.
- Dust the ball with some flour. Place the ball on the rolling area and flatten it slightly with fingers.
- With the help of a rolling pin, roll it to a chapati or parathas of about 7 inches. Roll it with light hands.
- Heat the tawa and cook the paratha on low flame. Apply oil on both sides and cook until crispy.

NOTE

Cook on low flame so that Besan is cooked well, if you like you can add 1/2 tsp of dry fenugreek leaves (kasuri methi) in the dough.

PERSONAL NOTE:

This recipe is very dear to me as my dad's aunt always makes it for me when I visit her (in Jodhpur) and people always take this while traveling in train.



RECIPE BY
NIDHI-KOTHARI
BHIWANDI, MUMBAI - INDIA

@cookathomeveggie

[Go to Index](#)



"WOW" was my teenage son's reaction when I asked him to taste these black beans and rice so I could pack them for his school lunch. And all I could think was mission accomplished. He was going to have a really long day due to school, sports, and extracurriculars and I wanted to make sure he had healthy fuel to sustain him.

PREP : 5 Min

COOK : 30 Min

TOTAL : 35 Min (not including soaking time)

CUISINE : Mexican

BLACK BEANS AND BROWN RICE

INGREDIENTS

- 1 cup of black beans
- 1 cup brown rice
- 1-2 tbsp vegan butter/oil

FOR THE TEMPER :

- 1/2 tsp roasted cumin
- 1-2 guajillo dried chilli pepper broken up into pieces
- Pinch of hing (asafoetida)
- Pinch of crushed red pepper
- Pinch of ground black pepper
- 1/8 tsp sooth powder (dry ginger powder)
- 1/2 tsp amchur (dry mango powder)
- 1 tsp dried cilantro
- Salt to taste

INSTRUCTIONS

- 1 Soak black beans (6- 8 hours) and rice separately (45-60 minutes) in hot water. Pressure cook separately for about 40 minutes until cooked.
- Heat the butter in a skillet and add the temper ingredients.
- Add black beans and stir. Then, add brown rice and stir.
- Add all other ingredients and stir together lightly. Taste and adjust spices to your liking.

NOTE

Can substitute brown rice with white rice or quinoa.

PERSONAL NOTE :

Love this protein-packed, healthy lunch which is loved by all family members!



RECIPE BY
RESHMA SHAH
CHICAGO, IL - USA

@reshmomlife



Black Eyed Peas & Burmese Tofu Curry

Black Eyed Peas are the most common types of beans and staple in many countries. This recipe can be made without using Tofu, however adding makes the entire dish delicious, hearty, and flavorful.

PREP : 4-5 Hrs

COOK : 20 Min

CONTAINS : Tree Nuts

CUISINE : Indian

INGREDIENTS

- 1 cups of dried (or 2 cups of cooked) Black eyed peas
- 5 cups Water
- 1 ½ tbsp Oil
- 1 cup cubed homemade Chickpea Tofu (or Store-bought Tofu if you prefer)
- ¾ cup granulated Almond powder
- 1 tsp Each-Ground Spices: Asafoetida, Turmeric, Red Chili, Paprika, Garam Masala, Cumin seeds
- 2 tsp Ground Coriander
- 2 tsp Jaggery powder or cane sugar
- 1 tsp Salt or to taste

INSTRUCTIONS

- Wash the dried beans thoroughly and soak them for at least 4 hours in 3 cups of water before cooking.
- Drain the water and cook them with 2 cups of water in a pressure cooker. Cooked beans should be plump, but should be able to mash easily when you press them with a fork. (typically, upto 3 whistles on medium heat gets the job done).
- Heat oil in a pan over medium heat. Add mustard seeds, cumin seeds and wait until they crackle. Be careful not to burn the cumin seeds.
- Add asafoetida, turmeric and granulated almond powder. Add 2 cups of water or saved liquid from cooked beans.
- Mix well. Add the remaining spices & seasonings and cooked black-eyed peas.
- If using store-bought tofu, add it at this point. Cover and cook for about 2 minutes.
- Keep stirring in between.
- Add more water to bring the curry to desired consistency. Adjust your seasonings & spices to taste.
- Turn off the heat. Add homemade chickpea tofu just before serving.
- Serve warm with rice, roti or parathas.

NOTE

You can substitute almond powder with store bought almond flour and Burmese Tofu with store bought firm tofu.

PERSONAL NOTE :

The combination of black eyed peas & this tofu goes really well. I prefer almonds vs. cashews when using in curries because almonds contain less saturated fat compared to cashews. Makes it a healthier choice :)



RECIPE BY
MEGHA SHAH
DALLAS-TX USA

Board Member of Jain Vegan Initiative.
Founder of True V
@trueveats



BROKEN WHEAT KHICHDI

Made with very few ingredients and gets ready in under 30 minutes.

PREP : 15 Min

COOK : 7 Min

TOTAL : 22 Min

CONTAINS : Peanuts

CUISINE : Gujarati, Indian

INGREDIENTS

- ½ cup broken wheat (daalia/ faada)
- ½ cup roughly chopped groundnuts
- 1 tsp sesame seeds
- 2 tsp oil
- 1 tsp jeera (cumin seeds)
- 1 tsp salt or to taste
- 1 tsp chili flakes

INSTRUCTIONS

- Rinse and wash the broken wheat. Add twice the quantity of water, salt and pressure cook on medium high flame for up to 2 whistles. Manually release the pressure, drain off any excess water (if there is any) and keep aside.
- Heat oil in a pan and add jeera. Sauté it for a minute or until it turns aromatic.
- Add crushed groundnut and sesame to it and sauté it for 2 - 3 mins.
- Add cooked broken wheat and chili flakes and mix it properly.
- Garnish with some crushed peanuts and serve hot.

NOTE

PERSONAL NOTE:

This khichdi is a good alternative to Sabudana (tapioca) khichdi. It's quite filling, nutritious and one of my favorite dishes.



RECIPE BY
AMI KAMDAR
MUMBAI, MAHARASHTRA - INDIA

Whole food plant based Nutritionist
@amikamdar05



COCONUT DOSA

PREP : 40 mins add (not including soaking time) | COOK : 10 min | TOTAL : 40 min | CUISINE : South Indian

INGREDIENTS

- 2½ cup rice
- 1 cup black gram lentil (urad dal)
- ½ cup poha (flattened rice)
- 1 tsp methi seeds (dried fenugreek seeds)
- Salt- to taste
- ½ cup unsweetened desiccated coconut
- A few dry curry leaves (finely chopped)

Coconut Chutney

Malgapodi

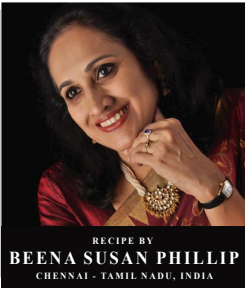
INSTRUCTIONS

- Wash dal and rice in separate containers. Add 1 tsp methi seeds to the rice.
- Soak rice & dal for at least 4 hours (in separate containers early morning). Rinse poha and soak the separately as well.
- After 4 hours, grind the rice to a smooth paste. Use the soaked water little by little if needed. Add Poha and grind again.
- Grind lentil (dal) separately and add to the rice batter. Mix well and add salt.
- Keep it in a warm place and allow it to ferment for 3-4 hours.
- Add desiccated coconut and dry curry leaves to the batter.
- Make small dosas by spreading the batter on a hot tava/skillet. Pour little oil around the edges and cook on the both sides. Serve with your choice of chutneys.

NOTE

PERSONAL NOTE:

Coconut dosa is had for breakfast and its very healthy



RECIPE BY
BEENA SUSAN PHILLIP
CHENNAI - TAMIL NADU, INDIA



CRANCHICKPEA SPAGHETTI

This quick and easy spaghetti in olive oil comes together in just 15 minutes with a handful of simple ingredients. The combination of chickpeas, Italian seasoning, and dried cranberries results in a tangy and satisfying paryushan friendly pasta dish.

PREP : 10 Min

COOK : 5 Min

TOTAL : 15 Min

CONTAINS : Tree Nuts

CUISINE : Italian

INGREDIENTS

- 16 oz. spaghetti or your choice of pasta
- ½ cup cooked pasta water
- ½ cup olive oil
- 1 cup cooked chickpeas/garbanzo beans
- 1 teaspoon crushed red pepper flakes
- 2 tablespoons Italian seasoning
- 3 tablespoons chopped dried cranberries
- 2 ½ tablespoons almond flour (optional but recommended)
- Salt and freshly ground black pepper

INSTRUCTIONS

- Cook pasta according to package directions with salt until al dente. Before you drain the pasta, reserve ½ a cup of pasta water. Toss cooked pasta in some olive oil and season with salt and pepper. Keep aside.
- In a large sauté pan, heat olive oil over medium-low heat.
- Add Italian seasoning, cooked chickpeas, dried cranberries, red pepper flakes and some salt. Sauté for about a minute, stirring frequently.
- Add pasta to the pan and ½ of pasta water.
- Cook for about a minute or until it's heated through. Add more pasta water if needed to coat the pasta evenly.
- Sprinkle almond flour and turn off the heat. Toss pastas to coat evenly in the sauce. Adding almond flour gives a nice texture to this olive oil based pasta dish. Avoid this step if you have tree nut allergies.
- Taste & adjust the seasonings if required. Add some freshly ground black pepper just before serving. Enjoy!

NOTE

- Always salt your pasta water when cooking pasta. This will add a ton of flavor to the overall dish.
- Always save your pasta water! The starchy pasta water will help thicken the sauce, will help the sauce stick to the noodles, and to provide a glossy finish.

PERSONAL NOTE :

It's one of our family favorite and paryushan friendly Italian dishes.



RECIPE BY
MEGHA SHAH
DALLAS-TX USA

Board Member of Jain Vegan Initiative.
Founder of True V
@trueveats



DAL BAATI (WITHOUT OIL)

PREP : 20 Min | COOK : 30 min | TOTAL : 50 min | CONTAINS : Gluten | CUISINE : Indian, Rajasthani

Dal Baati is a traditional dish native to Rajasthan. This recipe is easy to make, without the use of any oil. The cracks in the baati help it cook even better.

INGREDIENTS

- 2 Cups Wheat flour
- 1 Cup Semolina
- 2 Teaspoons Cumin seeds
- 1 Teaspoon Mustard seeds
- 1 Teaspoon Garam masala
- 1 Teaspoon Turmeric powder
- 1 Teaspoon Coriander powder
- 2 Teaspoons Salt (or as per taste)
- 2 Cups of mixed lentils (Moong dal, Chana dal, Toor dal, Masoor dal and Urad dal)
(yellow split lentil, split chickpeas lentil, pigeon pea dal, red lentil, black gram lentil)
- 3 Cups of water + As needed to form the dough

INSTRUCTIONS

Baati:

- Rinse & soak the lentils (dal) in 3 cups of water while we get started on Baatis.
- Mix the flours and add a teaspoon of each: salt and cumin seeds (cumin is optional, but do it!)
- Add water as needed. Knead a firm dough and set it aside for 10 minutes.
- Preheat the oven to 175 °C (350 °F). Shape the dough into small balls by rolling it in between the palms and flatten it from the top.
- Bake baatis in the oven for about 20 minutes. Flip them after 10 minutes to ensure even cooking.

Dal:

- While the baatis are baking, you can get started on cooking the dal.
- In a pressure cooker, add soaked dal, spices and salt.
- Pressure cook it on a medium flame for 2 whistles. Release the pressure manually and stir well.
- Heat a broad pan on a medium-high flame. Add mustard seeds and cumin seeds.
- Let mustard seeds crackle and pop. If you wish to add any additional spices, add them at this point and roast. Another option is to mix dried ground spices into some water, make a paste and roast at this time.
- Add cooked dal and stir well. Adjust the amount of water to match the consistency you prefer.

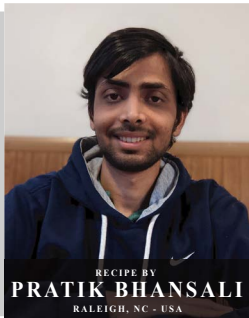
Serving: Break baatis into small pieces using your hands (this step is easier while baatis are still warm). Pour a generous amount of dal and serve hot!

NOTE

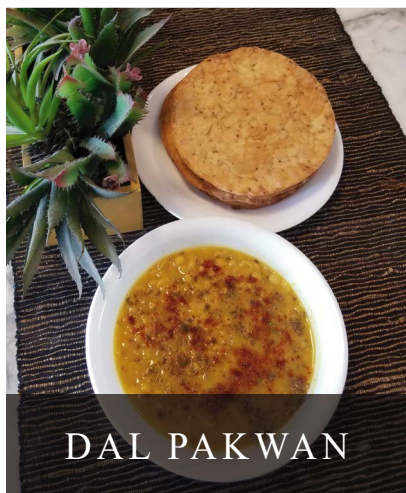
Adding semolina gives the baati a little rough texture. To make the baati by steaming, take some water in a kadhai (up to around 1.5 inches). Place a metal strainer in it such that it is at least 1 inch above the water level (you can support this in the kadhai using an empty bowl if the strainer is too small). Cover it and let it steam on a medium-high flame for 20 minutes. However, this method requires the baati to be fried after steaming. You can also use an idli cooker and idli plates.

FUN FACTS:

It is believed that it finds its origin in the kingdom of Mewar where the Rajputs would leave chunks of dough below a layer of sand to bake it in the sun and would eat them. The traders from the Gupta empire later started eating them with 'panchmel dal' (mixture of five lentils).



RECIPE BY
PRATIK BHANSALI
RALEIGH, NC - USA



DAL PAKWAN

This is a traditional Sindhi recipe modified to make it vegan and paryushan friendly

PREP : 10 Min

COOK : 40 Min

TOTAL : 50 Min

CUISINE : Sindhi

INGREDIENTS

DAL

- 1 cup Chana Dal (split Chickpeas lentil)
- 4 cups Water
- ½ tsp haldi (turmeric)
- Salt as per taste
- ½ tsp jaggery
- ½ tsp red chilli powder

FOR TEMPERING

- 1tsp oil
- ½ tsp jeera (cumin seeds)
- Pinch of hing (asafoetida)
- Few dried curry leaves

FOR TOPPING

- ½ tsp-1 tsp red chilli powder (as per taste)
- ½ tsp amchur powder (dry mango powder)
- Pinch of chaat masala

PAKWAN (CRISPY PURI)

- 1 cup maida (all-purpose flour)
- 1 cup wheat flour
- 1/4 tsp ajwain (carom seeds)
- 1/4 tsp shah jeera (black cumin seeds or Caraway seeds)
- ¼ tsp crushed pepper (optional)
- salt as per taste
- 1 tbsp oil (hot)
- water for knead
- oil for deep frying

DIRECTIONS

FOR DAL

- Rinse and soak chana dal for 2-3 hours. Drain and keep aside
- Cook the dal with salt and turmeric powder in a pot or pressure cooker for 2 whistles. The grains should be cooked yet separate and not mushy.
- In a separate pan, add the oil. When it is heated add jeera and allow it to splutter. Add hing and few dried curry leaves.
- Add the dal, jaggery and red chilli powder
- Add water if needed but dal should be of thick consistency.
- While serving top with red chilli powder, amchur powder and pinch of chaat masala

FOR PAKWAN

- Sieve the flour
- Add ajwain, jeera, crushed pepper, salt, oil and sufficient water to knead into a dough.
- Set it aside for 15 days
- Divide the dough into 10-12 small portions
- Roll out each portion like a chapati (flat bread) and prick with a fork. This is important so that the pakwan does not puff up like a puri.
- Deep fry on low or medium heat till it is crisp and golden in colour.
- Serve hot with dal.

NOTE

TIPS :

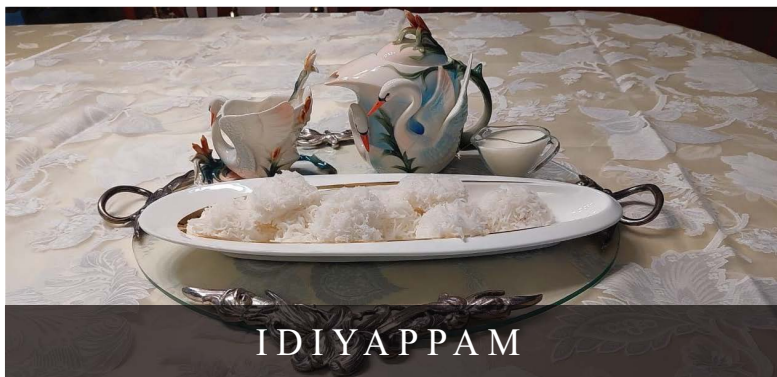
Dal can be topped with tamarind chutney while serving.

PERSONAL NOTE :

This dal can also be had with rice or roti. Dal pakwan is typically had in breakfast but can also be had for lunch or dinner



INDU ASUDANI



IDIYAPPAM

PREP : 10 Min | COOK : 10 min | TOTAL : 20 min | CUISINE : South Indian

This is like sev or sevai(long strings) and is traditionally had as breakfast in Kerala.

INGREDIENTS

- 2 cups fine rice flour
- Salt - to taste
- 3 cups boiling water
- ½ cup grated desiccated coconut

Coconut Chutney

INSTRUCTIONS

- Add salt to the flour.
- Roast the rice flour in a pan on slow flame. Keep roasting the flour but it should not turn brown or pink.
- Remove after 4-5 minutes. This will help make the idiyappams soft.
- Add the salt to the hot water. Pour the water little by little to the flour to make a smooth dough. Keep mixing with a spatula or wooden spoon till the dough cools down and can be kneaded by hand. The consistency should be like the chapati dough and should be smooth. (Water should be added accordingly). If it is dry sprinkle some warm water and if it is sticky add some rice flour.
- Boil 2 cups of water in a steamer. And once it boils lower the flame.
- Form 3-4 inch round of the idiyappams: Put the dough into a SEV MAKER (Kitchen Press).
- Grease the plate or the idli mould. Press the dough into a plate or an idli mould in circular motion.
- Press a little and add sprinkle some desiccated coconut on the top.
- Place the plate/ idli mould in the steamer and cook for 10 minutes or till it is cooked. The water should not go into the plate.
- Repeat the process until all the dough is used up.
- Serve with sweetened coconut milk or with chutney of your choice.

NOTE

PERSONAL NOTE:

To make idiyappam softer, don't over cook it. You should press the dough while it is hot itself. Homemade ones are much tastier than ready-made ones.



RECIPE BY
BEENA SUSAN PHILLIP
CHENNAI, TAMIL NADU - INDIA



INSTANT RICE DOSA & CHUTNEY

If you are looking for a simple, mouth watering meal during Paryushan, this Instant Rice Dosa & Chutney is for you. It tastes wonderful and the recipe is so simple, anyone can make it!

PREP : 10 Min

COOK : 20 Min

TOTAL : 30 Min

CUISINE : South Indian

INGREDIENTS

DOSA BATTER

- 2 cups rice flour
- 4 cups water
- 1 tsp salt
- 1/2 tsp roasted cumin seeds powder

CHUTNEY

- 2 dry Kashmiri red Chili
- 1/4 cup chopped desiccated coconut
- Dry mango powder (Amchur) - per taste
- 1/2 tsp cumin seeds (jeera)
- 1/4 tsp asafetida (Hing)
- 10 to 12 dry Fenugreek (Methi) Seeds
- 1/2 tsp Split dehusked black gram (Urad Dal)
- 1 tsp roasted split chickpea lentil (Chana Dal)
- 1 tsp dry coriander seeds (whole Dhaniya/ Dhana)
- 1/2 tsp oil
- 1/2 tsp salt
- 1/4 cup water

INSTRUCTIONS

CHUTNEY:

- Take kashmiri red chili and soak in water for 10 minutes
- On a skillet heat oil on low flame and add dry fenugreek seeds & urad dal. Roast them well while keep mixing it until dal turns golden brown.
- Add coriander seeds and cumin seeds. Mix everything well and roast for about a minute and turn off the flame. Let the mixture cool down completely.
- Remove Kashmiri chilies from water. In a grinder, add these chilies, roasted split chickpeas, desiccated coconut, asafetida, salt, dried mango powder and the cooled down mixture. Add 1/4 cup of water and blend in to a smooth paste.
- Chutney is ready to eat!

DOSA :

- In a bowl add rice flour, salt, roasted cumin seeds powder and 2 cups of water.
- Mix them well. Make sure there are no lumps. Let Dosa batter sit for 15 minutes.
- After 15 minutes add 2 cups of water in Dosa batter. Mix well. The consistency should be a smooth spreadable paste.
- Heat a non-stick pan on medium-high flame. Add few drops of oil in the pan and spread the batter evenly.
- After a minute add few drops of oil on Dosa and cook for 3 minutes.
- Flip the dosa and cook the other side the same way. When brown spots are visible on the Dosa, it's ready to serve.

NOTE

You may try to add chickpea (Chole) or moong beans filling inside the dosa for extra protein.

PERSONAL NOTE :

My family love Rice Dosas with Chutney. This is our anytime favorite meal, not just during the Paryushan.



Home chef & Proud Contributor



KADHI (OIL FREE)

PREP : 5 Min | COOK : 25 Min | TOTAL : 30 Min | CUISINE : Gujarati

INGREDIENTS

THE BASE

- 4 cup chickpea yogurt
- 1 tsp ginger powder (soonth)
salt to taste water for dilution
based on consistency you like

- FOR TEMPERING (TADKA) WHOLE SPICES

- 1.5 tsp mustard seeds (rai)
- 1.5 tsp cumin seeds (jeera)
- 1 tsp fenugreek seeds (methi)
- 1 tsp coriander seeds (dhaniya)
- 3 dry red chilli, seeds removed
(lal mirch, sabut)

FOR TEMPERING (TADKA) POWDERED SPICES

- 2 tsp kashmiri red chilli (lal mirch)
powder
- 1/2 tsp asafoetida (hing)
- 2 turmeric (haldi powder)
- 1/4 cup water

INSTRUCTIONS

- Take the base ingredients and mix well with a churner or a whisk
- Transfer to a pan and start cooking



FOR TEMPERING

- Roast all the whole spices, add the dry red chilli in the end as they take least time to cook
- Turn off the stove and add powdered spices
- Once the aroma of spices is released, add water
- Add this tempering to the chickpea curd base and let it cook until it comes to a boil
- Then cook another 5 minutes on medium heat
- Kadhi is ready. you can serve this with rice/roti/khichdi

NOTE

PERSONAL NOTE:

Based on my experience of trying different types of plant-based curds to make vegan kadhi, chickpea curd is a clear winner in terms of taste as well as texture that's similar to dairy kadhi.



RECIPE BY
PRIYANKA JAIN
NEW DELHI - INDIA

Nutrition & Lifestyle Coach
@Priyanka.n.jain

No arsenal of expensive ingredients, because this one relies on more basic ones, such as cashews or almonds for richness, chickpea tofu for thickness, and dried herbs & spices for added flavor. This easy, creamy, and vegan Paryushan friendly recipe is so satisfying that you won't even miss the cheese.

PREP : 15 min

COOK : 15 min

TOTAL : 30 min

CONTAIN : Tree Nuts

CUISINE : Fusion [Italian, Indian]

MACNCHEEZ

INGREDIENTS

- 1 cup Cavatappi or your choice of pasta
- 1 tbsp Oil (Olive Oil is preferred)
- ½ cup of water
- Optional Garnishing: ½ TSP Chia Seeds,
8-10 Dried Cranberries, Red Pepper Flakes

FOR CHEESE SAUCE:

- ½ cup cooked Pasta water
- ¾ cup Burmese/chickpea Tofu cubes
([recipe: check under Dairy Substitutes](#))
- 1/3 cup raw Cashews – soaked (for at
least 15 minutes)
- ½ tbsp Italian Seasoning (Dried herbs blend)
- ¼ tsp Each: Turmeric (haldi), Asafoetida (hing),
Paprika

INSTRUCTIONS

- Prepare the Pasta according to package instructions. Be sure to boil in salted water until al dente. Reserve ½ cup of cooked pasta water.
- Prepare the cheese sauce. Blend drained cashews and remaining sauce ingredients into a chopper or a food processor until thick grainy paste comes together. Remove and keep aside.
- Heat oil in a skillet on medium heat. Pour the cheese sauce with 1/2 to 1 cup of water to liquify the sauce, if necessary. You may use remaining pasta water for this step.
- Mix well. Stir in the cooked pasta and let it cook for 2 minutes, keep stirring in between.
- Turn off the heat. Season to taste. Top it off with some dried cranberries, chia seeds, and red pepper flakes for additional nutrients and flavors!

NOTE

Italian Herbs & Dried Cranberries are optional. You may skip it if you do not wish to consume during Paryushan.

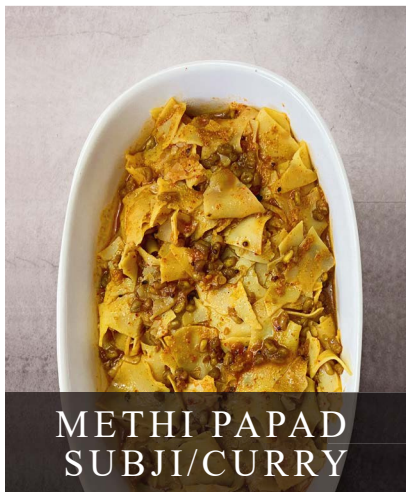
PERSONAL NOTE:

This is one of my most favorite meals to cook during paryushan. It gets ready quickly and everyone in the family, including kids thoroughly enjoy it.



RECIPE BY
MEGHA SHAH
DALLAS-TX USA

Board Member of Jain Vegan Initiative.
Founder of True V
@trueveats



METHI PAPAD SUBJI/CURRY

Methi Papad Subji is easy to make and very flavorful. Try making it during holy days of Paryushan.

PREP : 5 Min

COOK : 20 Min

TOTAL : 25 Min

CUISINE : Rajasthani/Gujarati

INGREDIENTS

- 3 Tbsp Methi Dana [Fenugreek Seeds]
- 1 Tbsp oil
- 1/2 tsp Mustard Seeds (rai)
- 1/2 tsp Amchur Powder (dry mango powder)
- 1 tsp Red Chili Powder
- 1/2 tsp salt
- 1/4 tsp Turmeric Powder (haldi)
- 1 tsp Coriander Powder (dhana jeeru powder)
- 1/2 tsp Cumin Powder (jeera powder)
- 1 tsp Jaggery (gud)
- 4 to 5 Papad cut into small pieces (about 2-3 inches long)

INSTRUCTIONS

Pressure cook Methi Seeds:

- Rinse and wash Methi (fenugreek) seeds 2 to 3 times using water. Soak them in 3/4 cup of water.
- Add 1/2 cup of water in pressure cooker and place methi seeds a container inside a pressure cooker. Cover and pressure cook it on medium flame until 4-5 whistles.
- Turn off a stove and let a pressure cooker cool down. Remove cooked methi seeds from the cooker.
- Wash cooked methi seeds with water 2 times. This is to remove excessive bitterness from the curry. Drain all excess and keep aside.

Making the Curry:

- Heat 1 tbsp of oil and mustard seeds in a broad pan on medium high flame.
- Once mustard seed crackles, add methi seeds, amchur powder, and 2 cups of water. Mix well.
- Add red chili powder, salt, turmeric powder, coriander powder, cumin powder, and 2 tbsp jaggery.
- Mix everything well and let it cook for 4 to 5 minutes, uncovered.
- Add papad pieces, mix well and let it simmer for 4 to 5 minutes.
- Turn off the heat, taste and adjust the spice level if needed. Methi Papad Subji is now ready to eat!

NOTE

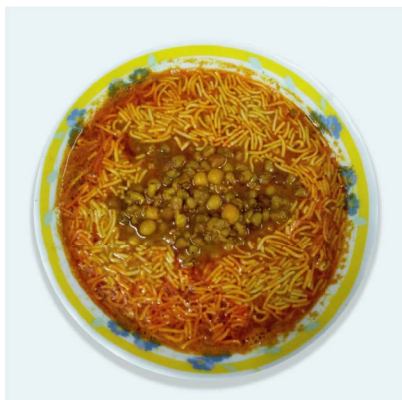
PERSONAL NOTE:

Methi Papad Subji is my go to recipe during Paryushan, but my family enjoys eating this curry any time during the year. This can be had with roti, paratha or rice.



MINA SHAH

Home chef & Proud Contributor



MISAL MASALA WITH MIXED PULSES

Misal is a scrumptious cocktail of savories and beans. It's very tasty as well as healthy. The best part of misal is that it suits breakfast, dinner or any other time.

PREP : 15 Min

COOK : 20 Min

TOTAL : 35 - 40 Min

CUISINE : Maharashtrian, Indian

INGREDIENTS

- 2 - 3 tsp oil
- 1 tbsp cumin seeds (jeera)
- ½ tsp amchur powder (dry mango powder)
- ½ tsp red chilli powder (as per taste)
- Salt as per taste
- 1 tbsp ready misal masala (available in any brand)
- 1/4th cup dry white peas (Safed vatana)
- 1/4th cup of mung beans (moong)
- 1/4th cup dry red channa (whole red chickpeas)

INSTRUCTIONS

- Wash and soak all the beans in different bowls. Preferably soak in lukewarm water for 8-10 hours. Soak it early morning at 5 am.
- Drain and rinse the beans. Add water ½ inch above the beans.
- Cook all the lentils and pulses with 2-3 cups of water in a pressure cooker for 5-6 whistles or until cooked

FOR TEMPERING :

- Heat the oil in a medium size pan
- Add cumin seeds
- As it starts to crackle, add all the beans along with its water.
- Add the remaining spices mentioned in the list and boil the beans for 5-7 minutes or until soft.
- Garnish it with sev while serving.
- Enjoy it with either paratha or roti or rice.

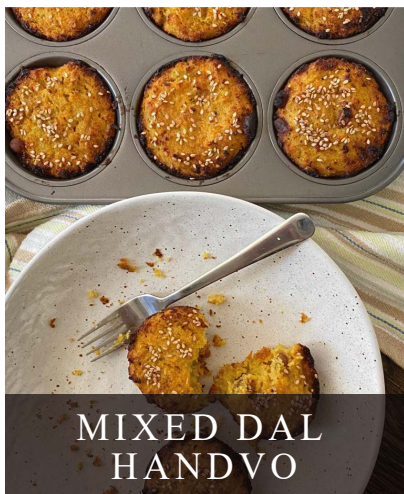
NOTE

PERSONAL NOTE :

This khichdi is a good alternative to Sabudana (tapioca) khichdi. It's quite filling, nutritious and one of my favorite dishes.



RECIPE BY
JESAL SHAH
Mumbai, Maharashtra - India



This delicious recipe is rich in protein

PREP : 8 Hrs

COOK : 20 Min

TOTAL : 8 Hrs 20 Min

CUISINE : Gujarati

INGREDIENTS

FOR THE BATTER

- 1/2 cup Tur dal (split pigeon peas)
- ½ cup green moong dal with skin (split green gram lentil with skin)
- ½ cup chana dal (yellow split peas or split chickpeas)
- 1/2 cup Urad dal (split and dehusked black gram lentil)
- ½ cup rice
- Salt to taste
- 1 tsp of sugar (optional)
- ½ tsp soda bi carbonate
- ½ tsp amchur powder 1 whole red chilli (optional)
- 1/4 cup thick vegan sour curd (optional)
- Water as needed

INSTRUCTIONS

TEMPERING

- Oil for tempering
- 1/2 teaspoon mustard seeds (rai)
- 1/2 teaspoon cumin seeds (jeera)
- 1/4 teaspoon asafetida (hing)
- 1 teaspoon sesame seeds (til) (optional)
- 1/4 teaspoon chili powder
- Few dried curry leaves (optional)

DIRECTIONS

- In a deep bowl add all the dals. Rinse 3-4 times and soak for 5 hours (Soak early morning).
- Wash and soak the rice separately.
- After 5 hours the dal and rice will swell. Drain all the water.
- Mix the rice and dal. Divide the mixture in 2 equal portions.
- Take one portion in a blend jar and grind with no or very little water. Add the whole red chilli if you like it spicy. The mixture should be little coarse and not a smooth paste.
- Repeat for the second portion
- Mix the 2 portions. Heat the vegan curd for a couple of minutes. Cool and add to the batter. Add 1-2 tbsp of water if needed. The batter should be thick and not watery.
- Set it aside in a warm place covered with a cloth. Allow it to sit for 3-4 hours
- Later mix the batter with hand to release the air.
- Just before cooking, take a cup of the batter in a separate vessel. Add salt, amchur, 1 tsp oil, sugar and soda bi carbonate and mix well.
- In a deep vessel (kadai), prepare the tempering. Add 2- 3 tsp oil and when it is warm add the mustard and cumin seeds. When it splutters add the hing and sesame seeds.

- Immediately add the red chilli powder, mix well and before it burns add 1 cup of the batter.
- Let the batter take the shape of the deep vessel (kadai) and just tap it so that the batter spreads evenly. • Lower the flame, cover the kadai and let it cook for 10 - 12 minutes checking optionally that the bottom is not getting burnt.
- Once it is brown and crisp from the bottom and dry from the top, flip the handwa and let it cook on the other side till it is crisp. Cover the kadai.
- Check with the tip of the knife if it is coming out clear or some batter is sticking on it. If it is clear, then the handvo is ready. If it is sticky, let it cook for a couple of minutes.
- Once cooked remove and cut the handwa into pies. Serve with coconut chutney or kadhi.

NOTE

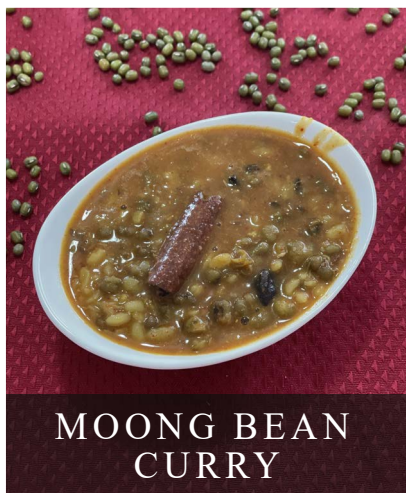
The batter can be divided into equal parts and made individually in a kadai or made as a large cake in a flat bottomed deep vessel.

PERSNAL NOTE:

I have learned this recipe from my mom and it is my comfort food.



Board Member at Jain Vegan Initiative
Founder of the Earthen One
@theearthenone



Traditional Moong Bean Curry it's a super easy and nutritionally balanced recipe. You can have it either as breakfast or lunch or even dinner. Combine the classic recipe with khakara or plain rice of your choice for a complete meal.

PREP : 30-40 Min

COOK : 20-30 Min

TOTAL : 50-70 Min

CUISINE : Gujarati or Marwadi

INGREDIENTS

- 1 cup - Whole Green Moong Bean (Mung Bean), Water 2-3 cups for soaking and steaming.

FOR TEMPERING:

- 1.5 tbsp - Avocado or Grapeseed Oil
- 3-4 Cloves,
- 1/2 - Cinnamon Stick,
- 8-10 Whole Black Peppercorns,
- 1 tsp - Jeera (Cumin Seeds),
- 1/4 tsp - Hing (Asafoetida), 1
- 1 tbsp - Kashmiri Red Chili Powder,
- 1 tsp - Haldi Powder (Turmeric),
- 1 tbsp - Dhaniya Powder (Coriander)
- Salt as per taste,
- 2 pieces - Black Dry Kokum (Dry Jungle Plum).

INSTRUCTIONS

- Take whole moong bean in a pressure cooker, wash and rinse with clean water two-three times.
- Then soak the moong in clean water. (Ratio to soak moong is 1:3, i.e., 1 cup moong to 3 cups water) Let it soak for about 15-20 minutes.
- Cover the Pressure cooker lid, and place it on the stovetop. Let it cook for 2-3 whistles. Approximately 15-20 minutes.
- Turn off the stove and allow the pressure cooker to cool down.
- Let's get the saucepan or cast iron kadai ready for tempering.
- Heat the oil in the pan to low to medium (not smokey hot) - add cloves, cinnamon sticks, and whole black peppers.
- After a few seconds, add jeera, hing, and haldi powder and cook for 30 seconds.
- Once it starts sizzling, then add boiled moong beans.
- Add red chili powder, dhaniya powder, and salt. Mix it up, check the water consistency, and add another cup of water if there is no or less water.
- Add the kokum and let it simmer for 5-7 minutes. Moong Bean curry has a medium-thick consistency. If desired, you can keep thin consistency by adding water.

NOTE

Tips and Alternative: If you do not have pressure cooker, then you can soak Moong beans for 30-45 minutes and let it boil in saucepan for 20-25 minutes. Second options is instant pot is great and cooking time will decrease. For Kashmiri Red Chili powder, this chili powder is high on color and less on spicyness so you can adjust with any type of chili powder and as per your taste. I prefer mild to medium spicy.

PERSONAL NOTE:

Moong Beans Curry is the first recipe I learned growing up because I always loved it. My grandma and mummy inspired it.



KRINA SHAH

@krinascorner



MOONG DAL CHILLA

PREP : 5 Min

SOAK : 3 - 4 Hrs

TOTAL : 3 Hrs 15 min

CUISINE : Indian

Chilla/Pudla is a budget-friendly, easy to cook, protein-rich and gluten-free recipe that requires just a few ingredients.

INGREDIENTS

- 1 cup Green Split Moong Dal (split green gram lentil)
- 1/2 cup Yellow Split Moong Dal (split yellow gram lentil)
- 1/3 cup Rice
- 3 to 4 cups of water for soaking
- 1/2 cup water for grinding (as required)
- 1/2 tsp Hing (asafoetida)
- 1 tsp salt (as per your taste)
- 1 tsp jeera (cumin seeds)

INSTRUCTIONS

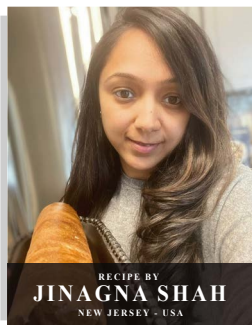
- Rinse all Green Split Moong Dal, Yellow Split Moong Dal and Rice 3 to 4 times in water.
- Soak the dals and rice mix with 2 to 3 cups of water for about 3 to 4 hours.
- The mix will swell or double up in size. Discard the water.
- Add the soaked mix and jeera into the grinder jar. Grind by adding water only as needed in order to prepare a smooth consistency batter.
- Add a pinch of hing and salt and mix well.
- Heat the pan. Make sure the pan is hot before you make the chilla. Add a scoopful of batter towards the centre of the pan.
- Rotate the batter with the back of the spatula giving a round and even shape. Cook it on a medium flame, you may drizzle a few drops of oil around the edges of the chilla.
- Once the chillas appear crisp and brown, roll them, and serve with your preferred condiments such as oil and chili powder or podi powder or even sambhar..

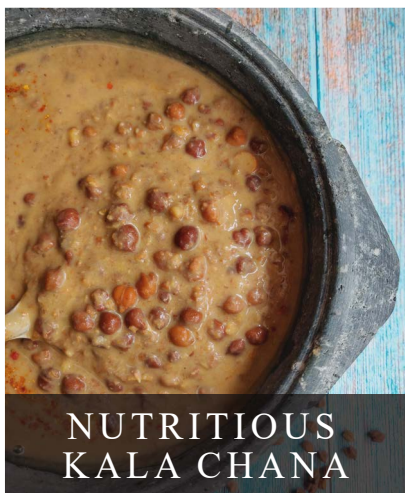
NOTE

Check the consistency of the batter. If it's too thick then add 1 to 2 tablespoons of water. I added 1 tablespoon of water to make it to a pouring consistency. Adding too much water will not let the batter spread evenly on the tawa (skillet). The consistency of the batter has to be of a medium pouring consistency, neither too thick nor too thin.

PERSONAL NOTE :

This is my family's all-time fav recipe for any time or day of the week. It is comforting yet tasty.





NUTRITIOUS KALA CHANA

This is in continuation to my recipe of a spice mix / masala which is very versatile and my all time favorite. I add it to curries, lentils or veg kebabs.

PREP : 8 hrs 10 Min
(including soaking time)

COOK : 35 Min

TOTAL : 8 hrs 45 Min

CUISINE : Indian

INGREDIENTS

- 1 cup black chickpea/kala chana soaked for 8-10 hours
- 2 " cinnamon stick
- 2 black cardamom
- 2 dry bay leaves
- 2 tsp dry ginger powder (soonth)
- 1/2 cup plant-based curd (chickpea curd or peanut curd work well)
- 1 tsp spice mix (Check recipe no)

Spice Mix

INSTRUCTIONS

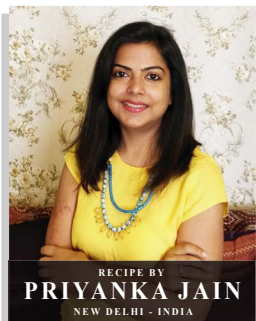
- In a pressure cooker, add the chana with bay leaves, cinnamon stick, dry ginger powder, and black cardamom and water enough to cover the chana and about an inch extra.
- Cook the chana till tender.
- Once done, remove the whole spices.
- Take 1/4 quantity of cooked chana and blend to a smooth paste in the blender and add this back to the rest.
- Heat the curd separately for a couple of minutes. Add to the chana along with the spice mix.
- Bring it to a boil and simmer for 5-10 minutes till you reach desired consistency.
- Kala chana curry is ready. Enjoy with roti/paratha/rice or millets.

NOTE

Jains heat the yoghurt before adding it to any pulses or lentils. I prefer not to use pressure cooker as it destroys a lot of the nutrients in the food but kala chana does take a very long time to cook so pressure cooker can be used.

PERSONAL NOTE :

Usually, I make gravy for Kala chana with ginger and tomatoes but I had to improvise for Paryushan. I wanted a thick gravy, so I experimented a little and it came out absolutely delicious recipe that I am certainly going to follow throughout the year and not just during Paryushan.



RECIPE BY
PRIYANKA JAIN
NEW DELHI - INDIA

Nutrition & Lifestyle Coach
@Priyanka.n.jain



PAPAD DAL DHOKLI

A perfect lunch or dinner item. Most people love it but they think it's hard to make but this is the easiest way to make it.

COOK : 30 Min

TOTAL : 30 Min

CUISINE : Gujarati

INGREDIENTS

1 cup Toor (Arhat) dal
1/8 cup chana dal (Daliya/split chickpeas)
10 Black pepper Papad
1 teaspoon tamarind paste or Amchur Powder
2 tablespoons raisins/craisins
2 tablespoons peanuts
1 teaspoon Kasuri methi

2 tablespoons Gud (jaggery)
Dried cilantro leaves for garnish
Masala (Spices)-adjust to your taste
1 teaspoon red chilli powder
2 teaspoons dhania-jeera powder
Salt to taste
For Tadka (Tempering)

2 teaspoons oil
1 teaspoon mustard seeds
½ teaspoon whole Jeera (cumin seeds)
½ teaspoon methi (fenugreek seeds)
1 cinnamon stick + 3 cloves (optional)
½ teaspoon hing (asafoetida)
Dried curry leaves (optional)

INSTRUCTIONS

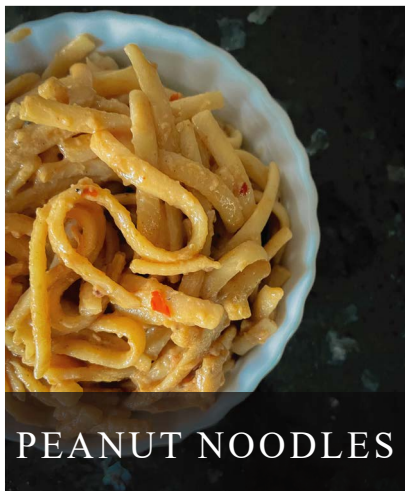
- Soak toor and chana dal for 1- 2 hours.
- Cook with 5 cups of water (on the stove or pressure cooker or instapot).
- Blend the cooked dals and bring them to boil on a stove.
- Cut papads into 1 ½ inches pieces and add to dal.
- Add gud, peanuts, tamarind paste and salt.
- Prepare tadka: in a small vessel heat up oil, add the whole rai, whole jeera, methi seeds, dried curry leaves cloves, and cinnamon stick, and stir. When it starts spluttering, switch off the gas and add the hing, kasuri methi, raisins/craisins.
- Add this to the dal/papad mixture, and stir and boil for 1-2 minutes.
- Garnish with dried cilantro and serve.

NOTE

Papad can be replaced with bowtie pasta (cooked) or traditional thepla dhokli.



PRAVIN TURAKHIA



My son goes nuts over these peanut noodles!

PREP : 5 Min

COOK : 20 Min

TOTAL : 25 Min

CUISINE : Asian

CONTAINS : Gluten, Peanuts

INGREDIENTS

1/2 box fettuccini noodles
1/4 cup peanut butter (smooth or chunky)
1 tsp sesame seed oil
1/2 tsp crushed red pepper
Pinch of black pepper
Salt to taste
1 tbs rice vinegar (or 1 tsp amchur)
1 tsp dried cilantro
Optional garnish – sesame seeds

INSTRUCTIONS

- Cook the noodles as per the instructions on the box. Then, drain and rinse the noodles and reserve the cooked water on the side
- Whisk together the remaining ingredients with 1/2 cup of the cooked water and place on low heat
- Add in the noodles until coated. Add additional water if needed to get the consistency you desire.
- Taste and add additional spices to your liking.
- Garnish with sesame seeds and enjoy

NOTE

Can substitute fettuccini noodles with spaghetti or other vegan noodles

PERSONAL NOTE:

Love this protein-packed, healthy lunch which is loved by all family members!



RECIPE BY
RESHMA SHAH
CHICAGO, IL - USA

@reshmomlife

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PURAN POLI

PREP : 2 hours | COOK : 1 hour | TOTAL : 3 hours | CONTAINS : Wheat | CUISINE : Maharashtra

A popular Maharashtrian sweet roti recipe made with flour and sweetened chana dal stuffing. It is generally made during special occasions or during festival time such as Holi, but can be made and Preserved at any time. Traditionally, it is eaten or served warm with generous amount of ghee but also tastes great with pickle / Katachi aamti.

INGREDIENTS

FOR COVERING

- 1 cup wheat flour
- 1 cup all purpose flour/maida
- Water to knead dough
- % cup oil (appx)
- Salt

FOR PURAN

- 1 cup chana dal
- % tsp nutmeg powder
- 1 cup jaggery/sugar
- 1 tsp cardamom powder

FOR PURAN

INSTRUCTIONS

FOR DOUGH

- Thoroughly wash chana dal and soak it for at least 2 hours.
- Pressure cook the dal for 4-5 whistles or until the dal is cooked soft/mushy
- strain the cooked dal. Keep the dal in the strainer for some minutes so that all the stock is drained. The cooked lentils have to be drained very well. Keep the stock aside.
- Drain all the stock from the dal. The cooked dal has to be drained very well. (The stock can be used to make aamti)
- Let the dal cool down and grind it to paste consistency.
- In a wide pan, add the ground dal, jaggery (or sugar)
- The mixture will turn wet once the jaggery melts
- Mix well and cook on medium flame for appx 15-20 mins or until the mixture becomes dry (but soft). Keep stirring at regular intervals.
- Add cardamom powder and nutmeg powder and mix well. (a few strands of saffron optional)
- Keep aside to cool down.

- Take equal quantities of wheat and all purpose flour in bowl (you may use only flour too if you wish)
- Add a pinch of salt and 3 tbsp of oil.
- Mix until oil is well incorporated in the flour.
- Set aside for min 20 mins
- Knead it into a very soft dough (The dough needs to be softer than regular, so that it can be rolled easily with lighter hands and no pressure)
- Keep aside for 15 mins
- Add 1 tbsp of oil and knead it well for a couple mins.
- Keep aside for another 15 mins (More you knead the dough the softer will be the poli)
- To make puran polish.
- Take a small size ball of dough and double size ball of puran.
- Stuff the puran ball inside the rolled dough (like stuffed paratha).
- Close the rolled dough tightly so that puran does not come out.
- Flatten with your palms.
- Dust it with flour and roll the poli with less pressure.
- Place the poli on a hot tava and cook until golden brown on both side.
- Be gentle while flipping the poli as the stuffing might come out.
- The polis are ready to be served hot.

PERSNAL NOTE:

Though this festive delicacy is made during most festivals like Diwali, Ganesh Chaturthi, Makarsakranti, and Holi, my family enjoys this at any time of the year.



TANUSHRI SHENOY



QUESADILLAS

Even though there are no vegetables in this recipe, it still tastes delicious.

PREP : 15 Min

COOK : 30 Min

TOTAL : 45 - 60 Min
(not including soaking time)

CUISINE : Mexican

INGREDIENTS

- 1 cup rajma/ black kidney beans
- Spices
- 2 tsp Cayenne pepper or as per taste
- Salt to taste
- Roasted Jeera (cumin) powder
- Oil for cooking
- Cashew cheese (add link of cashew sauce of megha)
- 6 rotis or flat wheat Indian bread.

Versatile Cream Cheese

INSTRUCTIONS

- Wash and soak the beans for 5-6 hours (5 am in the morning)
- Rinse and pressure cook / instant pot for 15 -20 mins or until soft
- Put some oil in a pan. Add beans and cook for a 5-6 minutes. The beans should not be watery. Mash the beans coarsely.
- Add the spices and cook for 5-6 minutes. Add some water if needed but should not be watery.
- Take one cooked roti and place it on a skillet. Add some oil on the edges of the roti.
- Spread a ladle full of beans and spread it on the roti. Add some cashew sauce and place another roti on top.
- Flip the roti carefully once it is crisp. Add oil on the edges again cook till crisp.
- Serve on a plate and cut into pies. Serve with ome cashew sauce.

NOTE

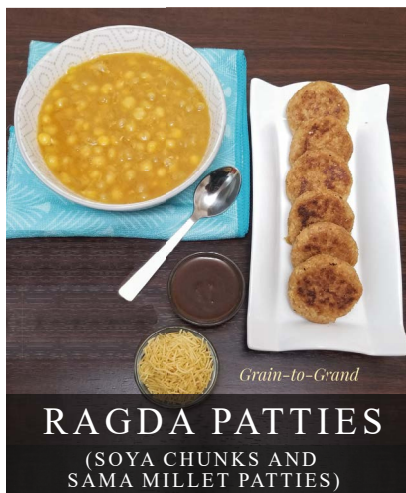
PERSNAL NOTE :

This can be made with rotis that are leftover from the morning. Another hack is to spread the beans on a khakra with the cheese sauce. In that case the khakhra doesnt have to be cooked on the skillet.



RECIPE BY
RUCHIKA CHITRABHANU
MUMBAI, MAHARASHTRA - INDIA

Board Member of Jain Vegan Initiative
Founder of The Earthen One
@theearthenone



RAGDA PATTIES

(SOYA CHUNKS AND
SAMA MILLET PATTIES)

An interesting recipe of Patties to include millets!

PREP : 30 Min

COOK : 15 Min

TOTAL : 45 Min

CUISINE : Indian (chaat)

CONTAINS : Soy

INGREDIENTS

- 1 cup Dried White Peas
- 1/2 cup sama millet (Little Millet)
- 1/2 cup soy chunks or soy granules
- Dry spices:
- Salt to taste
- Turmeric powder
- Red chilli powder
- Coriander-cumin powder
- Dry Mango powder (Amchur powder)
- Garam masala
- Chaat masala

Tamarind Chutney

INSTRUCTIONS

- Soak dried white peas (white matar) early morning in 4 cups of water for a minimum of 4-6 hours.
- Drain the water and transfer the soaked peas to a pressure cooker. Add 1 tsp salt, 1/2 tsp turmeric powder and 3 cups of water. Pressure cook for 4 whistles on high heat. Let it cool.
- Raise the whistle, release the pressure and open the cooker. Add the spices as per your taste and let it simmer. Ragda (gravy) is ready.

FOR PATTIS :

- Add hot water to soy chunks/granules. Let it rise. Once it cools down, strain it.
- Cook sama millet by adding double the amount of water (Eg: 2:1 ratio, 2 cups of water for every 1 cup of sama). Add salt to taste. Cook until the water evaporates and we get the dry cooked sama. Let it cool.
- Mix both ground soy and sama. Add some spices as per your taste and roll into small discs. (If using Soy chunks, grind them in the Mixer)
- Refrigerate the patties for at least 10 mins.
- Shallow fry on Tawa on both sides. Serve hot with Ragda. Tip it with sweet chutney. Sprinkle chaat masala and sev.
- Healthy, tasty Paryushan/ Tithi special Ragda Patties are ready!!

NOTE

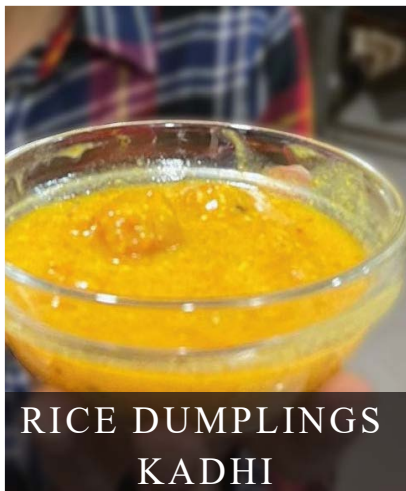
PERSONAL NOTE:

I look out for chaats, and snack items all the time and this is one of the chaats that I make especially during Chaudas/Aatham days.



SHRUTI MEHTA

@Grain-to-Grand



Instead of making simple kadhi, try this rice dumpling kadhi! It tastes really good and quite easy to make.

PREP : 15 Min

COOK : 15 Min

TOTAL : 30 Min

CUISINE : Gujarati

INGREDIENTS

- ½ cup rice
- 5-6 tbsp gram flour/besan
- 2 cups vegan buttermilk
- 2 tsp oil
- 1 tsp mustard seeds (rai)
- 1 tsp cumin seeds (Jeera)
- 1 tsp salt
- ½ tsp turmeric powder (haldi)
- 1 tsp chilli powder
- Pinch of asafoetida (hing)

INSTRUCTIONS

- Wash & rinse the rice. Pressure cook it by adding three times the quantity of water. Let it cook for 3-4 whistles.
- Allow it to cool. Now add 3-4 tbsp of besan, salt, turmeric and chili powder to the cooked rice.
- Make small balls and keep it aside.
- Add salt and 2 tbsp of besan to vegan buttermilk and mix properly so that there are no lumps.
- Heat oil in the pan and add mustard seeds and jeera when the oil is hot.
- Allow it to splutter. Now add turmeric and chili powder to the pan.
- Immediately add the buttermilk mixture to the pan. Allow it to boil while stirring it continuously.
- Add the rice balls to the boiling buttermilk.
- Let it cook for 5 minutes. Turn off the heat. Serve hot.

NOTE

PERSONAL NOTE :

This kadhi goes well with cooked jeera rice or quinoa. My family enjoy it, especially during Paryushan days.



RECIPE BY
AMI KAMDAR
MUMBAI, MAHARASHTRA - INDIA

Whole Food Plant-Based Nutritionist
@amikamdar05



RICE PANCAKES / RICE SAYKLA

Rice pancakes are one of the favorite and versatile foods during Paryushan. It's quick and super easy to make. You can eat this as an evening snack with tea or have it as dinner.

PREP : 10 Min

COOK : 5-10 Min

TOTAL : 15-20 Min

CUISINE : Gujarati, Indian

CONTAINS : Wheat

INGREDIENTS

- 1 cup – Cooked White Rice
- ½ tsp – Red Chili Powder
- ¼ tsp – Turmeric Powder (haldi)
- ½ tsp – Cumin (Jeera) Powder
- 1/8 tsp – Carom seeds (Ajwain) (optional)
- ¼ tsp - Salt
- ½ tsp – Dry Mango Powder (Aamchur Powder)
- 1 tbsp – Whole Wheat flour
- ½ tbsp – Bengal Gram flour (Besan or Chickpea Flour)
- 1 tbsp – Dry Coriander Leaves (Optional)
- Oil – as needed for drizzling and greasing the griddle.

Sesame Chutney

INSTRUCTIONS

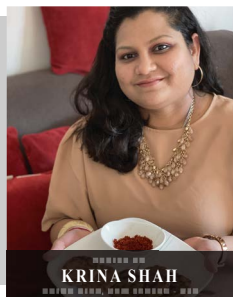
- Take cooked rice in the mixing bowl. (If you don't have cooked rice, then take about ¾ cup rice and cook as you normally do. Then let it cool down to room temperature).
- Smash a bit with the spoon and then add ingredients listed above. Give it a mix and use your hand and knead it in soft dough like consistency. If it's too dry, then add a couple tbsp of water or if it's wet then add ¼ tbsp of Gram flour.
- Taste the flavor and salt. Adjust the spiciness as per your taste.
- Heat up the Tawa / Griddle or if you have a mini Uttapam / Pancake griddle you can use it too.
- Take ½ cup of water in the bowl to wet your fingers.
- Lower the flame to low: Grease the pan with a few drops of oil, then take a small portion of the dough, place it on the tawa, wet your fingers, then press the dough with wet fingers in a round shape or any shape is fine. Keep it a bit thicker than paratha.
- Add about ¼ tsp of oil on the Pancake and let it cook on one side (until light brown). Then flip it and let it cook. You can make the rest of it. Because I make mini sizes. I can fit 3-4 on my tawa.
- Serve hot with Methia Masala / Sesame chutney .

NOTE

You can add ½ tbsp of vegan yogurt instead of Amchoor Powder. If you do so, you may need about ¼ tsp of extra whole wheat flour and besan flour to the recipe.

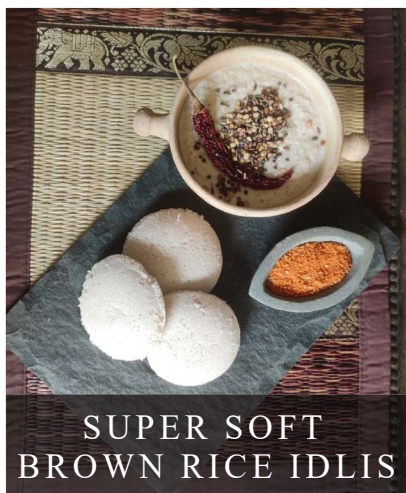
PERSONAL NOTE:

This is a quick and fun recipe for kids. It's also a light dinner and I prefer to have it with Vegan Kesar Milk or Vegan tea. It's a nice alternative for the thepla as well. I hope you like and share this recipe with your loved ones.



KRINA SHAH

@krinascorner



SUPER SOFT BROWN RICE IDLIS

We love Idli for breakfast, lunch or dinner! It's a healthy substitute to a bread and flour laden breakfast!

PREP : 30 Min

COOK : 25 Min

TOTAL : 55 Min

CUISINE : South Indian (Tamilnadu/Kerala)

INGREDIENTS

- 1/2 cup whole white unpolished Urad dal (Split Black Gram lentils)
- 1/2teaspoon Methi seeds (Fenugreek seeds)
- 1 cup brown Poha (flattened Rice)
- 2 cups brown rice/parboiled brown rice
- 2 teaspoon rock salt

Coconut Chutney

Malgapodi

INSTRUCTIONS

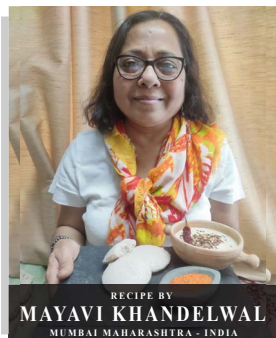
- Wash and soak the Urad dal, fenugreek seeds, rice separately for 3-4 hours in lots of water.
- Soak the brown poha in one cup of water.
- Drain the water from Urad dal and grind the Urad dal in the grinder attachment adding 1/4 to 1/2 cup of water. Set aside in a large steel bowl.
- Do not drain the water from the poha if any. Grind to a smooth paste. Add couple of tablespoons of water only if necessary.
- Mix it with the Urad dal batter and give it a good mix. Cover and keep while you grind the rice.
- Drain the water from the parboiled brown rice and grind the rice in the grinder. Add 3/4 to 1 cup water while grinding. The lesser, the better.
- Mix the poha, rice and urad dal batter in a large vessel as it will rise. Add salt and mix the batter very well with clean hands.
- Keep the bowl in a warm and draft free place and allow it to ferment for 4-5 hours.
- Once fermented, mix the batter well. It will have released enough water to make it a perfect consistency to make idli.
- Put the idli steamer on gas and let the water start boiling.
- Fill up the idli moulds and steam for 15-18 minutes on high flame.
- Open the steamer after 18 minutes and check by inserting a toothpick into the idli. It's done if it comes out clean.
- Remove the idli trays and let them cool for 2-3 minutes.
- Dip a spoon in water and use it to remove the idlis from the cavities.
- Put them face down in a bowl lined with a cotton napkin to keep them warm.
- Serve warm with Sambhar, coconut chutney and Malgapodi

NOTE

Use as little water as possible to grind the batter. Grind the dal fine till it is fluffy. Grind the rice slightly grainy. Make sure that your steamer is bubbling before you put the idli stand inside the steamer.

PERSONAL NOTE :

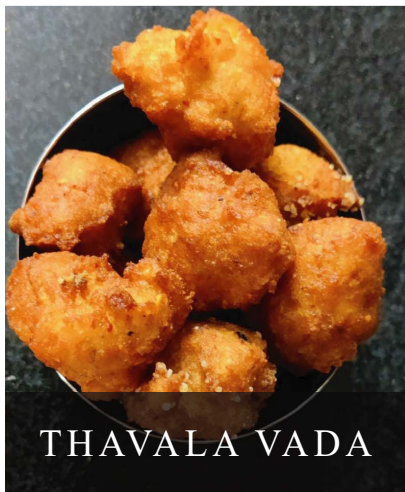
This recipe was shared by a dear friend, Sheela Iyer who is from Pallakad, a village on the border of Tamilnadu and Kerala. I substituted the white rice with brown rice and haven't had the white rice version since then! I make this at least twice a month as lunch and everyone loves it.



RECIPE BY

MAYAVI KHADELWAL
MUMBAI MAHARASHTRA - INDIA

Whole Food Plant-Based Nutritionist & Chef,
Founder @mypurepath



THAVALA VADA

Can be had as lunch or dinner with sambar and coconut chutney

PREP : 00 Min

COOK : 00 Min

TOTAL : 00 Min

CUISINE : South Indian

CONTAINS : N/A

INGREDIENTS

- 1 cup rice
- 1 cup tur dal (split pigeon peas lentil)
- 1 cup chana dal (split chickpea lentil)
- 1 cup urad dal (split and dehusked black gram dal)
- 1 cup moong dal (split yellow dal)
- 2 tbsp of desiccated coconut
- Small piece of whole red chilli
- 1/4 tsp hing (asatoefita)
- Salt to taste
- Oil to fry

Coconut Chutney

INSTRUCTIONS

- Wash and soak all the dals (lentils) together for 2 hours.
- After 2 hours remove the water.
- Grind the dal with the red chili, hing and the coconut to a coarse batter.
- Empty in a bowl.
- Add salt to taste.
- Beat the batter with your palm to release the air.
- Heat the oil in a frying pan. When the oil is hot, carefully drop them into round vada.
- Remove when it turns brown.
- Enjoy with sambhar, rasam or coconut chutney

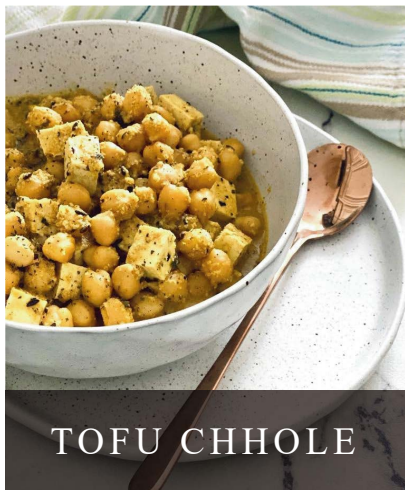
NOTE

PERSONAL NOTE:

One of our favourite evening meal.



RECIPE BY
VIDHYA LAKSHMI
CHENNAI, TAMIL NADU - INDIA



A perfect Lunch or Dinner item. Most people love it but they think it's hard to make but this is the easiest way to make it.

PREP : 4-5 hrs

COOK : 20 Min

TOTAL : 4-5 Hrs 30 Min

CUISINE : Indian

CONTAINS : Tree Nuts

INGREDIENTS

- 1 cups dried garbanzo beans (or ½ -2 cups cooked)
- 14-16 OZ firm Tofu
- 2 Tablespoon oil
- Cashew or Almond paste of 22-24 pieces
- 2 teaspoons chhole masala
- 1 teaspoon red chili powder
- 1 teaspoon chili flakes (make it less if you don't prefer spicy)
- 1.5 teaspoon amchur powder
- 2 tablespoons asafetida
- 2 teaspoon Kasoori methi
- 3/4 tablespoon turmeric powder
- Salt to your taste
- Dried cilantro leaves for garnish
- Masala (Spices)-adjust to your taste

INSTRUCTIONS

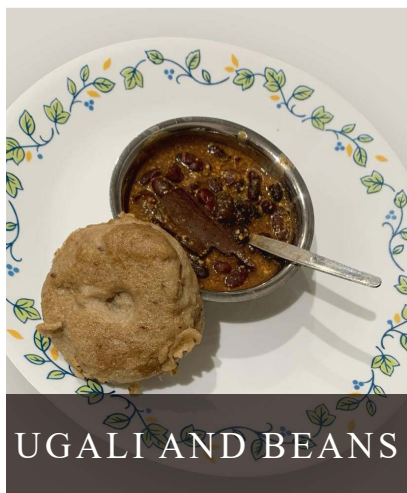
- Wash the dried garbanzo beans thoroughly and soak them for at least 4-5 hours before cooking.
- Drain the beans, add two cups of water and pressure cook it for upto 3 whistles.
- Make 3/4 inches cubes of tofu.
- Heat the oil in a pan, then add all the above masalas and fry on a low flame for 1 to 2 minutes stirring it continuously.
- Add tofu cubes and sauté for 2-3 minutes adding 2 tablespoons of water.
- Add cooked beans along with the cooked water to make the gravy
- Stir well and cook on a medium flame for 8-10 minutes.
- Turn off the heat and transfer it to a serving bowl.
- Garnish with dried cilantro and serve.

NOTE

For variation, Garbanzo beans can be replaced with whole moong beans.



RECIPE BY
PRAVIN TURAKHIA



Delicious and hearty African main meal with an optional Indian twist

PREP : 3 Hrs

COOK : 30 Min

TOTAL : 3 Hrs 30 Min

CUISINE : African

INGREDIENTS

- 1 1/4th cups white maize flour
- 2 1/2 cups water
- Salt as per taste
- Pinch of soda bi carbonate
- 1/2 tsp cumin seeds (optional)
- 1/2 tsp carom (ajwain) seeds (optional)

- Beans curry ingredients
- 1 1/4 cups kidney beans (or another available bean of choice)
- 3 cups boiling water
- 1 tsp oil
- A pinch of asafoetida
- 1/2 tsp mustard seeds

- 1/2 tsp cumin seeds
- 1/2 tsp turmeric powder
- 2 small cloves
- 1 small cinnamon stick
- 1 tsp garam masala
- Chilli powder as per taste
- Salt as per taste

INSTRUCTIONS

- Wash, rinse, and soak kidney beans in boiling water for 2-3 hours
- In a pressure cooker or instant pot, boil soaked kidney beans for 15-18 minutes, adding salt to the beans
- In the meantime boil water for the Ugali in a pan on a medium flame
- Sift the white maize flour and add salt, cumin seeds, carom seeds and soda bi carbonate
- Once the water has boiled and is bubbling, add the flour slowly and with a wooden spoon or rolling pin, stir the mixture ensuring no lumps remain. Mix thoroughly and once all the flour has been incorporated, cover the pan with a lid.
- Reduce the heat to low and let the Ugali steam until the flour has thoroughly cooked for 10 minutes. Once fully cooked, switch off the flame.
- In a tempering pan, heat oil and add asafoetida, mustard seeds, cumin seeds, cloves, cinnamon stick.
- Add remaining spices once the mustard and cumin seeds splutter.
- Add the tempering to the boiled kidney beans and mix well.
- Crush some boiled kidney beans within the pan to thicken the sauce.
- Roll cooked Ugali into desired shape and serve it with the beans and sauce.

NOTE

This can be served as lunch or dinner.

PERSONAL NOTE :

Hearty family favourite.



JIGNA MALDE



VATHA KUZHAMBU

Vatha kuzhambu (pronounced koo-ulm-bu) is a tangy, salty and spicy gravy that pairs well with any rice dish.

PREP : 5 Min

COOK : 15 Min

TOTAL : 20 Min

CUISINE : Tamilian

CONTAINS : Peanuts

INGREDIENTS

INSTRUCTIONS

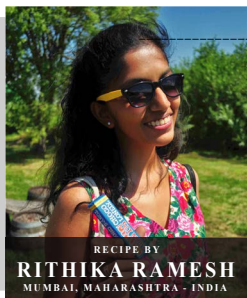
- 1/4 cup dried tamarind (imli)
- 1 tsp sambar powder
- 1 tsp coriander powder (dhana jeeru powder)
- 1/2 tsp sesame powder (til powder)
- 1/4 tsp rice flour
- 1/2 tsp mustard seeds (rai)
- 1/4 tsp fenugreek seeds (methi)
- 1 tsp chana dal (Bengal Gram or split chickpea)
- 3 tsp peanuts
- 2-3 dried red chilies whole
- 1 tsp sesame oil
- 1 cup water
- Salt to taste
- Pinch of asafetida (hing)

- Soak the dried tamarind in lukewarm water for a few minutes and squeeze out the pulp.
- In a deep pan heat the oil and add the mustard seeds, fenugreek seeds, chana dal, peanuts, asafetida and red chilies in order.
- When the peanuts begin to brown, add the tamarind paste with 1/2 cup of water.
- Bring it to a boil. When the raw smell of the tamarind disappears, add more water, the remaining powders and stir well.
- Let it boil for about 10 minutes more until the consistency gets slightly thick.
- Enjoy it with plain rice.

NOTE

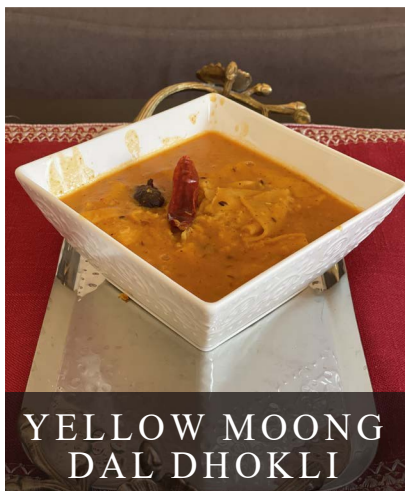
PERSONAL NOTE:

Vatha Kuzhambu is usually made with dried turkey berries, which has been substituted with peanuts in this recipe. It is a traditional Tamilian comfort food and tastes even better when made in a terracotta vessel.



RECIPE BY
RITHIKA RAMESH
MUMBAI, MAHARASHTRA - INDIA

@rithikaramesh_



YELLOW MOONG DAL DHOKLI

This one-pot meal is a great alternative to the Tuvar dal dhokli (pigeon peas dal dhokli). When cooked with yellow split moong dal it turns out equally nutritious, light, and tastes delicious. The recipe is divided into two parts: dhokli/pasta (made from scratch) and The Gravy: Seasoning the dal. Just a note, if you do not like added sweetness, then this one's for you! No added Sugar!

PREP : 30-40 Min

COOK : 30 Min

TOTAL : 60-70 Min

CUISINE : Gujarati, Indian

CONTAINS : Wheat

INGREDIENTS

FOR DHOKLI (PASTA)

- 1 cup – Whole wheat flour
- 1 tbsp – Oil
- ½ tsp – Red Chili Powder
- ¼ tsp – Turmeric Powder (haldi)
- 1/8 tsp – Carom Seeds (Ajwain) (optional)
- ¼ tsp – Salt
- Water – about ½ - 1 cup
- ½ cup – Dry flour for dusting (if needed)

FOR GRAVY (DAL AND PASTA)

- ½ cup – Yellow Moong Split Dal (moong dal)
- 2 ½ tbsp – Oil
- 1 tsp – Jeera (Cumin Seeds)
- 2 pinch – Asafoetida (hing)
- 1-2 piece – Dry whole Red Chili (Kashmiri)
- 1 tbsp – Red chili Powder
- 1 tsp – Turmeric powder (haldi)
- 1 tbsp – Coriander Powder (Dhanajeeru)
- Salt as per taste
- 2 pieces – Garcinia indica (Dry Kokum)
- 2-2 ½ cups – Water

Tempering (Optional): After Dhokli is cooked

- ½ tbsp – Oil
- ½ tsp – Cumin seeds (Jeeru)
- ½ tsp – Red Chili powder (per taste)

INSTRUCTIONS

- Wash the yellow moong split dal, add a pinch of salt, and soak it for 30 minutes.
- In the meantime, let's prepare the dhokli dough (pasta dough).
- In a mixing bowl, add whole wheat flour, red chili powder, turmeric powder, salt, and ajwain. Give it a good mix.
- Add oil to the dry mixture and mix it well. Add some water and start mixing the dough. Add water little by little and make the soft dough. (You may need less or more water to make the dough depending on the wheat flour).
- Let it rest for 10 minutes
- After 10 minutes, knead the dough and will start making them in shapes. You can make a variety of shapes – I prefer either small round discs or roll them in medium 6 inch - 8 inch round paratha and then cut thick 1.5-inch strips.
- For Round discs: roll the dough and cut them into tiny ½-inch balls and then press them in between the palms to flatten it.
- For Strips: After Kneading cut them in 4-5 equal parts and roll them to a round shape. If you need dry flour for dusting you can use it once so you can roll it flat round. Then cut them in half and into 3-4 rectangle strips.

- Drain the soaked dal. (TIP: Do not throw the soaked water, in fact, drain it in a separate bowl, so you can use it later).
- Take Kadai or Saucepan – Add oil and heat it up. After 30-50 secs, add jeera (cumin seeds), Hing, and dry red chili. Let it sizzle for a few seconds.
- Add the moong dal and sauté for 30 seconds; then add turmeric powder, red chili powder and coriander powder and sauté for a few seconds and add the drained water. At this point, add the salt as per your taste.
- Add about 2-2.5 cups of water in total (including the drained water) (TIP: drained water has nutrition, and it thickens the Dhokli well). Cover with the lid halfway through so Dal gets cooked well.
- Add Kokum to the dal.
- Keep the stove on medium heat. Let the water and dal come to a boil. Then add your dhokli to it. (TIP: Cooking time differs depending on the thickness of the dhokli.)
- Give it a nice stir so dhokli does not stick together and let it cook for 15-20 minutes. Cover the lid half-way through so Dhokli cooks evenly.
- After 15 minutes, you'll need to check and taste it, so take a spoonful of dhokli on a small plate: At this stage taste both salt and spiciness. If you need more, add it.
- Check the dal – press it in between your index finger and thumb. Should be very tender and soft- it means it's cooked.
- Check the dhokli – with the spoon it should easily cut into pieces: soft and tender. If it's not then give another few minutes to cook.

OPTIONAL:

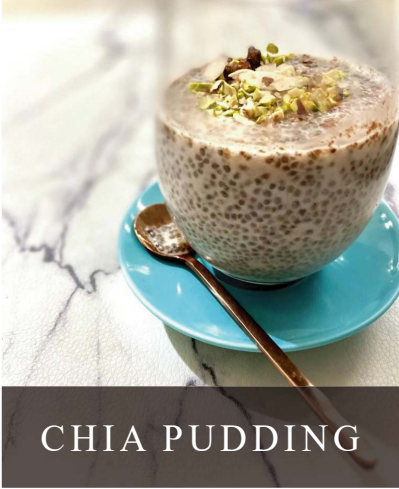
- I sometimes add tempering on top of the cooked Dhokli before serving. It gives a nice finishing touch.
- Heat up the oil in a small pan, then add jeera and red chili powder. Then add the tempering to the Dhokli. Give a nice mix, and be careful not to over-mix or stir. Dhokli is tender and it will break.
- Serve hot. You may add vegan Ghee to it and enjoy the hot meal. You may also serve this with Khakra or Masala Paratha. (It's made from the same Dhokli Dough and cooked on tawa/griddle as a paratha).

NOTE

PERSONAL NOTE :

It's one of my favorite meals growing up. I do not like sweetness in my meal; hence I was never fond of Dal Dhokli, so my mom once served this dhokli and since then I like it. We often make this during Paryushan at least a couple of times and even on Tithis. I hope you like and share this recipe with your loved ones.





CHIA PUDDING

This is a very easy, healthy and classic chia pudding recipe. These small, flat, and oval shaped seeds are tiny in shape and have a shiny and smooth texture. This recipe serves 1, but multiply the ingredients quantity as per your requirement.

PREP :	10 Min
SET :	4-6 Hrs
TOTAL :	4 - 6 Hrs 10 Min
CONTAINS :	Soy, Tree nuts (optional)

INGREDIENTS

- 1 cup unsweetened soy milk (preferable) or any plant based milk
- 4 Tbsp whole chia seeds
- 1 Tbsp maple syrup/jaggery powder
- ¼ tsp pure vanilla extract (optional)
- ½ tsp ground cinnamon (optional)

Optional Toppings:

- Sliced nuts
- Dried Cranberries

INSTRUCTIONS

- Combine milk, chia seeds, maple syrup, and vanilla extract in a bowl or a jar.
- Let it sit for 10 minutes. Stir again to redistribute the settled seeds.
- Cover and let it set at a cool temperature for at least 4 hours.
- Top it off with your favorite mixed nuts and cranberries. Enjoy.

NOTE

Ideally, refrigeration is required to give this pudding a nice, thick consistency. However, if you wish to avoid refrigeration due to Paryushan, you may let it set at the counter top. It might take a little longer for the pudding to set, but it tastes delicious either way.

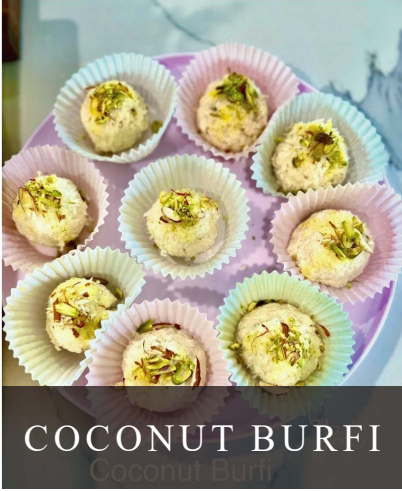
PERSONAL NOTE :

This is one of my favorite sweet treats that is healthy and delicious. It's enjoyed by everyone in my family.



RECIPE BY
MEGHA SHAH
DALLAS-TX USA

Board Member of Jain Vegan Initiative.
Founder of True V
@trueveats



This recipe is one the easiest dessert you could make in little or no time.

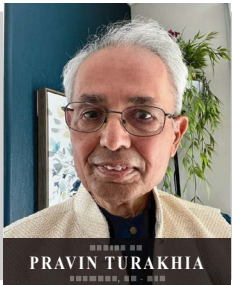
PREP :	5 Min
COOK :	10 Min
TOTAL :	15 Min
CONTAINS :	Tree nuts (optional)

INGREDIENTS

- 2 cups dried coconut powder
- ¼ cup coconut cream
- Sugar as per taste
- A few saffron strands
- Some thinly sliced Pistachios for garnishing

INSTRUCTIONS

- In a medium pan, roast the coconut powder on a low flame for about 1 to 2 minutes.
- Gradually add coconut cream to roasted coconut. It should remain moist and not become soggy.
- Add sugar as per your taste
- Add saffron strands
- Cook for 2-3 minutes
- Turn off the heat and transfer into a separate bowl. Let it cool down completely.
- Form the balls with the use of ice-cream scoop and place them into mini muffin wrappers (as shown in the image).
- Garnish with pistachios. The burfi is now ready to enjoy.



PRAVIN TURAKHIA



DATE AND QUINOA POPS

PREP : 10 Min | **COOK :** 5 min | **TOTAL :** 15 min | **CONTAINS :** nuts

A good snack for children. Very quick to make.

INGREDIENTS

- 400 grams (4 cups) pitted dates
- 30 grams (1 cup) puffed quinoa or popped amaranth
- 2 tbsp cocoa powder
- 20 cake pop sticks
- Optional vegan chocolate coating
- 100 grams (1.5 cups) melted vegan dark chocolate
- 10 pieces roasted almonds
- 2 tbsp medium desiccated coconut
- 1 tbsp cocoa nibs

INSTRUCTIONS

- If the dates are in a block, loosen them up and check for pips.
- Coarsely chop the roasted almonds.
- Roast the puffed quinoa in a pan on low heat for 5 minutes. They should become crispier and fresher.
- Add the dates, cocoa and quinoa in a food processor.
- Use an "s" shaped blade to blend the mixture until it becomes like a dough.
- Take about half tablespoons of mixture and shape it into a ball with your hands.
- Repeat step 4 until you have 20 ball-shaped pieces.
- Apply the cake pop sticks. The remaining steps are optional.
- Melt the vegan chocolate.
- Coat the date and quinoa pops with melted vegan chocolate and remove any excess chocolate.
- Add toppings by swirling five pops in the chopped almonds, five in the desiccated coconut, and five in the cocoa nibs and place them on non-stick paper and refrigerate them. (You can of course use other toppings of your choice, or none at all, or create a thicker chocolate coat by repeating step 8 before applying any toppings).
- Once the toppings have firmly stuck to the vegan chocolate the date and quinoa pops are ready

NOTE

Instead of cocoa powder, carob powder can be used. You can substitute puffed quinoa with puffed amaranth.

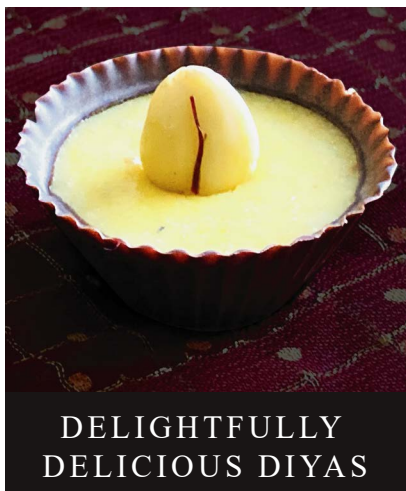
PERSONAL NOTE:

I have very fond memories of various desserts made from dates when I was living in Mombasa, Kenya. Due to the hot tropical weather the chocolate would melt almost instantly. The dates and cocoa mimic the flavor and texture of a gooey chocolate covered with nuts, desiccated coconut, etc.



RECIPE BY
NISHMA SHAH
LONDON - UK

Vegan Chef & founder
of Shambhu's. London, UK



DELIGHTFULLY DELICIOUS DIYAS

Jai Jinendra and Happy Peryushan! It is believed that sweet foods add sweetness to our lives. Wouldn't it be nice to enjoy the festivities with a healthy mithai? The delightfully delicious diyas are my creation - it's gluten-free, dairy-free, soy-free, nut-free and also free from artificial additives and colorings.

PREP : 15 Min

COOK : 15 Min

TOTAL : 30 Min

CONTAINS : Coconut

INGREDIENTS

INSTRUCTIONS

OUTER LAYER

- Vegan dark cooking chocolate for the cups

FILLING

- 1 Cup Coconut milk
- Pinch of saffron strands (keasr)
- Pinch of ground cardamom (elaichi)
- 2 tsp rice flour
- 1/2 tsp Cornstarch
- Vegan sweetener of choice (I've used organic unbleached cane sugar, to my desired sweetness)

GARNISH

- blanched, dried almonds
- natural yellow food coloring derived from turmeric (curcumin)
- strands of saffron to look like flames of diyas

- Select molds to make these desserts (like silicone mini cupcake molds).
- Melt some vegan cooking chocolate and coat the inside of the molds. The coating should be at least 2mm thick to hold the weight of the filling. Let these set well.
- In a saucepan, warm the coconut cream/milk. Add saffron, cardamom, rice flour, sweetener and cornstarch until the mixture thickens. Let the mixture cool down and thicken slightly.
- Use a spoon to fill the chocolate molds with the mixture. Let these set in a cool area.
- Carefully remove the set diyas from the molds.
- Decorate blanched almonds with a natural plant-based food coloring (like a curcumin/turmeric based natural yellow food dye) and strands of saffron to look like flames. Place one of these in the middle of each delightfully delicious diya just before serving.
- Enjoy with a smile :) Indulging in them mindfully while appreciating this delightful dessert in its full glory of aroma, texture and taste!

NOTE

Try using different types of vegan cooking chocolate, different flavors in the filling according to festivities, decorate creatively with marzipan, fondant and with other edible decorations.

PERSONAL NOTE:

Let food be thy medicine and medicine thy food - Hippocrates.
This quote is my inspiration to create healthy recipes which are a delight to eat. This recipe was a great hit one Diwali, bringing traditional flavors together in a creative way.



RECIPE BY
SEEMA SHAH
SOUTHAMPTON - UK

Dentist & holistic health coach
@harmoniouswaytohealth



DELICIOUS SHEERA MADE WITH DIVINE ENERGY!

PREP : 5 Min | COOK : 20 min | TOTAL : 25 Min | CUISINE : Indian | CONTAINS: TreeNuts

Halva/Sheero made with Tree Nuts is easy to make, very delicious, budget-friendly and this sweet dish fills you with energy and vitality.

INGREDIENTS

- 1/3 rd cup Sooji/Rava/Semolina
- 1 cup Brown sugar
- 1/2 cup Walnuts
- 1/2 cup Phool Makhana/ Fox Nut
- 3 tbsp Oil
- 10 strings Saffron
- 1 1/2 tsp Cardamom Powder
- 2 tbsp Coconut oil
- 1/2 cup Water
- 2 cups Almond Milk

For Garnish:

- Chopped almonds & cashews

INSTRUCTIONS

- Blend almonds, walnuts & makhana (fox nut) coarsely.
- In a nonstick frying pan add coconut oil, when it melts add sooji/rava/semolina.
- Keep stirring till it becomes a little pink.
- Add almonds, walnuts & makhana. Mix well and cook for a few minutes.
- Add water, stirring continuously.
- Add almond milk, and saffron, stirring continuously.
- Once all the milk & water is absorbed add brown sugar (add according to taste).
- Cook for a few minutes stirring continuously.
- Add cardamom powder.
- Pour in the serving dish, and garnish with chopped nuts.
- Serve hot.

NOTE

TIPS:

Raisins and Chia seeds can be added to make it more nutritious.

PERSONAL NOTE:

It reminds me of my mom who used to make it during her fasting in Paryushana and as kids we loved it. Makhana is a good source of calcium, so it is delicious and nutritious too. My grandkids love it.



RECIPE BY
ASHA SHETH

YPSILANTI - MICHIGAN, UNITED STATES



FINGER MILLET (RAGI) COOKIES

PREP : 2 Hrs | **COOK :** 30 min | **TOTAL :** 2-3 Hrs | **CUISINE :** Indian

The most delicious Finger Millet (Ragi) cookies, loaded with calcium & fiber. These are suitable for people suffering from Diabetes, Thyroid, PCOS & other lifestyle disorders.

INGREDIENTS

- 1/2 cup Finger Millet (Ragi Flour)
- 1/4th cup Cashew Butter
- 1/4th cup Jaggery Powder
- 1/4th Cup Desiccated Coconut
- 1/2 tsp Cardamom Powder
- 3/4 tsp Baking Powder
- 1/8 tsp salt
- 2-3 tbsp Plant-Based Milk

INSTRUCTIONS

- Dry roast Finger Millet (Ragi) flour for 2-3 minutes & let it cool down.
- In a bowl, take cashew butter & Jaggery Powder & mix well with electric beater or hands.
- In a separate bowl, mix all the dry ingredients well.
- Add the dry ingredients to the butter & jaggery mixture.
- Now add desiccated coconut & cardamom powder.
- Mix everything together into dough by using plant-based milk.
- Shape into cookies & refrigerate for 30 minutes.
- Bake in a preheated oven at 180 degrees Celsius for 15-20 minutes.
- Take out from oven, let it cool down & store in an airtight container.



NOTE

PERSONAL NOTE:

These are the healthy family cookies. Even kids are going to like it !



@healthifyu



FUDGY BESAN LADOO

Ladoo made using Coconut sugar and Vegan Butter.
It feels soft like fudge.

PREP : 10 Min

COOK : 30 Min

TOTAL : 40 Min

CONTAINS : Tree Nuts

INGREDIENTS

- 250g Besan/gram flour
- 230 g coconut sugar
- 175g Naturli Vegan butter, melted (or any /other vegan butter) Refer to recipe on page.
- 100 ml water
- ½ tsp cardamom powder
- Almonds and pistachios sliced thinly as needed

INSTRUCTIONS

- Sieve the besan flour to remove any lumps.
- Place a heavy bottom pan on medium heat and add the flour. Keep stirring to prevent it from burning. And roast until the color goes a little darker. You will smell the aroma. This will take about 15 minutes. (I listened to Lata Mangeshkar to make time fly by!)
- Remove the roasted flour into a large bowl.
- Add the water to the same pan and once it comes to a boil add the coconut sugar. Keep stirring until the sugar has melted and it becomes a thick syrup.
- Once it has reached one thread consistency (chashni), quickly add the cooled besan flour, melted butter and the cardamom powder.
- Mix it quickly trying to remove any lumps and till the ingredients have combined well.
- Grease a 6-inch diameter stainless steel plate.
- Spread the mixture into this plate. Pat it down.
- Sprinkle the chopped/sliced nuts and pat down again.
- Let it cool and then slice into bite size squares using a sharp knife. You can cut into approximately 20 bite size pieces.

NOTE

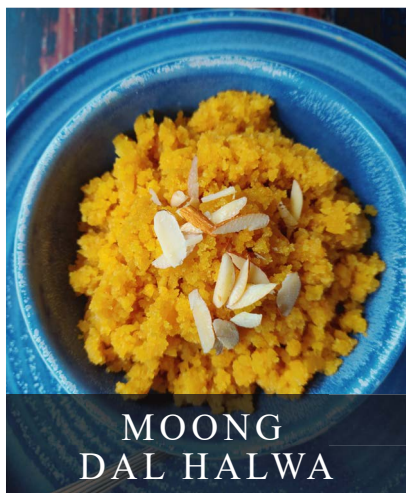
I used Naturli butter (UK) as it doesn't contain palm oil but any vegan butter will do. I made it with coconut sugar as it's supposed to be healthier and gives a deep chocolatey feel.

PERSONAL NOTE:

I try to cut sugar intake from my ingredients where I can. Knowing that this recipe is still not healthy but it is still good as a treat. The first time I made this was during the pandemic and lockdown. My entire family loved it then and they still enjoy it today.



RECIPE BY
HINA DODHIA
UXBRIDGE - LONDON



MOONG DAL HALWA

Yes! Vegan halwa can be delicious too!

SOAK : 4 Hrs

COOK : 40 Min

TOTAL : 4 Hrs 45 Min

CUISINE : Indian

INGREDIENTS

- 1/2 cup yellow split moong dal (split yellow dal)
- 1/2 cup sesame oil organic, cold pressed
- 1 tbsp sooji (semolina)
- 1.5 tsp besan (gram flour)
- 1/4 cup desi khand (cane sugar)
- 1 cardamom, skin removed and powdered
- 3-4 strands kesar/saffron (optional)
- water as required
- 2 almonds, slivered for garnishing

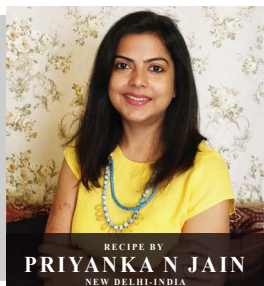
INSTRUCTIONS

- Wash and soak moong dal for 4-5 hours.
- Then drain the water and puree the dal in blender with least amount of water possible. First try to blend without any water and then as required, add about 2 tbsp water at a time to form a very smooth paste.
- Heat the oil in a pan, add sooji and besan and roast till golden brown.
- Now add the pureed dal and let it cook. It will absorb all the oil. Keep stirring the dal to ensure it does not stick to the bottom.
- Simultaneously, in another pan boil the desi khand in 1/2 cup water till it becomes thick liquid and keep it ready. In this liquid, add the cardamom powder and saffron strands.
- After some time, dal will turn to a nice golden-brown color and oil will start to separate.
- Now carefully add the sugar syrup to the dal, as it will splutter. Make sure you stand at a safe distance from the pan
- Let it cook till excess liquid is absorbed. Try the halwa and adjust the sweetness, I usually do not make the desserts too sweet so you may need to add more sweetener.
- Halwa is ready, garnish with almond slivers.

NOTE

PERSONAL NOTE :

During paryushan, I managed to cook almost all my dishes oil free but I thought there were now too many restrictions. I had to cook without any fruits, vegetables, nuts (except almonds sesame seeds) and dairy. This was also limiting my fat intake so I thought it's OK to make a couple of dishes with oil. I cooked in oil, after a very long time and the halwa turned out delicious. This is not my invention but age-old Indian recipe. I am sharing my version to make sure it is vegan and Paryushan friendly. Jaggery would be healthier alternative to sweeten this dish, however I decided to use desi khand to have a deep yellow-orange color.



RECIPE BY
PRIYANKA N JAIN
NEW DELHI-INDIA



MOONG DAL PAYASAM

PREP : 5 Min | **COOK :** 20 Min | **TOTAL :** 25 Min | **CUISINE :** South Indian

Traditional Moong Dal Payasam sweet dish is made with moong dal, jaggery, coconut milk, nuts, and ghee. This recipe doesn't require the use of ghee and yet tastes delicious.

INGREDIENTS

- ½ cup thin coconut milk
- ½ cup jaggery powder or grated jaggery
- 1 cup thick coconut milk or 250 ml
- ½ teaspoon cardamom powder or seeds of 4 to 5 green cardamoms, crushed in a mortar-pestle
- 12 to 15 cashews
- 1 tablespoons raisins

For Cooking Moong Lentils (Yellow Split Lentils)

- ½ cup moong dal or 100 grams moong dal (pasi paruppu)
- 1 cup water to be added in the pan containing moong dal
- 1.5 cups water to be added in pressure cooker

INSTRUCTIONS

Cooking Moong Dal

- Rinse 1/2 cup moong dal a couple of times. Take the moong dal and 1 cup water in a small pan.
- Place this pan in a pressure cooker. Add 1.5 cups water in the pressure cooker. Pressure cook moong dal for 5 to 6 whistles on medium flame or for 9 to 10 minutes. You can also cook the lentils directly in the cooker. In this case, you can add 1.5 cups water to the lentils and then pressure cook.
- When the pressure settles down on its own, remove the lid and check the dal. The lentils should be cooked well.

Making Paruppu Payasam

- Pour the entire contents of the small pan (cooked moong dal + water) in another pan or a kadai.
- Mash the moong dal with a spoon or with a hand blender for a smooth texture.
- Add 1/2 cup thin coconut milk or water and mix well.
- Add 3/4 cup jaggery powder. For a less sweet taste, you can add 1/2 cup jaggery powder or grated jaggery.
- Keep the pan or kadai on stove top and on a low flame heat this mixture.
- Keep on stirring so that the jaggery dissolves. Once all the jaggery dissolves, then add 1 cup thick coconut milk.
- Mix very well and just gently heat for a minute or two. Switch off the flame and keep aside. Do not over heat or boil as the coconut milk can curdle.
- Bake the Cashews in the oven till golden. Soak the raisins in just enough water for atleast 2 hours so that they plump up.
- Now add the Cashews, raisins and cardamom powder to the payasam.
- Mix very well and serve pasi paruppu payasam hot or warm.

NOTE

PERSONAL NOTE:

This is such an easy and budget friendly recipe. All of the ingredients are usually available at home and can be enjoyed at any time.



RECIPE BY
MAYAVI KHADELWAL
MUMBAI MAHARASHTRA - INDIA

Whole plant-based nutritionist & Chef
founder @mypurepath



MYSORE PAK

PREP : 5 Min | COOK : 15 min | TOTAL : 20 min | CONTAINS : Tree Nut | CUISINE : South Indian

A mouthwatering sweet dish that gets ready in about 20 minutes with just basic ingredients. Traditionally Mysore Pak is made with ghee but I have veganised it and used oil. Vegan ghee which has no odour can also be used as a substitute.

INGREDIENTS

- cup gram flour (chana flour)
- cups vegan sugar
- cups vegetable oil (any oil containing no smell)
- cup water

INSTRUCTIONS

- Mix 1 cup gram flour in 2 cups of oil well (leave 1 cup of oil on the side)
- Mix 2 cups of sugar in one cup of water (in any deep non stick pan)
- Turn on the heat and let the sugar dissolve completely. Add gram flour and oil and continue stirring until the whole mixture becomes a little thick.
- Slowly add the remaining oil (1 cup) in the mixture, stirring continuously, until the color changes to a light brown shade.
- Turn off the heat immediately and transfer the whole mixture to a deep plate.
- Wait for 2 to 3 minutes and cut it into square shaped pieces. Enjoy!

NOTE

PERSONAL NOTE:

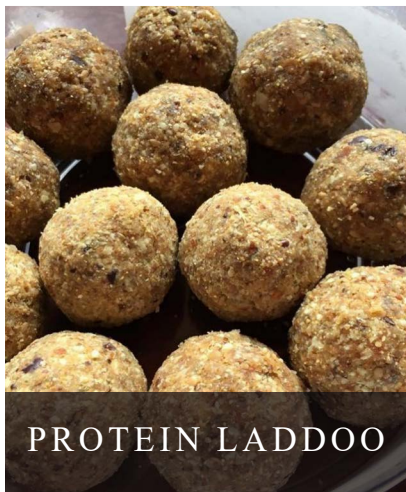
This is an absolute favorite sweet dish in our family. It simply melts in your mouth, super easy and quick to cook. Try this out and hope you enjoy it as much as we do!



RECIPE BY
CHHAYA JAIN

MUMBAI - MAHARASHTRA, INDIA

A proud contributor who loves to cook & experiments with cooking.



A tasty wholesome alternative to protein supplements, this laddoo is a hit with kids and adults alike. This has been used by my patients who are looking and building their body or just want to increase their protein consumption.

PREP : 15 Min

COOK : 1/2 Min

TOTAL : 45 Min

CONTAINS : Almonds and walnuts (optional)

INGREDIENTS

- 1 cup Yellow Moong dal (Yellow Split gram lentil)
- 1 cup Chana dal (Split Chickpea lentils)
- 1 cup Masoor dal (Red lentil)
- 1 tbsp Sesame seeds
- 1 tbsp Pumpkin seeds
- 1 tbsp Sunflower seeds
- 1 tbsp Watermelon seeds
- (Optional) 1 tbsp of Any other seeds like—charoli, cucumber, poppy seeds
- 1/2 cup walnuts
- 1/2 cup almonds
- 1/2 cup chia seeds (optional)
- 1 cup Dried coconut powder.
- 2 cups Dates (remove seeds)
- 1 cup dried apricots, raisins, any other dried fruits.
- 1/4th tsp of garam malasa
- 10 – 12 elaichis (cardamom)
- Pinch of rock salt.

INSTRUCTIONS

- Roast the dals, each one separately on low flame till aromatic.
- Roast the seeds, each one separately on low flame, till they become golden and/or crunchy.
- Roast the nuts (if using) separately till they become golden. If not using nuts, substitute with equal amount of mixed seeds.
- Lightly heat the pan on a stove, put the flame off and toss the dried coconut for less than a minute to make it warm and crisp.
- Follow the above process for the poppy seeds. Do not roast the chia seeds.
- Grind the roasted dals into a powder, either all together or one at a time, whichever is convenient.
- Mix the roasted seeds and nuts together.
- In the blender jar, make one layer of roasted seeds and nuts, top with one layer of powdered dals, and one layer of dates and dried fruits. Top with a layer of the coconut and chia/poppy seeds.
- Repeat. Add the salt, cardamom and garam masala.
- Process everything together till they start forming a gooey consistency and just starts to release oil.
- Empty the mixture in a plate
- Make small laddoos and store in an airtight jar. They remain fresh outside for a week.

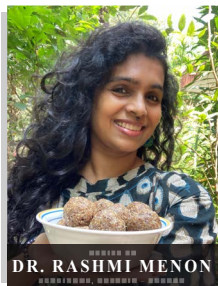
NOTE

TIPS:

To make the seeds and nuts more digestible, one can soak them for five hours, wash and change water at least three times and then sun dry them for a few hours.

PERSONAL NOTE:

Consuming just a handful of mixed seeds provides us with all nine essential amino acids in adequate amounts for our body to create complete protein for itself. It is also much safer for the liver and kidneys than protein supplements. Be sure to give it a try.



DR. RASHMI MENON

Holistic Doctor and Counsellor
@doctorshealthsecrets



RAGI PUDDING

SOAK : 5 Hrs | COOK : 35 min | CUISINE : Goan | CONTAINS : Nuts (optional)

Ragi Pudding is a Goan recipe. This is a delicious, yummy, and healthy recipe. Using very few ingredients a healthy dessert can be made.

INGREDIENTS

- 1/2 cup whole Nachni/Ragi/Finger Millet
- 3.5 cups of water
- 1.5 cup of coconut milk
- 2 tbsp chopped cashew nuts
- 1 cup Jaggery or Date Paste (35 dates)
- 1/2 tsp Cardamom Powder

INSTRUCTIONS

- Soak Nachni in 1 cup of water for 5 hours.
- Drain the water and grind the nachini adding 1.5 cups of water till fine paste.
- Use a fine cloth or strainer and extract milk.
- Add the strained nachini and the remaining 1/2 cup of water and extract themilk again.
- Now transfer the nachini milk to the thick bottom vessel. Now add coconut milk and mix well.
- Keep the vessel on medium flame and cook stirring constantly for about 15 minutes until it thickens.
- Add jaggery or Date paste and lower the heat. Cook for 2 minutes till jaggery /date paste get mixed well.
- To check if the pudding is ready put a little mixture on the plate and spread. If it rolls without sticking to the plate its ready.
- Add Cardamom powder and cashew nuts.
- Grease the flat plate with peanut butter or coconut oil or else you may also transfer it to a small bowl without greasing the bowls.
- Pour the mixture into the plate and spread. When the nachni mixture cools down cut it into 2-inch square pieces and serve.

NOTE

TIPS :

You may use the residue of the Nachani/ragi/ finger millet to make cookies.

INGREDIENT HIGHLIGHT:

Nachni or ragi(finger millet) pudding is also known as Nachni Satva. It's a traditional Goan recipe which is rich in iron and calcium. It is super nutritious and tasty too.



RECIPE BY
SAE BAPAT
BANGALORE - INDIA

Holistic Nutrition Health Coach &
Yoga Therapist.
@clean eating with sae



RAS MALAI

PREP : 1 hr | **COOK :** 30 min | **TOTAL :** 1 hr 30 mins | **CONTAINS :** Nuts, Soy | **CUISINE :** Bengali, Indian

Vegans miss dairy-based mithai like this and it is so easy to substitute with any plant-based milk.

INGREDIENTS

SOY PANEER

- 175g or half the packet of extra firm tofu
- 1/4 cup almond flour
- Pinch of Cardamom (Elaichi) powder
- Pinch of Saffron (Kesar strands/powder)
- 3-4 tbsp granulated sugar

THE SAUCE

- 1 1/2 cup Almond milk or any plant-based milk
- 4tbsp of granulated sugar or as per taste
- 1/4 tsp saffron (kesar) strands or powder
- 1/4 tsp Cardamom (elaichi) powder
- 3-4 drops of Rose essence (optional)
- 2 tbsp soy or cashew cream if required to
- thicken the milk
- Few almonds and pistachio slivered for garnish

SOY PANEER

INSTRUCTIONS

THE SAUCE

- In a saucepan add milk, sugar, cardamom, saffron and bring to a boil. Simmer for 5 minutes.
- Turn off the heat and allow the milk to cool. Add the rose essence (optional) and chill in the refrigerator.
- Add the soy paneer to the milk and garnish with slivered almonds and pistachio nuts.

- Hand crumble the tofu in a blender and add the almond flour, sugar, cardamom, saffron powder. Blend until smooth. Don't blend for long because it can get sticky.
- Spread the mixture in an 8" round greased plate.
- Steam for 10 minutes in a steamer or bake in a preheated oven at 300° F for 10 minutes.
- Remove and let it cool completely and then put in the refrigerator to chill. Make sure it is firm, otherwise let it sit for a longer time.
- When the soy paneer hardens, cut into 1" squares and keep to cool again.

NOTE

Instead of almond flour one can use cashew powder.

PERSONAL NOTE:

I tried this recipe several times for my cookbook - Rainbow Food for the Vegan Palate. I had not come across a vegan Ras Malai recipe and was keen to veganize it. My family really cherish this sweet dish.



RECIPE BY
PRAMODA CHITRABHANU
NEW YORK, USA.

DIRECTOR AT PETA INDIA



SHIR BERINJ AFGHAN RICE PUDDING

Shir berinj is a pudding consisting of shir (milk) and berinj (rice). It's a common dessert in countries like Afghanistan, Iran, and Azerbaijan. The sticky pudding is flavored with rose water and cardamom, which gives it a unique and delicious flavor.

PREP : 5 Min

SET : 40 Min

TOTAL : 45 Min

CUISINE : Afghani

CONTAINS : Tree nuts (optional)

INGREDIENTS

- 1 cup (200 g) uncooked short-grain white rice, washed, soaked 4 hours†
- ¼ cup (60 mL) water
- 3 cups (720 mL) unsweetened oat milk
- ¼ cup (56 g) granulated sugar
- 2 Tbsp (30 mL) rose water‡
- ¼ tsp ground cardamom

Optional Toppings:

- Dried Rose petals
- Ground cinnamon
- Roasted pistachios

INSTRUCTIONS

- To a saucepan on medium-high heat, add the drained rice and water. Let the rice soak up all the water while stirring occasionally, this will take about 5 min.
- Add the oat milk, bring the milk to a very light simmer and cook uncovered for 20 - 25 minutes, stirring every few minutes. Stir occasionally.
- When the rice is cooked, add the sugar and cook for 2 more minutes. Make sure to keep an eye on it, as the sugar can burn quickly.
- Remove the pan from the heat, stir in the rosewater and cardamom, and allow it to cool off completely. Garnish with cinnamon, rose petals, and pistachios, and enjoy!

NOTE

Traditionally the rice is soaked. If not soaked, simply add more milk. For every 1 cup of dry rice, 4 cups of milk should do the trick. Rosewater is a common ingredient in some Middle Eastern cuisines and gives the recipe a floral taste. You might find it in your local Asian supermarket. If you're not accustomed to the taste, consider adding less to start.



RECIPE BY
SADIA BADIEI
EINDHOVEN - THE NETHERLANDS

PLANT-BASED NUTRITIONIST,
FOUNDER OF PICK UP LIMES

@pickuplimes



SWEET COCONUT POHA

PREP : 35 Min | COOK : 10 min | TOTAL : 45 Min | CUISINE : Goan, Indian | CONTAINS : TreeNuts

Poha (flattened rice/avalakki) is a daily staple in many homes. While it's commonly used in savoury dishes, it can also be used to make sweet dishes. Here's a typical Konkani sweet made with poha and coconut milk that is flavoured with cardamom. The sweetness comes from the dates, so this is the perfect indulgence for a clean eating routine!

INGREDIENTS

- 1 cup Red poha (flat rice)
- 25-30 Dates (blended to paste)
- 1 1/2 cups Coconut milk
- 1 1/2 cups Water
- 1 tsp Cardamom Powder
- 10-12 Cashew whole (soaked in water)
- 15-20 Raisins (soaked)
- 1/4 tsp Rock salt (as per taste)
- 1 1/2 cups Coconut milk

INSTRUCTIONS

- Wash the poha and drain the water. Keep aside for 15 minutes.
- Wash the dates and soak them for 15 minutes with a little bit of water.
- After 15 minutes, add the dates and the soaked water to a blender and blend to a fine paste.
- Add 1 1/2 cups water to a pot and bring to a simmer.
- Add the washed poha and give a good stir.
- Add soaked whole cashews and soaked raisins. Stir to mix it well and cook for a minute.
- Turn off the flame. Add the date paste and mix it well with the poha.
- Add the coconut milk, cardamom powder, and salt, and stir.
- Cover the pot and let the poha rest for 30 minutes. The poha will absorb some of the liquid and will get a nice creamy consistency.
- The sweet poha is ready to serve.

NOTE

Ensure the coconut milk is of thick consistency. This helps the poha to become creamy. Ensure you use all the water in which the dates are soaked since it absorbs the sweetness and nutrients of the dates. The date paste, coconut milk, cardamom powder, and salt are added after switching off the flame since they cook in the residual heat. This also helps retain the nutrients.

PERSONAL NOTE:

Sweet Poha is served on the day of Diwali in Goa. Ladies in the house serve their friends and family with different types of poha. Sweet coconut poha is a must dish on this day.



RECIPE BY
DEEPAI GAONKAR
BANGALORE, INDIA

@deehkitchen

ACKNOWLEDGEMENTS

The initiative to assemble a Vegan Jain Paryushan/ Daslakshan Cookbook started with a simple idea and a small team of like-minded individuals who shared a strong passion for making the world a better place for all living beings. However, as we embarked on this mission it quickly became clear that the project was much larger and complex than what we had imagined. As they say “where there is a will there's a way” and we found that the collective will of all our contributors and project team was strong enough to help make this dream a reality.

We would like to recognize the following individuals for their invaluable and selfless contributions.

First and foremost, we want to thank each and every **Recipe Contributor**. Without your participation, effort and talents we would not have been able to take this project off the ground. In fact, we were pleasantly surprised by the number of people who contributed from all over the world and the level of engagement from the contributors. So a massive **THANK YOU** to all our contributors.

The readers and users of the cookbook also deserve a special thanks. Any journey starts with intentions and taking action to bring belief into practice.

Ruchika Chitrabhanu & Megha Shah for leading this initiative from the start and for their unwavering hard work, dedication and commitment for over 9 months. Ruchika and Megha stayed true to the original vision and spent countless number of hours. They co-led the project starting with conceptualizing the framework of the book, putting together the recipe collection form, community outreach, recipe collection and following up with the contributors, working with the content designer through multiple iterations of the design and ensuring that the project is completed for Paryushan in calendar year 2022. Their efforts in making the cookbook reach as many people as possible are also noteworthy.

Pratik Bhansali for proof reading all the recipes, supporting the campaign, editing the videos, writing the article on Dairy from ethics point of view, filling in every time there were gaps and more. For being a rock solid support without who this cookbook would have not been completed.

Special thanks to team members - **Parvinbhai Turakhia, Krina Shah, Jigna Malde** who helped us the mammoth job of collection and verification of the recipes. This was time consuming especially co-ordinating from different time zones.

Sunny Jain for his vision for Jain Vegan Initiative, selfless contribution to connect the Jain community worldwide and take the message of veganism to the community. Because of his efforts, Jains across the world are connecting and forming communities. For this cookbook, his trust and support throughout this campaign allowed us to make this dream into reality.

Nisha Ivey for providing beautiful images of necessary pantry staples and providing nutritional highlights of each ingredient.

Smt. Pramoda Chitrabhanu on explaining the meaning of Paryushan parva and Das lakshan Dharma, practices to be followed and why dairy is not in alignment with Ahimsa.

Shri Pravin Shah, the founder of the JAINA parthshala, for sharing his knowledge in his article “Contemporary Jain Way of Compassion and Ethical Living” and explaining why we should not consume dairy from a Jain Dharma point of view.

Dr Chris Miller A professor teaching Jainism, his knowledge about the subject is profound. After studying and understanding Ahimsa in Jainism, he immediately could see the violence in the dairy industry and went vegan. His article in this book is very relevant to today's time and youth.

Dr. Jina Shah our Ahimsa Eco warrior in putting together the most insightful article on animal agriculture and its Effects on the Environment. As a doctor, she has also explained the effects of dairy on health in a nutshell.

ACKNOWLEDGEMENTS

A Special thanks to Pick Up Limes for acknowledging this initiative and sharing recipes to publish in this cookbook.

Our Sponsor : Luvin Arms Sanctuary- Erie, CO - USA

Thank you Shaleen and Shilpi Shah from Luvin Arms Sanctuary for your generous donation and for believing in our vision. Your monetary contribution has played a large role in making this first ever Jain Vegan Paryushan/Das Lakshan Cookbook possible. We are grateful and honored to receive such support from a visionaries who believes in connecting communities through compassion.

Luvin Arms Animal Sanctuary provides exceptional lifelong social, emotional, and cognitive care to rescued farmed animals, and advocates for those who have not been rescued by sharing out residents' to inspire, educate and empower others to embrace a more compassionate and sustainable lifestyle. Learn more at www.luvinarms.org.

We would also like to thank all the individuals and organizations who have and will continue to play a part in taking this cookbook to people. Getting access to this cookbook might open up a new path which makes the journey to practice ahimsa, a little easier.

OUR SUPPORTERS & PARTNERS

We want to thank our partners and supporters for spreading the word for the cookbook and joining us on this compassionate journey.

JAINA | Young Jain Professionals | Young Jains of America | Global Jain Network | Ahimsak Eco Vegan Committee, JAINA



Last but not the least, Ibrahim From Ayeza Enterprises for working tirelessly for countless hours on this non-profit project, for communicating efficiently and for his impeccable graphic skills to compile this book in a timely manner.

PANTRY STAPLES

LENTILS / PULSES / BEANS



"Beans and legumes are the fruits or seeds of a family of plants called Fabaceae. They are rich sources of fiber and important vitamins and minerals and also great sources of vegetarian protein." - Healthline

Lentils / Pulses / Beans	Nutritional Highlights
Field beans , hyacinth beans, lima Beans/ Vaal	Rich in B-complex vitamins, calcium and potassium
Black Chickpeas / Kala chana	High in protein, calcium, magnesium and fiber
Turkish or Dew Gram / Moth beans, Math, Matki	A rich source of calcium and dietary fibre
Split Green Gram / Moong Chilka Dal	Many nutrients includes folate, thiamine, riboflavin, niacin, pyridoxine, zinc, magnesium and calcium
Green Peas / Leela vatana, hara matar	Good source of vitamins C and E, zinc, and other antioxidants
Split Green Gram / Moong Chilka Dal	Many nutrients includes folate, thiamine, riboflavin, niacin, pyridoxine, zinc, magnesium and calcium
Split Black Gram / Urad Chilka Dal	Rich source of protein, fat, carbohydrates, and Vitamin B
White Peas / Safed vatana, safed matar	Protein and Fiber-rich
Navy beans	Rich source of many important micronutrients, including folate, iron, zinc, magnesium, and calcium
Yellow split Pigeon peas / Arhar dal, Toor dal, Tuvar dal	A rich source of protein, carbohydrates and fiber
Pinto beans	Good source of plant protein, fiber, and antioxidants
Fava Beans	One cup of fava beans meets almost half of your daily folate needs and one third of your daily protein needs.
Black eyed beans / Chowli	High in protein and fiber, along with micronutrients such as folate, copper, and thiamine
Split & skinned black gram/Urad Dal	Excellent source of dietary fiber, isoflavones, vitamin B complex, iron, copper, calcium
Red Lentils / Lal Masoor Dal	High in potassium, fiber, folate, and antioxidants
Moong beans / Mung/ Mug	Rich in potassium, copper, B vitamins, magnesium, phosphorus, zinc, iron, and manganese
Black Beans	Contains vitamin A, calcium, folate
Chickpeas / Chole, Garbanzo Beans, kabuli chana	High in protein, and dietary fiber
Split & skinned Yellow lentils, Yellow lentils/Moong dal	Contains minerals like potassium, magnesium, iron, and copper
Kidney beans / Rajma	Rich in iron, folate and phosphorus
Split Bengal Gram Lentils, Yellow Split Chickpea Lentils/Chana Da	Rich in B-complex vitamins vital for energy
Green Lentils / Hara Masoor	High in protein, fiber, and complex carbohydrates
Adzuki red beans / Red (lal) Chowli	Packed with protein, fiber and vitamins and minerals
Cannellini beans / White Kidney beans	An excellent source of fiber, folate, iron and magnesium

MILLETS



Cultivated in mostly Asian and African countries, Millets are starchy, protein-rich grain. It provides plenty of phosphorus and magnesium — and finger millet packs more calcium than any other cereal. -Healthline

Millets	Nutritional Highlights
Amaranth / Rajgira, Moraiyo	high in vitamins, including b-carotene, vitamin B6, vitamin C, riboflavin, folate, as well as essential amino acids
Sorghum / Jowar	Rich in vitamins and minerals like B vitamins, magnesium, potassium, phosphorus, iron, and zinc
Quinoa	High in fiber, plus several vitamins and minerals.
Pearl millet / Bajra	High fiber content, zinc, magnesium and phosphorous.
Kodo Millet / Kodra	Millets are advised in moderate amounts because excessive consumption can lead to adverse effects
Finger Millet / Ragi, Nachni	Rich in niacin, which plays an important role in more than 400 enzyme reactions
Cracked Wheat / Faada, Duliya	Rich in fiber and magnesium
Buckwheat / Kuttu	Rich in fiber
Barley / Juv	When consumed as a whole grain, barley is a particularly rich source of fiber, molybdenum, manganese and selenium
Proso Millet, Broomcorn Millet/ Chena	Rich in vitamins, minerals and essential amino acids

SPICES / HERBS



"The use of herbs and spices has been incredibly important throughout history. Many were celebrated for their medicinal properties, well before culinary use. Modern science has now shown that many of them do indeed carry remarkable health benefits. While herbs are a plant or part of a plant, spices are usually dried parts of the plant. Both are used as medicine or to give flavor to the food."- Healthline

Spices & Herbs	Nutritional Highlights
Dried mango powder / Amchur	Each teaspoon of dry mango powder provides 12% of the daily required vitamin C intake.
Turmeric / Haldal / Haldi powder	Potent anti-inflammatory and antioxidant
Red chili / Marchu, Mirchi Powder	Rich source of Vitamin C
Coriander / Dhanajeeru / Dhaniya Jeera Powder	Full of vitamin K
Asafoetida / hing	Asafoetida has been found to be a good source of antioxidants
Mustard seeds / Rai	A good source of several vitamins, including vitamins C and K, thiamin, riboflavin, vitamin B6, and folic acid.
Whole Coriander Seeds / Sabut Dhaniya	An excellent source of dietary fibre, iron, manganese, and magnesium.
Cumin seeds & Cumin powder	Cumin contains compounds called flavonoids that work as antioxidants in the body.
Carom Seeds / Ajwain	Active enzymes in ajwain improve the flow of stomach acids, which can help to relieve indigestion, bloating, and gas.
Cardamom / Elaichi	May help lower blood pressure, most likely due to its antioxidant and diuretic properties.
Whole red chili / Sabut lal mirch	Rich source of Vitamin C
Fenugreek seeds / methi na dana	Contain steroidal saponins that slow down cholesterol absorption of the intestines.
Dried green Fenugreek seeds / Hari Methi	Helps lower blood sugar - Fenugreek seeds
Black Pepper / Kali Mirch	Rich in a potent antioxidant called piperine, which may help prevent free radical damage to your cells.
Cinnamon Sticks / Dalchini	May improve some key risk factors for heart disease, including cholesterol, triglycerides and blood pressure
Star Anise / Chakra Phool	High shikimic acid content, a compound with strong antiviral capabilities.
Vanilla	Include antibacterial properties, meaning it may help prevent infection.
Nutmeg / Jaipal	Rich in antioxidants, including phenolic compounds, essential oils, and plant pigments
Saffron Strands / Kesar	Powerful spice high in antioxidants.
Thyme	Full of vitamin C for immune support, potassium for healthy cells, and manganese for bone development and blood clotting.
Bayleaf / Tejpatra	Good source of vitamin A, vitamin B6, and vitamin C.
Curry leaves / Limdo	Consuming curry leaves may benefit heart health by reducing heart disease risk factors, such as high cholesterol and triglyceride levels
Dried Parsley	Rich in vitamin C, vitamin K and other antioxidants.
Dried Basil	Contains many vitamins and minerals, as well as antioxidants such as lutein, zeaxanthin, beta-carotene, and beta-cryptoxanthin.
Dried Fenugreek leaves / Kasoori Methi	Fenugreek has benefits for lowering blood sugar levels, reducing cholesterol levels, lowering inflammation, and helping with appetite control.
Rosemary	Rich source of antioxidants and anti-inflammatory compounds
Oregano	Has powerful antifungal properties.

SEEDS



“Seeds are great sources of fiber. They also contain healthy monounsaturated fats, polyunsaturated fats and many important vitamins, minerals and antioxidants. When consumed as part of a healthy diet, seeds can help reduce blood sugar, cholesterol and blood pressure.” - Healthline.

Seeds	Nutritional Highlights
Sunflower Seeds / Surajmukhi ke bij	High in protein and rich in healthy fats, as well as antioxidants and Vitamin E
Sesame Seed / Til	Source of several nutrients crucial for your immune system, including zinc, selenium, copper, iron, vitamin B6
Chia Seeds / Sabja	Chia seeds contain quercetin, an antioxidant that can reduce your risk of developing several health conditions, including heart disease.
Poppy Seeds / Khus khus	High in fiber and omega-3 fatty acids, as well as phytochemicals called lignans.
Pumpkin Seeds / kaddu ke bij	Poppy seeds are good sources of protein and dietary fiber, as well as some essential vitamins and minerals, including calcium and magnesium.
Flax Seeds / Alsi	Rich in vitamins and minerals like manganese and vitamin K and also an excellent source of phosphorus.
Watermelon seeds / Tarbuj ke bij.	Known to be rich in nutrients like folate, iron, zinc, copper, magnesium, potassium, amino acids and Vitamin B complex.

RESOURCES

Documentaries to watch:

Unholy Cattle of India (YouTube)

Dairy is Scary (Youtube)

Deadly Dairy (YouTube - available in English and Hindi)

MILKED - White Lies In Dairy Land (YouTube)

Cowspiracy: The Sustainability Secret (YouTube/ Netflix/ Amazon Prime/ iTunes)

Earthlings (YouTube/ nationearth.com)

Dominion (YouTube/ dominionmovement.com/watch)

The Game Changers (Available on almost all major platforms)

Forks Over Knives (YouTube, iTunes, Amazon Prime, Vudu, Hoopla, Tubi TV)

The End of Medicine (Amazon Prime/ iTunes / Vimeo)

Eating Our Way to Extinction (YouTube, iTunes, Amazon Prime, Vudu, Hoopla)

What the Health

Note: When watching some of these documentaries, it must be remembered that the cows and buffaloes land in the slaughterhouses because of the dairy industry and are a result of consuming dairy products.

Informative Websites and portals to follow:

www.linktr.ee/globaljainvegans | Find the largest Jain vegan community, events and resources

www.Veganjains.com

www.Jainvegans.org

www.vegansociety.com | The Vegan Society

Interfaith Vegan Coalition, Jain Advocacy Kit

www.PCRM.org | Physicians Committee for Responsible Medicine

www.NutritionFacts.org | Nutrition Facts

www.Plantbasednews.org | Plant Based News

www.UnchainedTV.com | Vegan News Network - free vegan TV

www.VegNews.com | Veg News

Apps and sites that make life easy

Google for online vegan stores. For instance, Vegandukan.com (India) - order vegan from home

Happy Cow App - turn on vegan filter and find vegan restaurants and other places near you

Vegan Check App - a centralized place to get plant based products and services online

Support Groups:

www.linktr.ee/jainvegangroups | Jain Vegan community and local support on WhatsApp

www.linktr.ee/jainveganresources | Vegan resources by JVI

www.clubhouse.com/club/the-jain-vegan-initiative | Jain Vegan Initiative on Clubhouse

www.clubhouse.com/club/Planet-Earthlings | Super active support rooms on Clubhouse



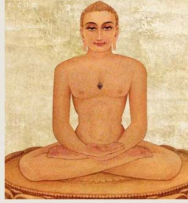
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*If we, knowingly or unknowingly, have
offended you by our thoughts, words or
actions, then we seek for your
forgiveness.*



MICHHAMI
DUKKADAM

***Thank you for using this book and going vegan for Paryushan / Das Lakshan
Parva. We urge you to go vegan for 21 days and eventually adopt a vegan
lifestyle.***

Please refer to resources to make this journey more comfortable.