



# THE HEALTHY NAVRATRI COOKBOOK

10 simple recipes to keep you  
fit & active during the 9-Day  
celebrations

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# DAHI 'WADA'

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## Ingredients

### For the 'wada'

- 250g potatoes, unpeeled
- ½ tsp unrefined salt
- 3 tbsp roasted cashew powder
- ¼ tsp cardamom powder
- ¼ cup fresh coriander
- 1 tsp date paste (optional)

### For the toppings

- 2 cups vegan curd
- 2 tbsp date – tamarind chutney
- 2 tbsp chopped fresh chopped coriander leaves, to garnish
- ¼ tsp roasted cumin (jeera) powder
- ⅛ tsp red chilli powder

*Visit the SHARAN website for recipes of vegan curd & tamarind chutney.*

## Method

Steam the potatoes till they are just done. If the potatoes are too big, cut in half and then steam. Grate the potatoes. To the grated potatoes add all the ingredients and make balls out of the mixture. This mixture will make about 12-14 one inch balls.

Preheat the oven for 10 mins at 200°C. Line the baking tray with parchment paper and place the balls one inch apart. Bake for 15-20 mins at 180°C till they are light brown in color.

Arrange the 'vadas' on a serving platter, pour vegan curd on top and serve drizzled with date-tamarind chutney, garnished with coriander leaves and sprinkled with cumin powder, chilli powder and unrefined salt.

**SERVES: 6**



# PAATRA

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## Ingredients

- 10 medium-sized colocasia leaves, thoroughly washed and dried with a kitchen towel
- 2 tsp sesame seeds (til)

### For the Besan Mixture

- 2 cups Bengal gram flour (besan)
- 1 tsp ginger-green chilli paste
- 1 tsp red chilli powder
- 4 tbsp date-tamarind paste
- Unrefined salt to taste

### For the Garnish

- 2 tbsp freshly grated coconut
- 2 tbsp finely chopped fresh coriander leaves (dhania)

**SERVES: 4**

## Method

Combine all the ingredients for the besan mixture in a bowl. Add water (approx 1 cup) and mix thoroughly, until the mixture becomes smooth. Keep aside.

Place the colocasia leaves on a clean dry surface, with the vein side facing upwards. Slice off the raised portion of the veins, using a sharp knife. Place a leaf with the tip facing towards you, apply a little besan mixture and spread it using your fingers to make an even layer. Apply a little besan mixture on another leaf and place it on the first leaf, with the tip in the opposite direction. Continue the procedure for 3 more leaves. Fold the leaf at around 1" from one side. Apply the besan mixture on it. Repeat the same with the other side. Then, roll up the stack of leaves tightly, while applying besan mixture with each fold. Keep aside. Repeat with the remaining 5 leaves and besan mixture, to make 1 more roll and steam in a steamer for 20 – 25 minutes, or until it becomes firm. When cool, cut into 12 mm (½") thick slices. Keep aside. Heat a kadhai (Indian wok) add sesame seeds sauté on medium heat for a few seconds, while stirring continuously. Add the paatra pieces, toss gently and sauté on medium heat for a minute. Garnish & serve.



## **GRAIN-FREE PAPDI CHAAT**

### **Ingredients**

- 250 g unpeeled sweet potatoes, washed and chopped into small pieces
- 2 medium-sized unpeeled potatoes, washed and halved
- 1 medium-sized unpeeled carrot, thickly grated
- 1/8 tsp black pepper (kali mirch) powder
- 2 tbsp chopped fresh coriander leaves
- 1 tsp unrefined salt
- 1 medium-sized tomato, finely chopped
- 2 tbsp date tamarind chutney
- 1 tbsp green chutney
- 1 tsp lemon juice (optional)

**SERVES: 2-4**

**PHOTO BY VINITA PUNJABI**

### **Method**

Steam potatoes and sweet potatoes together for 10-12 minutes.

Take one potato and coarsely mash with the sweet potatoes, pepper powder, coriander leaves and salt to mix well. Slice the other potato into thin round slices.

On a plate, arrange the potato slices like papdi and top with the mashed mixture. Garnish with chopped tomato and the two chutneys.

Sprinkle the grated carrot on top, which resembles sev. Drizzle lemon juice, if you like it tangy. Serve immediately.



# MUTHIAS

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## Ingredients

- 1 cup chickpea flour or Bengal gram flour (besan)
- ½ cup fresh green fenugreek leaves (methi), finely chopped
- ¾ tbsp lemon juice
- 1 tbsp dry date (kharek) powder
- ½ tsp red chilli paste
- ½ tsp paste of unpeeled ginger
- 2 tsp powdered unpolished sesame seeds (optional)
- 2-3 tbsp peanut butter
- ½ tsp unrefined salt

## Method

Mix all the ingredients, adding a few drops of water if needed, to make a dough. Divide into equal portions and shape them into little rolls. Steam in a steamer. It is ready when a fork inserted in the centre comes out clean. Moreover, it will be easy to take them off the steamer plate. Cool and serve.

## Variation

Replace fenugreek leaves with grated bottle gourd or pumpkin.

**SERVES: 4**

PHOTO BY VANDANA TIWARI

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## ALMOND GINGER BITES (RAW)

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### Ingredients

- 1 cup dates, pitted
- ½ cup mixed nuts
- Ginger, as per taste
- ⅛ tsp unrefined salt

### Method

In a blender, process the dates with the nuts and ginger. Add salt and blend to a smooth paste. Roll to make small balls and serve.

This recipe was demonstrated by **Lisa Pitman** during her Eating Without Heating demos in India.

**SERVES: 6-8**

## DATE NUT BALLS

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### Ingredients

- ½ cup almonds
- ¼ cup almond butter
- ¼ cup pecan nuts or walnuts
- ½ tsp dry ginger (saunth) powder
- ½ cup dates, pitted
- ¼ cup unsweetened shredded coconut / sesame seed powder

### Method

In a food processor, combine the nuts and ground ginger. Pulse to a fine meal. Add the almond butter and the dates and pulse until well combined. Roll into 1" balls. Take the powdered sesame seeds or shredded coconut in a small bowl. Roll each ball in the bowl to coat with sesame seed powder or shredded coconut.

**SERVES: 3-4**



## **SWEET POTATO & DATE HALWA**

### **Ingredients**

- 1 cup chopped sweet potato, steamed and mashed
- $\frac{3}{4}$  cup minced seedless dates
- $\frac{1}{4}$  tsp lemon juice
- $\frac{1}{4}$  tsp cardamom powder
- $\frac{1}{8}$  tsp unrefined salt
- $\frac{1}{4}$  tsp nutmeg
- $\frac{1}{4}$  cup golden raisins
- 1 tbsp slivered almonds, to garnish

**SERVES: 4**

### **Method**

Thoroughly blend the steamed mashed sweet potato, minced dates, lemon juice, salt and cardamom powder.

Press this in an even layer into the bottom of a parchment lined flat dish.

Garnish with golden raisins, nutmeg and slivered almonds.

Chill in refrigerator and cut into pieces before serving.





# COCONUT BARFI

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## Ingredients

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

**SERVES:**  
**Makes about 25 squares**

## Method

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

Press this mixture into a wide stainless steel dish and cut into desired shapes.

Garnish with desiccated coconut.

Refrigerate the barfi for 6-8 hours before unmoulding. Store in the refrigerator.



# BEETROOT HALWA

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## Ingredients

- ½ cup finely grated unpeeled beetroot
- ¼ tsp green cardamom powder
- 10 cashew nuts/equivalent number of walnuts, soaked for 8 hours
- 2 tsp water
- ½ cup pitted soft black dates, ground between fingers or otherwise ground into a paste
- 8-10 almonds, slivered

**SERVES: 2**

## Method

Steam the grated beetroot with cardamom powder, for about 5 minutes. Blend the cashew nuts or walnuts with the water to make a thick cream. Add this and the ground dates to the steamed beetroot and mix very well. Transfer to a serving bowl. Garnish with the slivered almonds. Chill before serving.

## Variation

Substitute beetroot with carrot, pumpkin or bottle gourd. Substitute cashew nuts/ walnuts with coconut.



## **BESAN / RAJGIRA LADDOOS**

### **Ingredients**

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

**YIELDS 12-15**

### **Method**

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

### **Variation**

Substitute chana dal with whole amaranth, green moong dal, nuts, etc.