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# *Baked sago tikki*

## Ingredients

- 1/2 cup sabudana (tapioca pearls), after soaking it will be about 1 1/2 cups
- 2 medium-sized boiled potatoes, about 1 3/4 cups of mashed potatoes
  - 1/2 cup peanuts
  - 2-3 green chilis
- 1/2 teaspoon cumin seeds
  - 1-inch ginger, grated
  - Juice of 1/2 lime
  - 1 teaspoon sugar
  - Salt, to taste
- 3 tablespoons finely chopped cilantro
  - Oil, as needed



## Method

0. Wash the sabudanas well under running water. Add approximately 1/2 cup of water, just enough to cover them while they soak.

Let them soak for 3 hours or until the sabudanas are soft when you try to mash them with your fingers. You can also leave them in the refrigerator to soak overnight. If there is any extra water left, drain it. If the sabudana is still hard, let soak for a few more hours.

- Dry roast the peanuts in a skillet. Remove the skin and transfer to the blender to turn the peanuts into a coarse powder.
- Transfer the mashed potatoes, soaked sabudanas, peanut powder, and all other ingredients except the oil into a mixing bowl. Mix it well until it forms a dough. Adjust spice levels to your preference.
- Preheat the oven to 425°F. Grease your palms and form the patties with your hands. Transfer them to a parchment paper-lined baking sheet. Brush each fritter with oil.
- Flip the fritters gently with a spatula after 30-35 minutes in the oven. When it turns golden brown at the top, brush with more oil and let the other side turn golden brown too. This will take another 20-25mins

# Rajgiri (Amaranth) Roti

## Ingredients

- 1 Sweet Potato boiled or Paneer
  - ½ tsp carom seed
  - ½ tsp cumin powder
  - ½ tsp fennel powder
- ½ tsp red chilli powder
  - 1 tsp salt
- 1 cup amaranth flour
- 2 tbsp coriander leaves finely chopped
  - 2 tbsp oil



## Instructions

- Firstly, take a wide bowl and add boiled, mashed sweet potato or Paneer
- Then add carom seeds, cumin powder, fennel powder and red chilli powder
  - Similarly, add salt to taste, there by adding amaranth/rajgira flour
- Next add finely chopped coriander leaves and crumble the mixture
- Knead well to form a dough consistency, add little water if needed while kneading
- Also add a tsp of oil and knead it for a minute
- Rest the dough for 15 mins and take out a lemon size dough and make into balls
- Place this on a rolling board, dust with flour and roll out into thin roti
- Meanwhile, heat a cast iron tawa on moderate flame
- Once the tawa is hot enough, place rolled roti and cook well
- Apply little oil over roti and cook on both sides
  - Now Rajgira roti is ready to serve!

# Apple Almond Milkshake

## Ingredients

- 1 apple
- 1 tbsp honey
- 1 tbsp almonds
- 250 ml milk

## Method

- . Take apple and peel them.
- . Cut into cubes and put them in a blender.

Add honey, Almonds and Milk.

Blend it and pour it in a glass.



# Kuttu dosa with vegetables

- 1 Cup Buckwheat Flour (Kuttu ka Atta)
  - 1/2 Cup Sama ka Chawal –
  - 1/4 Cup Spinach – Fresh
    - 1/4 Cup Water
  - Rock Salt (Sendha Namak) –  
You can use any salt as per tast
- 4 Tbsp Olive Oil – Any light oil for making crepes



## Instructions

For Making Crepes/Dosa:

- Using a hand blender or food processor, grind buckwheat flour, sama ka chawal and spinach together.
- Add water, salt and pulse to form a smooth batter (Batter should be slightly thick and not runny). Keep aside.
  - Heat a tsp of oil in a large skillet/non-stick pan for about a min.
  - Pour about 2 ladle of batter and swirl to form the shape of crepe.
  - Cook for about 2 minutes on low flames.
  - Lightly, flip the crepe to another side and cook for another 2 minutes (You can cook more or less as per taste. For crispy brown, you may cook for another minute)



# Amaranth (Rajgiri) Dosa

## Ingredients:

- 1 cup Amaranth flour  
(Rajgira Flour)
- 1/4 cup Tapioca Flour  
(Sabudana Atta)
- 1/4 cup Water Chestnut  
Flour (Singhada ka atta)
- 1 tsp Fasting Salt (Vrat ka  
namak)
  - 1 cup Buttermilk
  - 1/2 tsp Ginger-chilly  
paste
- Oil – to fry the dosa (as  
required)



## Method:

1. Sieve the flours with salt, add the ginger- chilly paste, buttermilk, whisk to a smooth flowing batter.
2. Keep aside for 1/2 hour.  
Heat the tava, and make medium sized dosas drizzling oil around the sides.
3. Keep it crisp as possible.
4. Serve immediately with any chutney or sambhar (or Farali Chutney (Coriander-peanuts-green chillies) if required).



# Samak Rice Idli

1. 1 cup sama ke chawal (barnyard millet)
  2. ½ cup sabudana (tapioca pearls)
  3. 2 pinches of baking soda
  4. rock salt (edible and food grade)  
as required
- soak for 2-3 hours.
5. water for soaking



## Instructions

- Take both the sama ke chawal and sabudana in a bowl.
- Rinse then well and soak in enough water for 3 hours.
  - Drain and then grind in a wet grinder.
  - No need to add any water as the sago grains absorb enough water to help with the grinding. But if you are unable to grind in your grinder then just add 2-3 tsp of water.
  - The consistency of the batter can be a bit granular.
- Take the batter in a bowl and allow to ferment for 8-9 hours or overnight,
  - Before preparing, add salt to the batter and mix well.
- Heat water in a steamer or an electric cooker.
- Add the baking soda to the batter and stir well.
  - Pour the batter in greased idli moulds.
  - Place in the steamer or electric cooker.
- Steam the idlis for 8-10 minutes or till they are cooked.
  - Serve sama ke idlis hot or warm with your favorite coconut chutney

# Paneer stuffed Amaranth Cheela

## Ingredients

- 1 cup Rajgira Flour (Amaranth Flour)
- 2 Potato (Aloo) , boiled, mashed
- 1 cup Paneer (Homemade Cottage Cheese) , grated
- 2 Green Chillies , finely chopped
- 1 teaspoon Turmeric powder (Haldi)
- 1 teaspoon Cumin powder (Jeera)
- 2 sprig Coriander (Dhania) Leaves , finely chopped
  - 1/2 teaspoon Whole Black Peppercorns , ground
  - Salt , or rock salt to taste
  - Oil , or ghee for cooking



## Directions

1. We begin making the Rajgira Paneer Paratha Recipe (Navratri Fasting/Vrat Recipe) by Mixing all the ingredients together in a mixing bowl with enough water to a dough consistency.
2. The rajgira flour is little hard to work with since it does not contain gluten so make sure to have enough flour to dust while rolling the dough.
3. Divide the dough into equal portions and roll it onto a board.
4. Heat a Flat bottomed pan and add the rolled paratha with some ghee and cook it on both the sides for about 2 minutes.
5. Serve your crispy Rajgira Paneer Paratha with No Onion No Garlic Tomato Chutney making it a delicious meal.



# Samak Polenta

## Ingredients

- 3/4 cup Samak Rice
  - 1-2 cups water
- 1-2 green chillies chopped  
(Depending on taste)
- 1/4 inch ginger chopped
  - 1 small potato cubed  
(Boiled)
- 2 tablespoon peanuts
- 1 teaspoon Cumin Seeds  
(Jeera)
- 1.5 tablespoon Ghee  
(Clarified Butter)
  - Salt to taste
- Coriander to garnish



## Instructions

- Wash and soak the Samak Rice for at least 30 minutes.

3/4 cup Samak Rice

- In a pan or a wok, add ghee.

1.5 tablespoon Ghee

- Once the ghee is hot, shallow fry the peanuts until lightly golden brown.

2 tablespoon peanuts

- In the same pan, add cumin seeds.

- Once it splutters add chopped ginger and saute for a minute.

- Then add the green chilly, potato and shallow fry for 1-2 minutes.

1-2 green chillies chopped, 1 small potato cubed

- Once done, add the peanuts and Samak Rice. Give everything a quick stir.

2 tablespoon peanuts, 3/4 cup Samak Rice

- Now add 2 cups of water and salt to taste.

1-2 cups water, Salt to taste

- Let this cook on medium for 7-8 minutes mixing in between.

- Do not stir quite often and do not overcook it. It can go mushy within minutes, so do keep a close watch.

- Switch off and let it sit for 10 minutes for the rice to absorb all the flavours

- Coriander to garnish,



# Kuttu Paneer Dosa

## Ingredients

1. 1 cup Kuttu Flour (Buck wheat flour)
2. Sendha Salt (Vrat ka Namak) as per taste
3. Black pepper 1/4 tsp
4. Green chili 1-2 fine chopped
5. Ginger 1 tsp grated
6. Water as required to make smooth batter.

## Stuffing

1. 1/2 cup grated Paneer or as required
2. 1 tsp chopped Green chilli
3. A pinch of sendha salt or as per taste
4. oil/ghee for cooking



## Method :-

1. In a big bowl, add Kuttu flour, Salt, green chili, ginger, black pepper . Mix well.

2. Add water gradually and whisk it.

3. Make batter with the flowing consistency.

4. In a bowl add all stuffing ingredients and mix well.

5. Take a dosa pan or non-stick pan and put it on low heat, Pour full ladle of heat and spread it in round just like normal dosa.

6. Now heat oil in a pan. Cook it for a minute and then sprinkle little over and let it cook for another minute.

7. Turn and cook it for 2 minutes. Now place paneer stuffing in the middle and fold it. and serve hot with green chutney , vrat aloo and curd.

# Baked Sweet potato cutlets

2 sweet potatoes (shakarkandi)

1 teaspoon ginger-green chili paste

1 or 2 tablespoon buckwheat flour

1 teaspoon chaat masala

½ teaspoon dried mango powder (amchur powder)

1 teaspoon lemon juice

1 teaspoon crushed roasted cumin or cumin powder

½ teaspoon red chilli powder

¼ teaspoon garam masala powder

rock salt (edible and food grade)  
(sendha namak) or black salt as required

oil for cooking on non stick pan

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## Instructions

- Rinse the sweet potatoes well in water.
- Roast them in the oven till they are soft and cooked.
- Or else pressure cook with enough water and salt till they become soft.
- You can also boil them in a pan with water and salt.
- Drain the water, let them cool and peel.
- With a potato masher, mash the sweet potatoes well.
- Add all the ingredients except oil. Mix well.
- Shape into medium sized cutlet, tikkis or patties.
- Pan fry the cutlets with little oil till both the sides are well browned.
- Garnish with some coriander leaves.