



fertilia

FERTILIA'S
HEALTHY
RECIPE BOOK
SNACK EDITION



RECIPE 1

REFRESHING MINT FLAVOURED MAKHANA



INGREDIENTS:

- Roasted makhana (fox nut)- ½ cup
- Pumpkin seeds- 1tsp
- Mint powder- 1tsp
- Black pepper powder- ½ tsp
- Ghee- ¼ tsp
- Curry leaves- few
- Salt- to taste

PREPARATION:

- In a pan heat ghee, add curry leaves, salt,pepper and pumpkin seeds.
- Once the seeds are roasted add makhana and switch off the flame.
- Add mint powder and mix well until the mixture is coated well.

BENEFITS:

1. Fox nuts are low in glycemic index, therefore helps in controlling blood sugar levels.
2. Fox nuts contain a natural flavonoid called kaempferol that helps slow down the ageing process.
3. Fox nuts aid in flushing out all the toxins from the body.
4. Fox nuts are low in sodium making them extremely useful in keeping blood pressure levels in check.

RECIPE 2

PROTEIN CHAT



INGREDIENTS:

- 70gm of Paneer/Tofu/boiled Soya chunks
- 100gm Black Chana / Chickpeas sprouts
- 100gm Moong bean sprouts
- 1 Onion chopped
- 1 Tomato chopped
- 2 Green chillies chopped
- Some Roasted peanuts
- Some Dry mango pieces
- ½ tsp Cumin powder
- ½ tsp Chaat masala
- ½ Lemon / Grated ginger / 1 tsp of sesame oil
- Black salt
- Pepper

PREPARATION:

- Wash thoroughly and soak both black chana and moong bean overnight for 8 - 10 hours.
- Next morning drain it and transfer it to a partially covered container.
- Let it remain in the container until your next meal (4-5 hours).
- Wash the sprouted beans in hot water and let it drain.
- You can also sprout it using the damp muslin/cheesecloth. Preparation.
- Transfer the sprouted beans to a bowl.
- Add cut cubes of Paneer / Tofu / boiled soya chunks of your choice

- Add chopped onions, tomatoes, roasted peanuts, raw mangoes and green chillies
- Add the flavors cumin powder, chaat masala, salt and pepper to taste.
- Squeeze half a lemon into the bowl.
- Mix well and serve it

BENEFITS:

1. Protein chat helps boost muscle repair and growth with its high protein content.
2. It supports weight management by promoting fullness and reducing cravings.
3. Rich in essential nutrients, protein chat contributes to improved immunity and recovery.
4. It supports bone health due to the presence of calcium-rich ingredients like legumes.
5. Protein chat aids in maintaining a healthy metabolism and overall well-being.

RECIPE 3

VEGAN YOGURT BOWL



INGREDIENTS:

- Vegan Yougurt
- Granola
- Chia seeds 2 tbsp
- Any choice of your fresh fruits
- Nuts(almonds, walnuts)

PREPARATION:

- Take yougurt in a bowl .
- Add some 1/2 cup of granola and freshly chopped fruits of your choice.
- Add some nuts and chia seeds.
- Drizzle honey over the top if needed add some almond butter.

BENEFITS:

- 1.Vegan yogurt bowls are rich in probiotics, which promote a healthy gut and improve digestion.
- 2.Made from plant-based ingredients, vegan yogurt is typically lower in saturated fat, benefiting heart health.
- 3.Vegan yogurt bowls are highly customizable, allowing you to add nutrient-dense toppings like fruits, nuts, and seeds for added fiber, antioxidants, and protein.

RECIPE 4

SWEET POTATO CHAT



INGREDIENTS:

- 2-3 sweet potato
- ½ teaspoon chaat masala
- 2 teaspoon pomegranate
- ½ salt
- ½ red chilli
- 1 teaspoon lime juice
- ½cup peanut
- 1 teaspoon imli chutney/sweet tamarind chutney

PREPARATION:

- Peel and then dice the sweet potatoes into cubes (around 1-inch cubes).
- Transfer the diced sweet potatoes to a bowl and then add oil.
- Add the 1/2 teaspoon chaat masala and 1/2 teaspoon salt and mix using your hands until all the cubes are well coated with the oil and the spices.
- Transfer to a baking sheet lined with parchment paper.
- Roast at 425 F degrees for 15 to 20 minutes until the sweet potatoes are tender but yet retain their shape. Do not over-cook these.
- While the sweet potatoes are in the oven, place the peanuts in a pan on medium heat.
- Roast for around 4 to 5 minutes stirring often until lightly roasted (careful not to burn them).
- Remove pan from heat.

- Once done, transfer the roasted sweet potatoes to a large bowl.
- And then add the roasted peanuts to it.
- Add 2 tablespoons of pomegranate followed by sweet tamarind chutney.
- Mix everything together.
- Add 1 teaspoon of lime and your sweet potato chaat is ready.

BENEFITS:

1. Sweet potatoes are rich in fiber, promoting healthy digestion and aiding in blood sugar regulation.
2. High in antioxidants, sweet potatoes help reduce inflammation and protect cells from damage.
3. With a good amount of potassium, they support heart health by helping to maintain healthy blood pressure levels.
4. Sweet potatoes are versatile, nutrient-dense, and can be enjoyed in various ways, making them a satisfying, healthy addition to meals.

RECIPE 5

SOYA CHUNK CUTLET



INGREDIENTS:

- 2 tablespoon soya nuggets
- 1/4 teaspoon garam masala powder
- 1 medium potato boiled
- 1/2 tablespoon coriander leaves
- Turmeric as required
- 1/4 cup refined oil
- 1/2 medium carrot
- 2 tablespoon bread crumbs
- 1/2 tablespoon gram flour (besan)
- 1 cloves garlic
- Salt
- Black Pepper

PREPARATION:

- Boil water in a vessel add soya chunk in the water cook it for about 10 min
- After cooking drain all the excess water.
- Grind it in a mixer.
- Boil the potatoes and then peel them.
- Next, wash the carrot and chop it on small pieces.
- Now take another bowl and add gram flour to it.
- Add water and salt in it and make a batter of thick consistency.
- Mix all the other ingredients well using hands in a large bowl (except bread crumbs and refined oil).

- Make round patties with palm.
- Now dip them in gram flour batter and then roll them in bread crumbs.
- Pan roast it in a non stick pan.
- Garnish with chopped coriander leaves and serve hot with green chutney.

BENEFITS:

- 1.Soya chunks are an excellent plant-based protein source, supporting muscle repair and growth.
- 2.They are low in fat, making them a heart-healthy option that can help reduce cholesterol levels.
- 3.High in fiber, soya chunks aid digestion and promote a feeling of fullness, supporting weight management.
- 4.Rich in essential minerals like iron and calcium, they help prevent anemia and support bone health.
- 5.Soya chunks contain antioxidants that can reduce inflammation and boost immune health.

RECIPE 6

AVACADO TOAST



INGREDIENTS:

- Wheat bread
- Avocado
- Tomato
- Salt
- Pepper

PREPARATION:

- Slice 1 avocado in half and remove the pit.
- Scoop out the flesh into a bowl and mash with a fork.
- Toast 2 slices of bread.
- Spread the mashed avocado onto the toast.
- Top with sliced tomatoes
- Add salt and pepper

BENEFITS:

1. Avocados are rich in heart-healthy monounsaturated fats that help lower bad cholesterol and support cardiovascular health.
2. They provide essential nutrients like fiber, potassium, and vitamins C, E, and K, which support digestion, immunity, and bone health.

RECIPE 7

PEAS AND CORN SALAD



INGREDIENTS:

- 1 cup of Dried Green Peas (split peas can also be used)
- 1 cup of Frozen Corn
- 2 medium sized Tomatoes
- 1 Lemon
- Salt & Pepper
- Herbs (basil leaves, oregano, thyme leaves)
- Garlic powder

PREPARATION:

- Soak the dried peas overnight (8 hours). Cut the vegetables into fine pieces.
- Pressure cook the dried peas (3-4 whistles).
- Boil the corn for 10 mins.
- Take a large bowl and add the cooked peas and corn in it.
- Add all the vegetables that are mentioned above.
- Squeeze a whole lemon to the bowl.
- Add salt and pepper and garlic powder for taste.

BENEFITS:

1. Both peas and corn are high in fiber, which supports digestion and helps regulate blood sugar levels.
2. They contain antioxidants which are beneficial for eye health and may reduce the risk of age-related eye issues.

RECIPE 8

CHANNA CHAT



INGREDIENTS:

- 1 Cup boiled chickpeas
- 1 small onion, finely chopped
- 1 small tomato, finely chopped
- 1/4 cucumber, finely chopped
- 1-2 green chilies, finely chopped
- 1 tablespoon lemon juice
- 1/2 teaspoon chaat masala
- 1/2 teaspoon roasted cumin powder
- 1/4 teaspoon black salt
- Salt to taste
- Fresh coriander leaves, chopped for garnish

PREPARATION:

- Start by boiling the chickpeas or lentils of your choice, such as black chana or peas, until they are soft. Drain any excess water and set them aside to cool down a bit.
- Finely chop one small onion, one small tomato, and half a cucumber (if you're using it) along with 1-2 green chilies. This will add crunch and flavor to your Sundal Chaat.
- In a large mixing bowl, add the boiled legumes and the finely chopped vegetables. Mix them well to combine the textures and flavors.
- Now, sprinkle chaat masala, roasted cumin powder, black salt, and regular salt to taste over the mixture. Stir everything together thoroughly to ensure the spices coat the ingredients evenly.

- Squeeze fresh lemon juice over the chaat for a tangy kick and mix it in well.
- Garnish with freshly chopped coriander leaves to add color and freshness.
- Optionally, you can sprinkle pomegranate seeds for added crunch and sweetness, and if you prefer a little sweetness with tang, drizzle some tamarind chutney over the top.
- Once everything is well mixed and garnished, serve your Sundal Chaat immediately.

BENEFITS:

- 1.Channa is a great source of plant-based protein, making it ideal for vegetarians and vegans to support muscle growth and repair.
- 2.The fiber content in chickpeas aids in digestion, helps maintain healthy blood sugar levels, and promotes a feeling of fullness, which can aid in weight management.
- 3.Channa contains soluble fiber, potassium, and antioxidants that help lower cholesterol levels and reduce the risk of heart disease.
- 4.Chickpeas are rich in calcium and magnesium, which help maintain strong bones and prevent bone-related disorders.
- 5.The fiber in chickpeas promotes healthy bowel movements, prevents constipation, and supports overall gut health.

RECIPE 9

CORN CUTLET



INGREDIENTS:

- 1 cup sweet corn kernels (boiled and mashed)
- 1/2 cup boiled potatoes (mashed)
- 1/4 cup breadcrumbs (for binding)
- 1 tablespoon corn flour (optional, for binding)
- 1 small onion, finely chopped
- 1-2 green chilies, finely chopped
- 1/4 teaspoon ginger-garlic paste
- 1/4 teaspoon cumin powder
- 1/2 teaspoon garam masala
- 1/4 teaspoon turmeric powder
- Salt to taste
- Fresh coriander leaves, chopped
- Oil for frying

PREPARATION:

- Boil the sweet corn kernels and mash them. Similarly, boil and mash the potatoes.
- In a large bowl, combine the mashed corn and potatoes with chopped onion, green chilies, ginger-garlic paste, cumin powder, garam masala, red chili powder, turmeric powder, and salt. Mix well.
- Add breadcrumbs and corn flour (if needed) to bind the mixture and stir until it holds together.
- Take small portions of the mixture and shape them into round or oval cutlets.

- Heat oil in a pan over medium heat, then fry the cutlets until golden brown and crispy on both sides.
- Place the fried cutlets on a paper towel to remove excess oil and serve hot with chutney or sauce.

BENEFITS:

1. Corn is a good source of fiber, which aids in digestion and promotes gut health.
2. It contains essential vitamins like B vitamins, which support energy production and brain function.
3. Rich in antioxidants like lutein and zeaxanthin, corn helps protect eye health and may reduce the risk of age-related vision issues.
4. Corn provides a good amount of complex carbohydrates, making it a great energy source for active individuals.
5. It is naturally gluten-free, making it an excellent choice for those with gluten sensitivity or celiac disease.

RECIPE 10

PEANUT CHAT



INGREDIENTS:

- 1 cup roasted peanuts (or raw peanuts, roasted)
- 1 small onion, finely chopped
- 1 small tomato, finely chopped
- 1 tablespoon lemon juice
- 1/2 teaspoon chaat masala
- 1/2 teaspoon roasted cumin powder
- 1/4 teaspoon black salt
- Salt to taste
- Fresh coriander leaves, chopped for garnish
- Pomegranate seeds (optional, for added crunch and flavor)

PREPARATION:

- If using raw peanuts, roast them in a pan on medium heat until they turn golden brown and crispy. Let them cool. If you're using pre-roasted peanuts, you can skip this step.
- Finely chop the onion, tomato, cucumber (if using), and green chilies.
- In a large mixing bowl, add the roasted peanuts, chopped onion, tomato, cucumber, and green chilies.
- Sprinkle chaat masala, roasted cumin powder, black salt, and regular salt over the mixture. Adjust the spices to taste.
- Squeeze fresh lemon juice into the mixture and mix everything well.
- Top with chopped coriander leaves and pomegranate seeds (if using) for extra color and crunch.
- Optionally, drizzle some tamarind chutney for extra flavor, and serve immediately for a fresh and crunchy snack.

BENEFITS:

1. Peanuts are a great source of plant-based protein, supporting muscle repair and growth.
2. They contain healthy fats, such as monounsaturated and polyunsaturated fats, which help reduce bad cholesterol and promote heart health.
3. Rich in antioxidants like resveratrol, peanuts help reduce inflammation and protect cells from damage.
4. The combination of protein, fiber, and healthy fats in peanuts promotes fullness, aiding in weight management.
5. Peanuts provide essential vitamins and minerals, including vitamin E, niacin, and folate, which support cognitive function and overall brain health.