

Healthy Cooking Classes

1. Class one- **converting your everyday Indian meals to healthy** –
how to cook with no oil, whole foods

Whole rice
Poriyal or dry vegetables
Curries
Shahi paneer
Daal
Indian Salads
Lauki/ Carrot Halwa

2. Class 2
Dairy and meat alternatives

Different milks
Curds
Cheeses and their uses
Mince
Meat curry
Better than Tuna salad
Eggless Egg salad
Kheer/ Payasam

3. **Breakfast ideas**

Whole idlis and vegetable dhosas
Tofu scramble
Chickpea flour omelets
Pancakes
Ragi porridge and other creamy porridges
Nut butters for bread
Green smoothies
Nut and date breakfast drink

4. **Western Dishes**

Falafels and accompaniments
Shepard's pie
Spaghetti Bolognaise
Lasagna/ Fettuchini Alfredo
Mayonnaise, Russian salad
More salads

5. **Healthy Deserts**

Grilled Bananas with Tahini and date syrup
Baked Bananas with Rosmary
Chocolate Mousse
Fruit Pancake
Raw cake
Date chocolates
Ice creams

6. **Fun Food**

Healthy burgers
Wraps
Bread Spreads
Vegan Cakes
Pastas with cheese sauce
Stacked sandwiches
Gluten free open sandwiches
Great Salads