

HEALTHY LIVING

PREVENTING & REVERSING LIFESTYLE DISEASES



***“Let food be thy medicine,
and medicine be thy food”***

-Hippocrates

Dr Nandita Shah, Founder SHARAN



Dr Nandita Shah is the recipient of the prestigious Nari Shakti Award 2016, the highest award for women in India, for her pioneering work in the field of health and nutrition from the President of India, the honorable Pranab Mukherjee.

Dr Shah is a registered medical doctor, specialized in homeopathy from the CMP Homeopathic Medical College in Mumbai. She has been in practice since 1981. Dr Shah moved from Mumbai to Auroville, an international spiritual community in 1999. It was a perfect opportunity to be in nature and closer to animals. After experiencing changes in her own health through a whole plant based diet, and the health of several serious patients it became clear that treating with food was not only faster and more consistent in reversing diseases than medicines could ever be, but extremely simple and cost effective.

Dr Shah founded SHARAN (Sanctuary for Health and Reconnection to Animals & Nature) in 2005 with the vision of helping people make the connection in order to heal themselves and the planet. She says, "Healing means to make whole. Our personal well-being is interconnected to that of all other beings on the planet. I had to make the connection."

Today SHARAN is at the forefront of disease prevention and reversal through nutrition and lifestyle in India. SHARAN conducts talks, seminars, workshops, cooking classes, online programs, retreats, practitioner and facilitator training programs about disease reversal and health without

medicines. SHARAN also provides individual consultations on phone, Skype and face-to-face.

Dr Shah's vision is to build a residential centre for SHARAN along with an assisted living centre to support those who wish to live in nature and along SHARAN's guidelines.

To contact Dr. Nandita Shah – nandita@sharan-india.org

For more information

Visit our website www.sharan-india.org

Contact: office@sharan-india.org

Or call +91 9769117747

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Cause of Diseases

Our bodies are always working to heal and to remain healthy. Most of the diseases that we face today—like obesity, diabetes, hypertension, heart disease, cancers, infertility, hypothyroid, chronic kidney disease, etc. —are lifestyle diseases. In most cases, we need to understand what part of our lifestyle is causing the disease, and then change it. Once the cause is removed, the body is free to heal. As long as the cause remains, disease reversal is difficult.

The cause of disease is never lack of medications. Medications usually control disease, but act against the body's healing process. Taking medications without changing our lifestyle is like continually mopping the floor instead of fixing the leaky tap. The main causes of diseases today are:

- Physical (from faulty nutrition, chemicals, drugs, wrong medications, and not enough water and exercise)
- Emotional (from stress and emotional issues)
- Spiritual (from experiencing spiritual pain because you have been born with a spiritual purpose, but aren't following it)

All of these are interconnected.

Sanctuary for Health and Reconnection to Animals and Nature (SHARAN) mainly helps people reverse diseases through nutritional guidance, but also helps people connect to all three of the physical, emotional and spiritual causes. This means understanding what the natural diet for the human species is.

Just as a lion instinctually eats meat or a cow instinctually eats grass, human beings also have an instinctual diet. Because of conditioning from society, we have forgotten these instincts; but it's possible to reconnect with them because they are engraved in our DNA. SHARAN is a catalyst in the process of helping you reconnect to your instincts so that eating the correct food becomes second nature rather than a chore.

There are four main nutritional causes of disease:

- Excess fat
- Excess protein
- Lack of fibre
- Acidic food

Excess fat

Fat thickens the blood, slowing down circulation and reducing oxygenation to every part of the body. This is the main cause of many diseases. The main cause of diabetes, hypertension, heart disease and obesity is excess dietary fat.

Food that is high in fat includes:

- Animal products (meat, seafood, eggs and dairy products) and anything that is made from animal products
- Refined plant fats (e.g. oil, margarine and vanaspati) and anything that is made from refined plant fats

Not only do animal products contain fat, they are also high in cholesterol. Plants do not produce cholesterol—only animals produce cholesterol.

The following table lists the cholesterol and fat content of a 100-gram serving of animal products versus plant-based foods (Source: USDA Agricultural Research Service Nutrient Data Laboratory).

Animal products			Plant-based food		
Serving 100 gms	Fat (% of calories)	Cholesterol (mg)	Serving 100 gms	Fat (% of calories)	Cholesterol (mg)
Lean beef	37	86	Beans	4	0
Skinless chicken	23	85	Broccoli	11	0
Mutton	65	65	Lentils	3	0
Eggs	33	400	Apple	3	0
Fish	46	77	Orange	4	0
Milk	49	30	Rice	7	0

People who eat a 100 percent plant-based diet (i.e. vegans) have the lowest average cholesterol levels:

- Non-vegetarians: 210 mg/dl (n= 125 – 200mg/dl)
- Lacto-ovo vegetarians: 161 mg/dl
- Vegans: 133 mg/dl

Excess protein

Protein is the nutrient for growth and repair. Protein breaks down into amino acids. Excess protein is acid-yielding in the body. Diseases primarily caused by excess protein include allergies, acidity, kidney failure, gout, osteoporosis and cancer.

Lack of fibre

Lack of fibre causes constipation, high blood sugar and inflammation, which are the underlying causes of many health problems. Fibre helps to keep our bodies clean.

Acidic food

The body is naturally alkaline. Acidic food leaches calcium and magnesium from our bones and breaks down muscles. All animal products are highly acidic, while only high-protein types of plant-based food (like beans and grains) are acidic. Fruits and vegetables are the most alkaline foods. Therefore, you should eat more fruits and vegetables.

List of acidic substances	
Animal products	Processed products
Dairy (milk, cheese, curd, etc.)	Tea and coffee
Eggs	Salt and Sugar
Meat (chicken, mutton, etc.)	Soda (Coca Cola, etc.)
Seafood (fish, shellfish, etc.)	Vinegar
	Alcohol

A Diet for Optimal Health

For optimum health, your diet should be:

- Low in fat and cholesterol-free
- High in fibre
- High in nutrients
- Alkaline

A whole food, plant-based (vegan) diet meets all of these criteria and can help you get back to health.

Research shows that vegans have lower rates of heart disease, high blood pressure, diabetes, obesity, rheumatoid arthritis, several types of cancer, asthma, acidity, gastric disorders, joint pains, backaches, acne and psychological problems.

Before you eat something, check:

1. Is it plant-based? (MOST important!)
2. Is it whole? (as far as possible)

Plant-based food

A vegan diet is a plant-based diet. A plant-based diet includes fruits, vegetables, legumes, grains, nuts and seeds. A plant-based diet does NOT include any animal products including meat, seafood, dairy and eggs.

Whole food

Food, when refined, loses a lot of nutrients. We are the only species who systematically makes our food *less* nutritious! The

following table lists the percentage of nutrients lost when whole-wheat flour is refined into white flour (source: *Food Revolution* by John Robbins).

Nutrient	Percentage lost
Calcium	56%
Copper	62%
Fiber	95%
Folate	59%
Iron	84%
Manganese	82%
Niacin (vitamin B3)	80%
Pantothenic acid (vitamin B5)	56%
Phosphorus	69%
Potassium	74%
Protein	25%
Riboflavin (vitamin B2)	81%
Selenium	52%
Thiamin (vitamin B1)	73%
Vitamin B6	87%
Vitamin E	95%
Zinc	76%

Since human beings eat so many refined foods – oil, sugar, white flour, white rice, juices or even vegetables that have been peeled, you can imagine that we are eating a diet deficient in nutrients but full of calories. What we need is the opposite. When we eat nutrient dense foods, we need to eat less to feel satiated.

SHARAN recommends a whole food, plant-based diet (i.e. a whole food, vegan diet).

Eat whole food as far as possible. Whole food means food that has not been refined. Eating a whole food diet means that you should:

- Eat unpolished rice instead of white rice, atta (whole wheat flour) instead of maida (white flour), etc.
- Eliminate sugar and oil.
- Avoid juice and favour whole fruit and vegetables or smoothies.
- Eat fruits and vegetables like a monkey would. In other words, only peel vegetables and fruits that you can peel with your bare hands (this may not always be possible, but you should aim for this).

9 principles of transitioning to a healthy diet

1. From animal-based products to PLANT-BASED food.
2. From refined grain to WHOLE grain.
3. From refined sweeteners (e.g. sugar) and UNREFINED sweeteners (e.g. jaggery, palm sugar and fruit juice) to WHOLE sweeteners (e.g. dates, raisins and other dried fruits).
4. From juices to WHOLE fruit and smoothies (on an empty stomach).
5. From extracted fats (e.g. oils and butter) to WHOLE fats of nuts and seeds.
6. From peeled fruits and vegetables to UNPEELED and WHOLE fruits and vegetables.
7. From frying and over-cooking to POACHING, BLANCHING, STEAMING, and DRY ROASTING.
8. From all cooked food to 50% FRESH and RAW food.
9. From pesticide and chemical-laden food to ORGANIC food.

“When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need.”~ Ancient Ayurvedic proverb

15 guidelines for healthy eating

1. Practice kindness and compassion towards yourself and your food.
2. Eat food that is anatomically suitable (plant-based).
3. Eat whole rather than refined or processed food (no white rice, white flour, white sugar or oil).
4. Eat fresh and unprocessed food, avoid junk food, artificial and processed food.
5. Wash food before chopping and cook in just the right amount of water so that no nutrients are lost.
6. Eat local, seasonal food.
7. Choose organic over artificially-grown food.
8. Always separate fruit from your main meal. You should eat fruit as a meal, not after a meal.
9. Avoid using the microwave, aluminum and nonstick utensils.
10. Always read the list of ingredients to identify if it is real food or a “food like substance.”
11. Eat mindfully, engaging all your five senses.
12. Eat according to your hunger.
13. Eat at least two hours before you go to bed.
14. Bless the food and thank the people who made it possible for you to enjoy the food in front of you.
15. If it came from a plant, eat it; if it was made in a plant, don't!

Frequently asked questions

Get the answers to frequently asked questions about optimal health.

Where will I get my protein? Don't I need animal products for protein?

Human beings (both adults and children), do not require animal products or cow's milk for protein. You will get sufficient protein on a whole food, plant-based diet.

Protein is the nutrient for growth and repair.

Every mammal produces milk according to the growth needs of its young. The faster the growth rate, the higher the protein content in the milk.

Animal	Percentage of protein in milk
Human	1.25 - 2.70
Monkey	2.30
Cow	3.30- 4.00
Goat	4.10
Guinea pig	8.55
Rat	8.70
Dog	10.11
Cat	11.10

- Herbivores like horses, cows and deer all get their protein from plants.
- Protein deficiency (kwashiorkor) occurs only in people who get insufficient calories.
- It's not necessary to eat "complete proteins" or go out of your way to get enough protein.
- Vegans do not *need* soy products, but may have some.

What about calcium? Don't I need milk for calcium?

The best sources of calcium are found in plant-based foods.

- Milk is not the best source of calcium. Only 30 percent of the calcium in cow's milk is absorbed.
- Countries with the highest dairy intake are also the countries with the highest incidence of osteoporosis.
- Green leafy vegetables (except spinach), nuts and seeds are the best and sufficient sources of calcium.

Calcium content of food (per 100-gram portion)			
Human Breast Milk	33 mg	Mustard greens (cooked)	138mg
Almonds	234 mg	Mustard greens (raw)	183 mg
Amaranth	267 mg	Parsley	203 mg
Apricots (dried)	67 mg	Pistachio nuts	131 mg
Beans (pinto, black)	135 mg	Potato chips	40 mg
Beet greens (cooked)	99 mg	Raisins	62 mg
Bran	70 mg	Sesame seeds	1,160 mg

Calcium content of food (per 100-gram portion)			
Chickpeas (garbanzo)	150 mg	Sugar (brown)	85 mg
Figs (dried)	126 mg	Tofu	128 mg
Kale (cooked leaves)	87 mg	Spinach (raw)	93 mg
Kale (raw leaves)	249 mg	Sunflower seeds	120 mg
Lettuce (dark green)	68 mg	Cow's milk	120 mg

What about vitamin D?

Vitamin D is needed to absorb calcium.

- Vitamin D, a hormone, is produced by the action of direct sunlight on the skin. Anything in-between the sun and the skin—including clothes, windows, sunscreen, and even city pollution—will hamper the production of vitamin D.
- A half hour in direct sunlight every day is the best way to get vitamin D.
- Vitamin D can be stored by the body. Excess is as harmful as deficiency.
- In urban areas all over the world, vitamin D deficiency is extremely common. Learn more about vitamin D and how to supplement at <http://sharan-india.org/faqs>

What about iron and anemia?

A vegan diet will not make you anaemic.

- Non-vegetarians, vegetarians and vegans may all suffer from iron deficiency.

- Iron is a mineral that is found in soil. Plants are a good source of iron—that's where cows, goats and other animals get their iron.
- Milk, tea, coffee, and calcium supplements impede the absorption of iron.
- Anaemia can also be a result of excess bleeding, bleeding disorders, and parasites.
- In addition to iron, we need folic acid, which comes largely from green leafy vegetables and vitamin B12 to produce haemoglobin.

What about omega 3s?

Our omega 3 and omega 6 levels should be in balance. Most people have high omega 6, which makes their omega 3 too low. Refined oils contain a lot of omega 6; therefore, people who consume them may need to take omega 3 supplements. Since we are not consuming oil, we will not have these issues.

Only plants make omega 3s. Fish may have omega 3 because fish eat plants or other fishes that ate plants. We do not need fish for omega 3; we can get it directly from plants. Rich sources of omega 3 include pumpkin seeds, walnuts, soy, sesame seeds, flaxseeds and green leafy vegetables.

What about vitamin B12?

Vitamin B12 is the only vitamin that is deficient in a whole food, plant-based diet today because only bacteria produce vitamin B12. Because of our super hygienic lifestyles, we don't get enough vitamin B12. In addition, vitamin B12 absorption is

further diminished by alcohol intake, microwave ovens, mobile phones and mobile phone towers.

It's important to take supplements for vitamin B12 (injections or tablets). For more information, visit <http://sharan-india.org/faqs>

Do I need to take supplements?

Have your vitamin B12 and vitamin D levels checked. They are likely to be low if you are not already taking supplements. If low, you should supplement these vitamins. In general we do not advise supplements except vitamins B12 and D. For more information on how to check and supplement, visit: <http://sharan-india.org/faqs>

What about soy?

Eating soy in moderation is not harmful.

- Soybeans are rich in protein. Unlike animal protein, soy also contains fiber and no cholesterol. It is also an excellent source of antioxidants, phytochemicals, and nutrients that keep cholesterol levels down.

Avoid genetically modified (GM) soy (and other GM food). At present, GM soy is not grown in India or most of Europe, but it is widespread in the United States and can be found in imported soy products.

90 percent of the soy grown in the world is fed to animals raised for food. Anyone who consumes animal products is very likely to be consuming a lot of soy indirectly.

- Soy is just a bean. A little soy will do no harm.
- Like soy, broccoli, nuts, seeds, whole grains, berries, fruit, vegetables, and sprouts also contain phytoestrogens. These are not harmful.
- For more information about soy: visit <http://sharan-india.org/faqs>

What about children?

Children thrive on a vegan diet.

- A carefully planned, whole food, vegan diet can meet all of a child's nutritional requirements after weaning.
- By setting an example yourself and teaching your children to make healthy food choices, you will also be giving them a lifetime of good eating habits—and good health!
- Because of the higher vitamin and mineral content of plant-based food, vegan children are likely to have higher intelligence quotients.

What about athletes?

A vegan diet is ideal for athletes.

- Excess proteins cause the breakdown of muscles and bones.
- Many Olympic-level athletes are vegan. For example, Olympic track and field champion Carl Lewis achieved his best results after he switched to a vegan diet!

Where can I get organic and whole plant-based food?

Visit <http://sharan-india.org/resources/city-directories> to find a list of city directories, online organic stores, and vegan products in India. You can get tips on eating out and other useful information about how to get started on a vegan diet.

What else is important besides nutrition for health?

- Plenty of fresh outdoor air
- Exposure to sunlight
- Adequate water
- Regular exercise
- Adequate rest at the correct time
- Relaxation
- Healthy relationships and attitudes
- Respect for yourself and others
- Gratitude and benevolence
- Avoidance of harmful and addictive substances

Where can I learn more?

We recommend the following books:

- *The China Study* by T. Colin Campbell, PhD (about the effects of animal proteins on our bodies)
- *The McDougall Plan* by John McDougall, M.D. (about how to stay healthy)
- *Eat to Live* by Joel Fuhrman, M.D. (about how to stay healthy)

- *The RAVE Diet & Lifestyle* by Mike Anderson (about health, eating, and beyond)
- *Prevent and Reverse Heart Disease* by Caldwell Esselstyn, M.D.
- *Dr. Neal Barnard's Program for Reversing Diabetes* by Neal Barnard, M.D.
- *There is a Cure for Diabetes* by Gabriel Cousens, M.D

View more recommended books and resources at
<http://sharan-india.org/resources/learn-more>

Where can I get more support?

SHARAN has various ways to support you in your quest for health.

- We conduct a variety of talks, seminars, workshops and cooking classes in different cities. It's important to stay updated with the current knowledge. You can also organize these for your community, group or corporation. Email info@sharan-india.org to get information or check the SHARAN website for schedules at <http://sharan-india.org/events>
- We conduct potlucks, lunch meetings and informal events to help you connect, share results or difficulties, and get your questions answered.
- We conduct holidays and retreats to help you reverse diseases and relax. We create the right environment for health, learning, healing and reconnecting to yourself and nature.
- We offer phone, Skype and face-to-face consultations to help you reach your goal. If you

cannot come to our seminars, it's still possible to reverse diseases. If you have attended a seminar, we can help you move further, reduce medications, and guide you with an individualized diet plan. For phone/ Skype/ face-to-face consultations, email consult@sharan-india.org.

- We send out a fortnightly newsletter with tips and inspirations. If you have attended our programs or have subscribed and are not seeing them, check your promotions or spam box.
- We have several pre-recorded online programs where you can learn how to transition to a healthy lifestyle and reverse disease in the comfort of your home.
- We offer news, announcements, and recipes through our social media pages (make sure you follow us!):
 - Facebook: <https://www.facebook.com/sharan.india>
 - Pinterest: <https://www.pinterest.com/sharanindia>
 - Twitter: https://twitter.com/sharan_india
 - YouTube: <https://www.youtube.com/user/SHARANIndiaLife>
 - Instagram: <https://www.instagram.com/sharanindia/>
 - WhatsApp Broadcast list:
Subscribe to this from our website – sharan-india.org

How do I manage this while travelling?

Check our travel page on our website <https://sharan-india.org/travelling-vegan/> for tips and resources

Implementation

To reverse any disease, follow these six steps:

Step 1: Get tested

Get yourself checked so that you know the whole picture. Have the following measurements and simple tests done:

- Weight & Blood pressure
- Complete blood count (CBC) with ESR or CRP
- Liver function tests – SGOT, SGPT, GGT
- Kidney function tests – BUN, Creatinine, Uric Acid
- Lipid profile – Total Cholesterol, Triglycerides
- Thyroid function tests – T3, T4, TSH
- Vitamin B12, homocysteine and vitamin D levels
- HbA1c
- Routine stool & urine, ECG (if relevant)

Step 2: Prepare

1. Prepare a chart to track your progress. This chart will be a record from which you can learn and make changes as needed, and will be helpful to you and your doctor. You can use the **Sample Progress Chart** on page 21 of this book or create your own. Your chart should include your:
 - Blood pressure level (weekly, daily or several times a day, depending on your condition)

- Blood sugar level (weekly, daily or several times a day, depending on your condition)
- Weight (weekly)
- Medications and supplements (daily)
- Food intake (daily so that, in the long run, you can monitor whether anything you eat does not agree with you)
- Exercise (daily)

Sample Progress Chart								
Date	BP	FBS	PPBS	Weight	Food eaten	Medications	Exercise	Notes

2. Shop for whole plant-based food. You can use the **Kitchen Replacement Chart** on page 25 of this book.
3. If needed, learn some new whole plant-based food recipes. See the **Sample Recipes** section on page 36 of this book.
4. Plan your menu for the next seven days. Make sure you have all the ingredients you'll need, except maybe fresh fruits and vegetables that you can buy as needed.
5. Keep learning. Our website has many resources and FAQs

Step 3: Implement

1. Start eating a 100 percent whole food, plant-based diet (or as much as you possibly can).
2. If your vitamin B12 is low, start taking injections or oral supplements. Learn more at <http://sharan-india.org/faqs>
3. If your vitamin D is low, spend additional time in direct sunlight or if you live in a polluted city, take supplements. Learn more at <http://sharan-india.org/faqs>

Step 4: Monitor your results and reduce medications

1. Every day, fill in your progress chart with your diet, exercise, medications and herbal remedies, blood pressure and blood sugar levels, and any unusual symptoms. See the **Sample Progress Chart** on page 21 of this book.

2. Add your weight to your progress chart every week.
3. Start monitoring your blood sugar level from day one as the change in diet works immediately in some people and low blood sugar episodes (hypoglycemia) can happen right away. Note in RED all your episodes of low blood sugar (less than 80 mg/dL or 4.5 mmol/l) and low blood pressure (less than 120/80). Symptoms of hypoglycemia include nervousness, sweating, intense hunger, trembling, weakness, palpitations, and trouble speaking. Keep something sweet like dates or raisins readily available in case you have a hypoglycemic episode (it can happen at night too). Symptoms of low blood pressure include weakness, faintness, and lightheadedness.
4. It is very important to reduce your medications as soon as you improve. *You may need guidance to reduce your medications.* Ask your doctor or a SHARAN doctor for advice. If you're diabetic, reduce your medications when all your blood sugar levels are below 130 or you have a hypoglycemic episode. If you have no access to guidance, cut medications very slowly, checking constantly. If you are on insulin, cut down your insulin units one or two at a time. In general, it's safest to take the help of a doctor to reduce medications and not to try to do it yourself. It's important to reduce medications as quickly as possible in order to get the full benefits of this lifestyle. This cannot be done without expert help and regular tests.

Step 5: Get tested again

After three months, repeat relevant lab tests in accordance with advice from your doctor or a SHARAN doctor. SHARAN consultations are done on phone and Skype and can be booked from our website and accessed from anywhere in the world.

Step 6: Take the next steps

By adopting a whole food, plant-based diet, you may have seen 100 percent results or a partial result. A partial result means you have reduced your medication dosage, but are still taking some medications. You may need further guidance from a SHARAN doctor, who will fine-tune your diet and lifestyle based on your health status. It is important to understand that to maintain results, you need to maintain the new diet.

Join SHARAN programs as often as possible to get inspired and hear and share experiences with others. You'll learn something new each time, which will help you go to the next level. You can also like SHARAN India Facebook page (<https://www.facebook.com/sharan.india>) and join SHARAN's Vegan Support Facebook group (<https://www.facebook.com/groups/stayingvegan>) and SHARAN'S YouTube Channel, SHARANIndiaLife or join us on Instagram and Pinterest. Our WhatsApp Broadcast list enables you to have information at your finger tips.

Remember: Your health is now in your hands! Anyone can get healthy again with a few simple steps.

Make Your Food Delicious

Learn how to cook delicious, whole plant-based food.

Kitchen Replacement Chart

The following table lists common animal-based, refined and processed food/ingredients and suggested replacements.

Food/ingredient	Replacement options
Butter (as a spread)	Almond butter, avocado, cashew butter, peanut butter and sesame butter
Buttermilk	Buttermilk made from plant-based curd/yoghurt or tender coconut
Canned and frozen food	Fresh alternatives whenever possible
Cheese	Cheese made from plant-based sources such as nuts, seeds, legumes, vegetables and nutritional yeast flakes
Chocolate (milk)	Cocoa powder or dark chocolate
Cream	Cashew or other nut butters blended with water
Curd/yoghurt	Curd/yoghurt made from plant-based milks such as soy and peanut
Eggs	Many different options, depending on the use (view our egg replacers at http://sharan-india.org/recipes/egg-replacers)

Food/ingredient	Replacement options
Fried food	Oil-free baked or roasted alternatives
Ghee	Nuts, seeds and legumes such as cashews, coconut, peanuts and sesame seeds or desiccated coconut ‘ghee’
Ice cream	Plant-based milk or fruit ice creams with no sugar
Khakra	Oil-free (Ambil khakra is also oil-free)
Mayonnaise	Oil-free cashew mayonnaise (view recipe on page 53)
Meat and seafood	Soy nuggets and flakes, tofu, beans, ready-made meat replacers (mock meat – check the ingredients), and raw jackfruit
Milk	Plant-based milks including almond, coconut, corn, oat, peanut, rice, sesame and soy
Oil	Nuts, seeds and legumes such as cashews, coconut, peanuts and sesame seeds
Paneer	Tofu or “soy paneer” and tofu marinated in cashew cream
Ready-made cereals	Muesli made with whole flakes, nuts and dried fruit and roasted whole-grains such as wheat, barley, maize, millet, amaranth and rolled oats (not white, quick-cooking oats)

Food/ingredient	Replacement options
Salad dressing	Oil-free salad dressings and chutneys
Salt (iodized)	Himalayan, rock
Soft drinks	Water, lime juice with water, fruit smoothies, etc.
Sugar, honey and artificial sweeteners	Dried fruits such as dates and raisins, figs and apricots
Tea and coffee	Homemade herbal infusions from herbs and spices, ready-made herbal teas and barley or soy coffee
White flour (maida) and bread	Flour and breads (e.g., chapatis and rotis) made from whole wheat flour (atta) or other whole grains like millet (e.g. jowar, bajra and nachni/ragi), brown rice and spelt (most wheat breads in the market contain emulsifiers and fat)
White rice	Whole (unpolished) rice such as brown or red rice

Sample Meal Plan

Here is a sample meal plan where you can choose the items to make a weekly meal plan. Check our website for recipes. Avoid more than 5 meals a day or nibbling between meals.

Meal	Standard Diet	Healthy Options
Wake up	Tea/ coffee, biscuits	Water / water with lime juice, herbal infusion
Breakfast	Cereal with milk, oats porridge, eggs, toast, poha, upma, idli, dosa, paratha	Green smoothie and fruit
Snack	Tea/ coffee, biscuits	Herbal tea, muesli with plant-based milk / whole oats porridge with dried fruit / scrambled tofu / besan omelette / whole grain toast with nut butter or hummus / brown rice poha/millet upma / red rice or millet idli, dosa / stuffed paratha with lots of veggies and chutney / muesli bar / roasted peanuts

Lunch	Soup and sandwich, soup and salad, pasta, wrap, pizza, main course, daal, rice, roti, subzi, curds, buttermilk	Complete meal salad / Salad + leftovers / Salad + main course / Salad + daal, vegetables and 1 whole grain
Snack	Fried snacks, chips, namkeens	Muesli bar, date nut seed laddos, green smoothie and fruit, Green smoothie and fruits/ sprout, chole, aalu, sweet potato chaats with onion, tomato, coriander, green chillies, steamed potato, cucumber etc + chutneys and roasted peanuts
Dinner	Main course, dessert	Salad + main course Complete meal salad / Soup + salad / Salad + daal, vegetables and 1 whole grain Sprout, chole, aalu, sweet potato chaats with onion, tomato, coriander, green chillies, steamed potato, cucumber etc + chutneys and roasted peanuts Optional dessert

Meal ideas

Get whole food, plant-based food ideas for every meal.

Breakfast & Morning Snack ideas

Breakfast & morning snack ideas include:

- Fresh fruits
- Green smoothies
- Oil-free whole dalia (cracked wheat) or millet with added vegetables
- Bhaidku (Indian-style porridge)
- Oats porridge (use old fashioned whole oats or steel-cut oats, not the quick-cooking ones)
- Muesli
- Idli, dosa or uttapam made with whole rice or millet and whole urad daal and served with coconut chutney and sambhar
- Oil-free brown or red rice poha with vegetables
- Tofu akuri or scrambled tofu
- Whole-wheat khakhra or stuffed parathas with vegetables, chutney and vegan curd
- Whole-grain bread or chappatis with vegan spreads like hummus
- Sprouted moong or other daals or besan chillas with vegetables and chutney
- Homemade baked beans on whole-grain bread or chappati

- Chappati or whole-grain bread with nut butters, avocado or coconut coriander chutney
- Vegetable cutlets

Replace tea or coffee initially with green tea and later herbal infusions/teas made out of mint (pudina), fennel (variali or saunf), cardamom (elaichi), ginger, black peppercorns, lemon-grass, basil (tulsi), lemon, etc. The teas made with fresh herbs do not need to be boiled as they are infusions. Put the herbs in a mug, pour hot water over them, and let them seep for a few minutes, according to your taste.

Add your ideas:

Lunch and dinner ideas

Indian and non-Indian lunch and dinner ideas include:

Indian meals

- Salads, kachumber and kosambari
- Sprouts, sprout chaat and sprout salads
- Oil-free Indian vegetable dishes (replace oil with seeds or nuts and cream with cashew paste)
- Daal, sprouts and beans
- Plant-based curd and buttermilk
- Whole-wheat or millet rotis and whole rice or millet
- Stuffed, whole-wheat parathas
- Khichadi and kadhi
- Idli, dosa, masala dosa or uttapam made with whole rice and served with oil-free sambhar and chutney
- Oil-free pudlas, chillas or theplas with mixed vegetables like lauki, cabbage and methi served with plant-based yoghurt or chutney and subzi

Non-Indian meals

- Soup and whole-grain or lentil bread with vegan spreads like hummus
- Soup and toasted whole-wheat or lentil bread sandwich with chutney or vegan cheese and vegetables
- Baked vegetables and whole-grain toast
- Mexican bean burritos, enchiladas made with no cheese or vegan cheese or baked tacos filled with vegan toppings

- Italian pasta with marinara sauce, pasta with vegetables or minestrone soup
- Chinese soups, steamed whole rice or whole-grain noodles with vegetables in Chinese sauce and kimchi
- Lebanese salads, baked falafel, oil-free hummus, babaganoush, whole-wheat pita and tahini
- Japanese salads, whole rice vegetable sushi and miso soup

Add your ideas:

Snack ideas

Snack ideas include:

- Fresh fruits
- Green or fruit smoothies
- Nuts and seeds milk smoothies
- Chaats - sprout chaat, chole chaat and aloo chaat
- Unsalted nuts and roasted chickpeas (chana)
- Any of the Breakfast ideas mentioned on page 30
- Cucumber and tomato salad with peanuts, freshly-grated coconut, coriander and lemon
- Steamed dhokla made with brown rice and urad daal, moong daal, mixed daal or chole
- Oil-free khakhra
- Sprout bhel or bhel with baked sev and puri
- Oil-free roasted snacks or popcorn
- Vegetable sticks with nut butter, hummus or other dips and spreads made from beans, tofu and vegetables
- Homemade granola bars or date and nut bars
- Whole-wheat or lentil bread sandwiches

Add your ideas:

Top 5 Takeaways

If you remember nothing else (but we hope you do!), remember these important points:

1. Eat plant-based food.
2. Eat whole food.
3. Take vitamin D supplements if your levels are low and you can't get enough via the sun.
4. Take vitamin B12 supplements.
5. Favour organic food whenever possible.

Sample Recipes

These are just a sample of the large number of healthy vegan recipes that you can use. For more ideas, visit https://sharan-india.org/recipes_categories/dairy-and-meat-alternatives/

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DAIRY ALTERNATIVES

Learn how to make delicious, plant-based alternatives to dairy products like milk, yoghurt/curd, cheese and butter.

1 Soy Milk

Yields 1 litre

Ingredients

- 140 g soy beans (ideally split soy beans)
- 3 litres boiling hot water
- 1 litre cold water

Method

Take the soybeans in a pan and pour 3 litres of boiling water over them. Cool and wait 6-12 hours. Drain the beans, add 1 litre of cold water and blend in a blender for 3 minutes.

Remove the soy milk from the solids by squeezing the mixture through a cheesecloth. Bring the soy milk to a boil and continue boiling for 10 minutes.

If you are making milks regularly, milk making machines are available in the US that are not very expensive and which are very efficient.

Please note that this milk is devoid of fibre.

2 Coconut Milk and Coconut Cream

Although all plant-based milks are made in a similar manner, coconut milk is not a whole food because it needs

to be sieved. However, you can make other nut milks without sieving, which makes them slightly better than coconut milk. Choose the best type of plant-based milk for taste and suitability in the recipe.

Makes 1 cup coconut milk and $\frac{1}{3}$ – $\frac{1}{2}$ cup coconut cream

Ingredients

- 1 cup grated fresh mature coconut (not drinking coconut)
- 1 cup warm water

Method

Fill a grinder jar up to the halfway mark with the coconut. Add $\frac{1}{2}$ cup warm water and grind. Sieve the mixture through a fine meshed large sieve. Squeeze the pulp well with a spoon, or with your hands, to take out all the milk. This is the thick, first extract.

Save the remaining pulp. Once all the milk is extracted, repeat the process with the remaining pulp and water, to extract all the milk. You may discard the fibre or use in *sabzis* and *dal*.

This milk stays in the refrigerator for not more than a day.

For Coconut Cream

Refrigerate the coconut milk (as given in recipe above) overnight. Thick cream rises to the top. Scoop out the cream from the top the next morning. This is your coconut cream.

Note

Use coconut milk judiciously and occasionally as it lacks fibre and is high in fat.

Variations

Sesame seeds/cashew nuts/sprouted wheat/almonds can be added to the coconut milk by turning them into a butter and adding a small quantity of this butter and about 4 – 6 times the quantity of water to the coconut milk and blending well.

Alternatively the seeds can be put in the grinder along with the grated coconut and warm water directly. However, by this method, some of the nuts or seeds may be lost along with the coconut fibre that is discarded.

3 Nut or Seed Milk

Serves 2

Ingredients

- 10 – 15 nuts of choice (almonds, cashew nuts, pistachio, etc.) / ¼ cup seeds of choice (sesame, sunflower, pumpkin, etc.) soaked for 4 hours
- 250 ml water

Method

Drain & rinse the soaked nuts or seeds, place in a blender with a small amount of water. The lesser the water you use, the smoother the mixture will be. Blend until smooth and add the rest of the water and blend again. Sieve if desired.

This milk may be stored in the refrigerator for up to 2 days.

Note

A small quantity of dates may be added while blending to sweeten the nut milk.

4 Peanut and Other Nut Butters

Makes 100 g

Ingredients

- 100 g raw peanuts

Method

Roast peanuts on low heat until the skins crack, or roast in an oven at 180 °C for 15 minutes.

Fill peanuts in a grinder up to a height of 1". Grind. You will first obtain a powder. Grind until it turns to butter, scraping down the sides at regular intervals.

Store in a glass jar for up to 3 months at room temperature.

Variations

You can use different nuts and seeds to make your own butters, using the same method.

Tips

- Nuts and seeds with high fat content like sunflower seeds, cashew nuts, almonds, macadamia nuts, etc. do not need roasting. You can also mix different seed butters.
- You need a high-powered mixer, preferably 900W and above.

5 Raw Cashew Cheese

This cheese is easy to prepare and makes a wonderful spread/dip.

Serves 8-10

Ingredients

- 1 cup raw cashew nuts, soaked in water for 6-8 hours
- $\frac{1}{4}$ – $\frac{1}{3}$ cup water
- $\frac{1}{3}$ tsp unrefined salt

Method

Drain and rinse the soaked cashew nuts and place them in a blender. Blend to a smooth paste, adding 1 tbsp water at a time. Transfer the paste to a clean glass container (ensuring that there is space to accommodate the rising of the cheese) with the lid lightly placed on top (or mouth covered with cheesecloth/muslin) and leave to ferment for 8-24 hours, depending on the weather, or until it begins to smell sour.

Add salt. Mix well and serve. Refrigerate to store.

This can keep for 10 days or more in the refrigerator. Keep unsalted until ready to serve/use. Ideal for making cheesy sauces, dips and spreads, or directly on bread.

It can even be used on baked dishes and will brown slightly, when baked.

Note

The fermentation time differs based on room temperature and season. Please keep an eye on the cheese after 8 hrs. It should be placed in the refrigerator once it begins to smell sour.

Variation

Make flavoured cashew cheese by adding chopped fresh herbs/crushed red pepper/coarsely crushed black peppercorns/caraway seeds, etc.

6 Peanut and Rice Milk Yoghurt (Curd)

Peanuts lend creaminess to the milk but have a strong flavour, which can be reduced by mixing in rice. Rice also helps to thicken the milk and curd.

Makes 1 litre

Ingredients

- 1 cup raw peanuts, soaked for 8-12 hours
- ½ cup brown rice flour
- 800 ml drinking water
- Any of the following vegan curd starters:

- 2-3 tbsp non-dairy yoghurt (curd)
- Yoghurt starter culture or probiotic capsules (quantity as per pack instructions)
- 8-10 green chilli tops/crowns
- 1-2 tbsp rejuvelac

Method

Rinse and drain the soaked peanuts and take them in a blender. Blend with 200 ml water (adding a little at a time), until you obtain a smooth paste. Then, add 400 ml water to this peanut paste. Similarly, make rice milk by mixing rice flour with 200 ml water. Boil the peanut milk on low heat. Once it starts to thicken, slowly start adding the rice milk, stirring continuously to prevent lumps from forming. Let the milk boil and thicken. Cool down to lukewarm temperature. Set the curd using the vegan starter the first time you make it, and keep some aside as a starter for the next batch.

The starter can also be stored in the freezer for up to 3 months.

Note

If you want a thick set curd, use 800 ml water for making the milk. For slightly runny curd, use 900 ml water.

Tips

If you do not have a vegan curd starter, you can use the chilli crowns of 8-12 green chillies. Wash the chillies, remove the crowns, add them to the milk mixture and keep aside in a warm place for 6-8 hours to set.

Try making a small amount first, since yoghurt can be a bit unpredictable the first few times. With the chilli tops, you may need to reserve some of the batch and use it again with a fresh batch and more chilli tops, until you get a firm set yoghurt, which can be used as a starter for further batches.

A starter portion of yoghurt or a starter culture normally gives reliable results.

The setting time depends on the climate and the temperature in the room. In summer, the curd may set in 4-6 hours, while in winter it may take 10-12 hours. Keep an eye on the curd. Once it starts smelling sour, keep it in the refrigerator.

This curd keeps for up to 2 weeks in the refrigerator.

BREAKFAST ITEMS

1 Basic Green Smoothie

Serves 1

Green smoothies are a great, energising way to start the morning and incorporate the goodness of greens, with the sweetness of fruit.

To make a great green smoothie, mix green leaves and fruit (except fibrous fruit such as citrus fruits) in the ratio 1:2 by volume (1 part green leaves and 2 parts fruit) and blend with 1 part water. Flavourings could be added as needed (ginger, mint, lemon zest). Smoothies should not be strained. Never add vegetables (such as cucumber, broccoli and zucchini), nuts or seeds to a green smoothie. You may make a smoothie with just melons and greens, but never mix melons and other fruits in the same smoothie. You do not need to add water when using melons.

It's best to alternate between different kinds of greens on different days – spinach, mint, coriander, celery greens, spring onion greens, bok choy, beetroot greens, basil, betel leaves, etc. Bananas, mangoes, papaya, chikoo, grapes, passionfruit and other pulpy fruits make good smoothies. You could add microgreens in smoothies to pack in more nutrients.

Here is a basic recipe.

Ingredients

- 2 cups peeled, chopped and frozen ripe bananas OR
- 1 cup peeled, chopped and frozen banana + 1 cup chopped apple/pear/mango or ½ a pineapple/papaya or any other pulpy fruit of your choice (total 2 cups of pulpy fruit)
- 1 cup lightly packed down shredded green leaves
- 1 cup water (use chilled water if using a high-speed blender)
- 1 – 2 soft dates (optional), pitted

Method

In a blender, blend all the ingredients together (except for dates) until homogeneous and smooth. Add the dates if the smoothie is not sweet enough for you. The smoothie should be absolutely delicious. Pour into two tall glasses and enjoy!

Note

There are 3 rules to be followed for smoothies:

1. A smoothie should not be combined with any other food except fruit.
2. Rotate the greens and do not stick to any one kind alone.
3. Do not mix melons with other fruits.

2 Red Rice Idli or Dosa

These pretty pink idlis and dosas are surprisingly tasty, filling and healthy as they are made of whole ingredients. Once you get hooked on to these, the white rice idlis will no longer appeal to you.

Serves 8–10

Ingredients

- 3 cups unpolished red rice, soaked in water for 10-12 hours
- 1 cup whole black gram (*dhuli sabut urad*), soaked in water for 10-12 hours
- ½ cup cooked unpolished red rice
- 1 tsp fenugreek seeds, soaked with either the rice or black gram
- 1 tsp unrefined salt

Method

Grind the soaked rice and cooked rice without water in the blender (or *idli* grinder), until you get a slightly coarse batter. Pour into a large bowl. Grind the soaked black gram without water in the blender until very smooth. Mix this with the rice paste. Leave this mixture at room temperature to ferment for 8-12 hours, depending on the place and season. In summers, 8 hours is sufficient, but on cooler days, it will take longer. You can smell it to find out if it is ready or not. It should have a slightly sour, fermented smell. Add salt and mix. Pour the batter into the wells of an *idli* plate and steam for 8-10 minutes. A toothpick inserted in the middle of the *idli* should come out clean when cooked. Add water to the batter to obtain the

consistency of *dosa* batter (somewhat similar to pancake batter) to make *dosas* or *uttapams*.

Tip

Dosas or *uttapams* can be made on a heavy cast-iron *dosa tawa* (griddle) without any oil, by rubbing it with a halved potato or onion, before pouring the batter.

Variation for Dosas

An equal volume or less of finely grated bottle gourd (*dudhi*) or pumpkin can be mixed with the mixture, along with ginger-green chilli paste to taste. This makes tasty, slightly thicker *dosas* which are a big hit with children and a good way to feed them vegetables. Serve with *sambar* and coconut chutney.

3 Ragi Porridge

Serves 2

Ingredients

- 4 tbsp finger millet (*ragi*, *nachni*) flour
- 2 cups cold water
- 4 tbsp date paste
- 1 tsp grated unpeeled ginger
- 2 tbsp fresh coconut cream / ¼ cup fresh grated coconut

Method

In a saucepan, take ragi flour and water and mix until there are no lumps left. Cook for about 5 minutes on medium heat, until the ragi is cooked. Stir briskly all the while,

because ragi flour tends to form lumps. Add date paste and ginger and turn the heat off. Top with coconut cream/grated coconut and serve.

Variations

Replace ragi with cracked wheat/other millet flours.

Replace ginger with cinnamon and green cardamom powders.

A mix of different millet flours may be roasted and made into a porridge too.

4 Stuffed Vegetable Paratha

Serves 2-3

For the Stuffing

Ingredients

- 3 large unpeeled potatoes, steamed
- ½ tsp ginger-chilli paste
- ½ an onion, minced and optionally lightly sautéed without oil
- ⅓ cup finely chopped fresh coriander leaves
- 4 tbsp finely chopped fresh mint
- Unrefined salt to taste
- Turmeric powder (optional)
- Lime juice to taste
- Water/soy milk (optional), just enough to keep the mixture moist and soft

Method

Mash the potatoes and mix in the rest of the ingredients, keeping the mixture slightly soft by adding water or soy milk. The mixture should be slightly softer than usual, so that the parathas have a softness despite not having any oil.

For the Paratha

Ingredients

- 1 cup whole wheat flour
- Water (to knead)
- Unrefined salt

Method

With the above ingredients, make a dough that can be easily rolled out. Divide the dough into golf-size balls. Either roll each ball out into a small, thin disc or press the dough out into a concave disc with the fingers of both hands. Stuff each disc with a gooseberry-sized ball of stuffing and close the disc to form a sealed ball. Now, carefully roll out the ball with the stuffing inside, to form a disc of 2 to 3 mm thickness.

Alternatively, you may roll out two thin (1 to 2 mm thick) discs like *rotis*, spread some of the stuffing in a thin layer on one, cover with the other like a sandwich, seal the edges and lightly roll out again to get a thick (3 to 4 mm thick) stuffed paratha.

Toast each paratha on both sides on an iron griddle (*tawa*), until lightly browned on both sides.

Variation

You may use any flour such as whole wheat, *bajra*, *jowar* or other millets.

For the stuffing you may use other vegetables such as sweet potato, cabbage, cauliflower or cooked and spiced *moong dal*, *chana dal*, etc.

5 Tofu Akuri (Scrambled Tofu)

Serves 2

Ingredients

- 300 g firm tofu
- 1 medium-sized onion, finely chopped
- 2 medium-sized tomatoes, finely chopped
- ¼ tsp turmeric (*haldi*) powder
- ½ tsp unrefined salt
- 2-3 finely chopped green chillies
- 1 tbsp chopped fresh coriander leaves, for the garnish

Method

Crumble the tofu and keep aside. Heat a heavy-bottomed stainless-steel pan. Add half the salt to the onion and dry roast in the pan, until light golden in colour, adding a little water, a teaspoon at a time, if sticking to the bottom of the pan. Add tomatoes and continue to roast on medium heat, for about 2 minutes. Add turmeric powder, the remaining salt and green chillies and cook for 2-3 minutes. Garnish with coriander leaves and serve warm.

Variations

Add chopped mushrooms, zucchini, any coloured bell pepper or any other vegetable of your choice.

Replace coriander leaves with parsley for a more western flavour.

6 Dates, Nuts and Seeds Shake

This is a great replacement for that morning glass of milk given to children.

Serves 1

Ingredients

- 2 tbsp sesame seeds - raw, organic, unpolished
- 6 - 8 almonds
- 6 - 8 dates, pitted
- 1 cardamom / $\frac{1}{8}$ tsp cinnamon / 4 - 5 strands of saffron (for flavour)
- $\frac{3}{4}$ cup drinking water

Method

In a small blender, blend sesame seeds, almonds and the flavouring together, until it forms a powder. Then, add the dates and blend until you obtain a thick paste-like consistency. Add some water if required, to make it smoother. Add more water to obtain the consistency of a shake. Transfer to a tall glass and serve.

SALADS AND DRESSINGS

Raw food is rich in nutrients and enzymes. Start your meals with raw food as far as possible and as much as possible. Learn how to make delicious salads—a great way to enjoy raw food.

DRESSINGS

1 Oil-free Cashew Mayonnaise

Makes 1 cup

Ingredients

- ½ cup cashew nuts, soaked for 6-8 hours
- 2 tbsp chopped onion
- 1-2 tbsp lemon juice
- ¼ tsp mustard (*rai*) powder
- 1 small clove garlic
- ½ tsp unrefined salt
- ⅛ tsp black pepper (*kali mirch*) powder
- ¼ cup water

Method

Leaving aside the water, blend all the ingredients together. Then, add water a little at a time, to make a smooth mayonnaise. Transfer to a bowl and use as required.

This dressing stays in the refrigerator for 3-4 days. To increase shelf life, use dehydrated onion and garlic powders instead of fresh ones.

Note

This recipe uses many nuts. Please keep your nut limit in mind if you are working on disease reversal.

2 Creamy Citrus Dressing

Makes approx ¼ cup

Ingredients

- ⅓ cup cashew nuts, soaked for 4-6 hours
- Juice of 1 orange
- Juice of ½ a lime
- Ginger paste to taste
- Unrefined salt to taste

Method

Take the soaked and drained cashew nuts in a grinder jar and blend to obtain a paste. Add the rest of the ingredients and mix well. Pour the dressing as needed on top of your salad just before serving.

3 Oriental Style Dressing

Makes ½ cup

Ingredients

- 1 tbsp freshly grated unpeeled ginger
- 1 tbsp freshly grated garlic
- 1 tsp finely chopped green chillies (optional)
- ¼ cup soy sauce
- 2 tbsp date paste
- 3 tbsp lemon juice
- 2 tsp unpolished sesame seeds

Method

Mix all the ingredients together and drizzle over your salad to give it a delicious Asian flavour.

It may be stored in the refrigerator for a month.

4 Lime Coriander Dressing

Serves 6

Ingredients

- ⅓ cup fresh lemon juice
- ½ bunch fresh coriander leaves, coarsely chopped
- ¼ cup coarsely chopped onion
- 1 small green chilli or jalapeño pepper
- ½ cup tahini (sesame butter)
- ½ cup water
- ⅓ cup chopped pitted dates
- 1 tsp unrefined salt

Method

Except for the coriander leaves, blend all the ingredients together in a blender, until creamy. Add coriander leaves and blend again, but you should still be able to see the coriander leaves as slightly large pieces. Transfer to a bowl and use when required.

5 Gomasio

Makes 100 g

Ingredients

- 100 g sesame seeds (or more if you would like to store for future use)
- Unrefined salt to taste

Method

Dry roast the sesame seeds in a frying pan or *tawa* on low-medium heat until nutty and fragrant. It may take 10-15 minutes. Allow to cool. Grind the sesame coarsely together with some salt to taste. Pulse the mixture so as not to completely powder it. Gomasio is ready!

Stores well without refrigeration for 15-20 days.

Tip

Making large batches and storing it is advisable as otherwise, it is not too quick to prepare.

SALADS

1 Garden Salad

Serves 2-3

Ingredients

For the Salad

- 1 cup mix of chopped vegetables (such as carrots, beans, broccoli), steamed until tender
- ½ cup roughly chopped lettuce
- ½ cup roughly chopped tomatoes
- ½ cup roughly chopped cucumber
- ¼ cup chopped avocado
- ¼ cup baby spinach
- 1-2 tbsp sliced black olives
- 2-3 tbsp celery leaves or parsley
- 1 tbsp chopped gherkins
- 1 tsp pumpkin seeds, for the garnish
- 1 tsp sunflower seeds, for the garnish
- 1 tsp watermelon seeds, for the garnish
- 1 tsp sesame seeds, for the garnish

For the Dressing

- ¼ cup lemon juice
- 2 tbsp mustard sauce or mustard powder
- Unrefined salt to taste
- Black pepper powder to taste

Method

Prepare the dressing by mixing all the ingredients together. Place all the vegetables in a salad bowl. Pour the dressing

over and toss well. Transfer to a serving plate. Garnish with the seeds and serve.

Note

You may use any vegetables of choice.

2 Better-Than-Tuna Salad

Serves 6–8

Ingredients

- 1 cup cooked or canned garbanzo beans (chickpeas)
- ¼ cup chopped onion
- 2 tbsp finely chopped bell pepper (red or green capsicum)
- 2 tbsp finely chopped celery
- 5-6 tbsp vegan mayonnaise
- 2 tbsp lemon juice
- ½ tsp unrefined salt
- ¼ tsp black pepper (*kali mirch*) powder
- 1-2 fresh sprigs of parsley, for the garnish

Method

Take the chickpeas in a mixing bowl and lightly mash them. Add the other ingredients. Mix well. Garnish with parsley and serve.

3 Cucumber and Tomato Salad with Peanuts

Serves 2

Ingredients

- 1 cup chopped cucumber (1" cubes)
- 1 cup chopped tomatoes (1" cubes)
- ¼ cup crushed roasted peanuts
- ½ tsp unrefined salt (or to taste)
- ½ tsp date paste
- ¼ tsp Thai chilli powder or red chilli powder to taste
- 1 tbsp lemon juice (or to taste)

Method

Simply mix all the ingredients together and serve.

4 Thai Raw Papaya Salad

Serves 8-10

Ingredients

- 2-3 small raw papayas, peeled and grated
- 6-8 long green beans, chopped into 1" pieces and steamed (you may use 1 cup of French beans instead)
- ½ cup cherry tomatoes
- ½ cup roasted peanuts, crushed
- A few kaffir lime leaves, roughly chopped

For the Dressing

- 1 tsp finely chopped green chillies (or to taste)
- 1 tsp grated ginger
- Juice of 1 lime

- 1 tbsp date paste
- Unrefined salt to taste

Method

Prepare the dressing by mixing all the dressing ingredients together. Keep aside. In a large mixing bowl, place all the salad ingredients and pour over the dressing. Toss well and serve garnished with a few coriander leaves and lemon slices on the side.

5 Beetroot and Cucumber Salad

Serves 2

Ingredients

- 1 beetroot, cut into ½" cubes (steamed or raw)
- 1 small onion, cut into ½" cubes
- 1 cucumber, cut into ½" cubes
- Unrefined salt and black pepper powder to taste
- Lime juice to taste

Method

Mix all the ingredients together and serve. Adjust the seasonings to taste.

SNACKS

1 Sprouts Chaat

Serves 2-3

Ingredients

- 2 cups *moong* (green gram) sprouts or *kala chana* (brown chickpeas) sprouts
- ½ cup chopped tomatoes
- ¼ cup chopped onions
- ½ cup chopped steamed potatoes
- ½ cup chopped fresh coriander leaves
- Juice of ½ a lime
- ¼ tsp black salt (*kala namak*)
- *Chaat masala* to taste (optional)
- ½ tsp grated ginger
- ½ tsp minced green chillies (or to taste)
- Date and tamarind chutney to taste
- 1 tbsp finely chopped spring onion greens, for the garnish
- 1 tbsp crushed roasted peanuts, for the garnish

Method

Steam the *moong* or *chana* sprouts until tender. Transfer to a mixing bowl and add in the onions, tomatoes, potatoes, coriander, and lime juice. Mix in the black salt, date chutney, *chaat masala*, ginger and green chillies to taste. Serve garnished with spring onion greens and roasted peanuts.

2 Date and Tamarind Chutney

This sweet and sour chutney spruces up almost all chaat recipes. This chutney may be stored in the refrigerator for up to 15 days and in the freezer for more than 6 months.

Serves 7–8

Ingredients

- 2 cups pitted dates
- ¼ cup tamarind (*imli*) paste
- 1 cup water
- 1 tsp red chilli powder
- ⅛ tsp asafoetida (*hing*)
- ¼ tsp roasted cumin (*jeera*) seeds
- 1 tsp unrefined salt

Method

Rinse the dates, place them in a saucepan. Add 1 cup water and cook for about 10 minutes on low heat. Cool and blend in a blender to make a paste. Add chilli powder, asafoetida, tamarind paste, roasted cumin seeds and unrefined salt and mix well until blended. This can be stored in the freezer and used, as needed. When it is to be used, water can be added to obtain the required consistency.

Note

Always use a clean, dry spoon to remove the chutney from the jar.

3 Wraps

Wraps can be made with different ingredients according to your taste.

Ingredients

- The base – this can be a large whole wheat base (tortilla/ chappatis, etc.), made with or without flavouring (tomato, spinach, etc.)
- The spread – something that makes the wrap moist and luscious – hummus, avocado, vegan cheeses, vegan mayonnaise, coriander mint chutney or any other of your favourite spreads
- Veggies – these can be grilled or raw or a combination
- Some spice – chilli sauce, onions, mustard, etc. (optional)
- You could also add marinated or grilled tofu if you wish, or beans, etc.

Method

Heat the base on a griddle (*tawa*). When the base is roasted, add the other layers. Roll tightly like a frankie and serve.

4 Hummus

Makes 1½ cups

Ingredients

- ½ cup chickpeas (*kabuli chana*), soaked overnight (the soaking makes the chickpeas easier to cook and digest)
- 2-3 tsp lemon juice

- ½ tsp unrefined salt
- 1 tbsp sesame butter
- 1-2 cloves garlic
- ¼-½ cup water
- ⅛ tsp red chilli powder or paprika
- 1 tbsp chopped fresh parsley, to garnish

Method

Discard soaking water and rinse chickpeas and cook them in a pressure cooker until soft, with just enough water to cover. Drain the water (Save this water. It can be used as aquafaba). Mix chickpeas, lemon juice, salt, sesame butter, and garlic in the blender. Grind, adding water as required to make a thick, almost smooth paste. Transfer to a bowl. Garnish with parsley and sprinkle red chilli powder or paprika before serving.

Variations

Add sun-dried tomatoes/olives/coriander leaves to the mixture while grinding, to make a flavoured hummus.

Tip

Use ice cubes instead of water for blending to obtain restaurant-style creamy hummus.

5 Vegan Sandwich Spread

Serves 3-4

Ingredients

- 2 cups raw cashew nuts
- 2 tbsp lemon juice

- 1 red capsicum, minced
- 1 clove garlic, chopped
- 1 tomato, chopped
- Unrefined salt to taste
- 2 tsp finely chopped parsley
- 2 stalks celery, finely chopped
- ½ a white onion, chopped

Method

Except for the last 3 ingredients, blend everything together in a blender. Once smooth, add the rest of the ingredients. Done! You have a fantastic, healthy raw sandwich spread or mayonnaise.

Note

This recipe uses many nuts. Please keep your nut limit in mind if you are working on disease reversal.

SOUPS

1 Creamy Pumpkin Soup

Serves 3-4

Ingredients

- 250 g unpeeled pumpkin, roughly chopped (keep seeds for garnish)
- 1 large onion, thinly sliced
- 1 tsp unrefined salt
- 3 cups water
- 1½ cups medium thick coconut milk
- ½ tsp black pepper (*kali mirch*) powder

Method

Sauté the onions with a pinch of salt in a wok. Add the pumpkin chunks. Add just a little water for the vegetables to cook, without browning. Cover and leave to cook until the onions and pumpkin are soft. You may add lemongrass or kaffir lime leaves at this point, if required. Blend the vegetable mixture into a smooth paste, retaining the water released from the cooking, if any. Do not strain. Pour the blended mixture back into the cooking vessel to heat.

Just before serving, remove the soup from the heat and add the coconut milk. Do not allow the soup to boil once you have added the coconut milk. Pour as much milk as required, depending on the desired creaminess and thickness of the soup. Add crushed black pepper.

Garnish with parsley or roasted pumpkin seeds. Marinate the pumpkin seeds in lime juice and salt, and then bake in the oven until the seeds are crisp and toasted. Sprinkle as garnish for the soup.

This creamy soup is delicious, served either hot or at room temperature. Could also be served chilled.

2 Creamy Chickpea and Vegetable Soup

Serves 4

Ingredients

- 2 cups cooked chickpeas
- 1 medium sized zucchini, chopped into small cubes
- 2 small unpeeled carrots, chopped into small cubes
- 1 tsp garlic paste
- 1 stalk celery, chopped
- 2½ cups water
- 1 tsp chopped fresh or dry rosemary
- 1 tsp unrefined salt
- ½ tsp freshly ground pepper
- ½ tsp lime juice
- 1 spring onion stalk, finely chopped, for the garnish (optional)

Method

Blend the chickpeas, garlic and celery with water and bring to a boil in a saucepan. Add carrots and again bring to a boil. Now, add the zucchini. When the zucchini is almost cooked, add rosemary, salt and pepper. Mix well and turn

the heat off. Add lime juice just before serving. Garnish with spring onion (optional) and serve hot.

3 Cold Raw Vegetable Soup

Serves 2

Ingredients

- 1 unpeeled cucumber/zucchini, chopped
- 4 tomatoes, chopped / 2 red bell peppers, deseeded and chopped
- 1 clove garlic, peeled
- 1 green chilli (or more, as per taste)
- 2 tbsp chopped fresh coriander
- Fresh herbs to taste
- Unrefined salt to taste

Method

In a blender, blend all the ingredients together and serve cold.

MAIN COURSE

1 Vegetable Poriyal

Dry mixed vegetables, South Indian-style.

Serves 6-8

Ingredients

- ½ kg mixed vegetables (beans, unpeeled carrots, unpeeled potatoes and peas), cut into 1 cm cubes
- 2 tbsp grated fresh coconut

For the Tempering

- 1 tsp mustard (*rai*) seeds
- ⅛ tsp asafoetida (*hing*)
- 1 dry red chilli, broken
- ½ tsp turmeric (*haldi*) powder
- 10-12 curry leaves
- 1 tsp ginger-green chilli paste
- 1 tsp unrefined salt

Method

Steam the mixed vegetables, taking care not to overcook, so that the colours are vibrant (takes about 5-7 minutes). In a heated pan, add mustard seeds. When they sputter, turn the heat off and add asafoetida, red chilli and turmeric powder and dry roast. Once the mixture is fragrant, turn the heat back on. Add curry leaves and the steamed vegetables, ginger-green chilli paste, salt and fresh coconut. Mix well. Take off from the heat. Serve hot.

2 Soy with Peas in Gravy

Serves 4

Ingredients

- 1 cup dry soya chunks or ½ cup soya flakes, soaked in warm water and then water squeezed out
- 1 cup green peas
- 2 cloves garlic
- 1" pc ginger
- 1 tsp poppy seeds (*khus khus*)
- 1 medium-sized onion, coarsely chopped
- ½ tsp turmeric powder (*haldi*)
- ½ tsp *garam masala* (or less if this is very spicy)
- 2 pods cardamom
- 3 cloves
- 2 medium-sized tomatoes, diced
- Unrefined salt to taste
- ⅓ cup raw cashew nuts, soaked in water for about 1 hour and ground to a paste
- 3 tbsp finely chopped fresh coriander leaves, to garnish

Method

If the soya nuggets are large, chop them into halves. Keep aside. Steam the peas and keep aside.

Grind ginger, garlic, onions and poppy seeds to a paste in a grinder or food processor, without using water.

Heat a heavy-bottomed pan and fry (without oil) the onion-garlic-ginger paste on low heat. When this begins to brown, add the turmeric, *garam masala*, whole cardamoms, cloves

and stir. Then, add the tomatoes. Cook until the tomatoes are very soft. Add salt, peas, cashew paste and soya and cook for about 5 minutes, adding water as needed to make the gravy as thick or thin as you want. Let this stand for half an hour before serving, so that the soya soaks in the flavour. Heat before serving. Garnish with coriander leaves.

3 Whole Rice

Makes 3 cups

Ingredients

- 1 cup whole unpolished rice
- 2½ cups water
- Unrefined salt to taste (optional)

Method

Wash the rice and soak in 2 cups water for 1-2 hours. The soaking is not necessary, but helps to reduce the cooking time and makes the rice nice and fluffy.

Now, take the rice, salt (optional) and water in a closed heavy-bottomed pot and bring to a boil. Turn the heat down, such that the water does not boil over. Cook until all the water evaporates. Serve hot.

Tip

If you turn the heat off before the rice is cooked, the rice will remain hard. Make sure that the rice is cooked according to your preference before turning down the heat. You may then add some water while reheating.

4 Dal Tadka

Serves 3-4

Ingredients

For the Dal

- 1 cup lentils of your choice – yellow *dal* (split *moong*) / orange *dal* (*masoor dal*) / *tuvar dal* (split pigeon pea)
- 1 tsp curry powder
- ¼ - ½ tsp turmeric powder (*haldi*)
- Unrefined salt to taste
- 2 tsp lemon juice
- Fresh coriander leaves, to garnish

For the Tempering - choose any 3 - 5 of the following ingredients

- 1 tsp cumin (*jeera*) seeds
- 1 tsp mustard (*rai*) seeds
- ¼ tsp asafoetida (*hing*)
- 1 – 3 cloves
- 1" pc cinnamon
- 1 sprig curry leaves
- ½ tsp red chilli powder/whole red chilli
- 3 green chillies, chopped
- 1 onion, sliced
- 1 tsp grated ginger
- 2 tomatoes, chopped

Method

Cook the lentils of your choice until they are well done and blend in a blender until smooth in consistency. In a separate

pot, temper with your choice of the following – 1 tsp mustard seeds, 1 tsp cumin seeds, 1 – 3 cloves, 1 small cinnamon stick, curry leaves, a red chilli and asafoetida.

Add your choice of chopped onions, tomatoes, garlic, ginger and cook a little. Add the liquid lentils, salt to taste and ¼ tsp turmeric powder. Bring to a boil. Add lemon juice and garnish with coriander. Serve hot on its own or with whole rice.

5 Stuffed Steamed Bhindi

Serves 5-6

Ingredients

- ½ kg ladies' finger (*bhindi*)
- 1 cup grated fresh coconut
- ¼ cup Bengal gram flour (*besan*)
- 2 tsp cumin (*jeera*) powder
- ½ tsp red chilli powder
- 2 tsp dry dates (*kharek*) powder
- 1 cup chopped fresh coriander leaves
- ½ tsp turmeric powder (*haldi*)
- ½ tsp unrefined salt
- ⅛ tsp asafoetida (*hing*)
- ⅛ tsp dry mango powder (*amchur*)

Method

Wash and dry the *bhindi*. Slit lengthwise.

Mix the rest of the ingredients together to make the stuffing.

Stuff this into the *bhindi* (the more you stuff, the better).

Place the stuffed *bhindis* in a steamer and steam until cooked. Serve hot.

6 “Malai” Kofta

Serves 2

Ingredients

For the Gravy

- ¼ cup cashew nuts, rinsed and soaked in water for 1-2 hours
- ¼ cup watermelon or pumpkin seeds, rinsed and soaked in water for 1-2 hours
- 1 tbsp poppy seeds (*khus khus*)
- 2 medium-sized onions, roughly chopped
- 10 cloves garlic
- Unrefined salt as per taste
- 2-3 tsp garam masala (more if you like it spicy)
- Date paste (for sweet version) to taste

For the Koftas

- 2 small potatoes
- 1 tbsp arrowroot powder or breadcrumbs
- 1 tbsp brown rice flour
- 2 green chillies, finely chopped
- Unrefined salt to taste
- 100 g tofu
- 10 almonds, finely powdered

Method

For the Gravy

Drain and rinse the soaked cashew nuts and seeds. Make a fine paste of them along with the poppy seeds, in a blender.

Blend onions and garlic together in a blender. For the gravy, heat the pan and pour the onion-garlic paste into it. Add a pinch of salt and cook on low heat. Add a few drops of water, if you feel it sticking to the pan. Once cooked, add garam masala to it and let it cook for 3-5 minutes. Add cashew paste to the pan, with salt and date paste to taste. Add enough water if the gravy is too thick, and let it cook for 5-7 minutes.

(This gravy tends to thicken over time, so you may need to add more water later.)

For the Koftas

Steam the potatoes and mash them into a smooth paste. Add brown rice flour, arrowroot, chillies and salt to it and mix well.

Squeeze out all the water from the tofu and mash it well. Add the almond powder and a pinch of salt.

Make a small ball of the potato mixture in your palms and press it in the middle to make a small hole. Fill it with tofu mixture, close the hole and make a smooth ball with your palms. Prepare as many such balls as possible. Bake these koftas at 170 °C in a pre-heated oven for approx. 8-10 minutes, or until they turn a light brown. Let the koftas cool

for a while in a bowl. Then, pour the hot gravy over them and serve.

7 Vegetable Lasagna (Oil- and Gluten-free)

Serves 8–10

Ingredients

For the Vegetable Strips

- 2 eggplants
- 350 g unpeeled orange pumpkin
- 2 unpeeled zucchini
- 2 bell peppers
- 2 unpeeled sweet potatoes
- 2 onions
- 1 cup raw cashew cheese (recipe on page 41)

For the Tomato Sauce

- 1 unpeeled carrot, finely grated
- 2 medium-sized onions, finely chopped
- 2-3 cloves garlic (optional)
- ⅓ a capsicum (optional), finely chopped
- 1 small celery stick with leaves (optional), finely chopped
- 1 kg very ripe tomatoes or canned peeled tomatoes
- ½ tsp oregano or basil
- ¼ tsp black pepper
- ½ tsp unrefined salt (or to taste)
- 15 ml apple cider vinegar

Method

Preheat the oven to 250 °C. Prepare the vegetable strips by slicing the vegetables lengthwise on a slicer into wide but thin pasta strips, about three millimeters thick. Bake each vegetable separately in an oven, since the cooking time may vary for each vegetable. Each vegetable should be fully-cooked.

Prepare the tomato sauce by steaming the carrots, onions and optionally, garlic, capsicum and celery. Purée the tomatoes and transfer them along with the steamed vegetables to a big pot. Bring to a boil. Add the basil/oregano, pepper, salt and vinegar and simmer until it reaches the consistency of a pasta sauce.

In an 8"x8" square baking tray that is at least 2" high, make alternate layers of the tomato sauce, cooked vegetables strips, more tomato sauce, and then cheese. Repeat the layers three or four times. Bake for 40 minutes. Serve hot.

8 Burmese Khowsuey

Serves 3-4

Ingredients

- 2 cups chopped mixed vegetables (baby corn, button mushrooms, unpeeled carrots, French beans, onions, broccoli, cauliflower)
- 2 tbsp gram flour (*besan*)
- 1 tsp cumin (*jeera*) powder
- 2 cups vegetable stock
- 2 cups fresh coconut cream

- 2 tbsp lemon juice
- 1½ tsp unrefined salt
- 2 cups buckwheat or brown rice noodles or brown rice, as per choice

For the Garnish

- ¼ cup chopped roasted garlic
- ½ cup sliced roasted onion
- ½ cup chopped tomatoes
- ¼ cup chopped fresh coriander leaves
- 2-3 tbsp chopped green chilli
- ½ cup chopped unpeeled cucumber
- ¼ cup roasted crushed unpeeled peanuts

Method

In a saucepan, dry roast the gram flour with the cumin powder. Add vegetable stock and all the vegetables, one by one, in the order of time taken by each of them to get cooked. Do not cook them until soft. They should be a bit crunchy. Add the coconut cream, lemon juice and salt.

Serve with rice or noodles and add garnishes according to individual taste.

4 One-Pot, One-Shot Pulao

Serves 4

Ingredients

- 1 cup brown basmati rice
- 1 onion, sliced

- ¼ cup each of peas, diced carrots, chopped beans and small cauliflower florets
- ¼ cup green paste – ginger, garlic, mint, coriander, 2 green chillies
- ¼ cup cashew nuts and raisins
- 2 cups water
- 2 cloves
- 1 cardamom
- 1 piece cinnamon
- 1 bay leaf
- Unrefined salt to taste
- Chopped fresh coriander to garnish

Method

Mix all the ingredients together in a pressure pan and pressure cook on medium heat for 2 whistles (approximately 7 minutes). Open after 20 minutes and garnish with a little coriander.

Alternatively, mix all the ingredients together in a slow cooker pot and cook for 6 hours on slow.

Serve hot with vegan raita on the side.

DESSERTS

1 Gajrela/Carrot Halwa

Serves 6

Ingredients

- 3 large unpeeled carrots, grated
- 2 tbsp cashew butter
- ½ cup dates, chopped
- ½ tsp cardamom powder
- A few raisins
- A few roasted almonds, slivered

Method

Grate and steam the carrots until they are well cooked. Add cashew butter, dates, raisins, cardamom and mix well. Serve hot, garnished with roasted, slivered almonds.

Variations

This dish can be made with unpeeled bottle gourd, unpeeled pumpkin and unpeeled beetroot too.

2 Banana Secret 'Ice Cream'

Serves 4

Ingredients

- 4 (or more) ripe bananas
- Cinnamon
- Walnuts

Method

Place peeled, halved bananas in a box in the freezer. After 2 days or more, take them out and blend in a blender or food processor until you get a smooth, creamy ice cream.

Add some cinnamon and walnuts for an extra punch. Serve immediately as soon as it is made.

Variations

Garnish with berries, raisins or chopped fruit of your choice.

Replace the cinnamon and walnuts with zest of $\frac{1}{4}$ of an orange and 1 tbsp grated ginger.

Replace cinnamon with vanilla extract or vanilla powder for vanilla ice cream.

Add frozen berries (strawberries/raspberries/blueberries...) to the frozen bananas to get a berry ice cream. Omit the cinnamon and walnuts.

Add frozen chopped ripe mango or jackfruit to get a fruit ice cream. Omit cinnamon and walnuts.

Add cocoa powder to get chocolate ice cream. Cinnamon and walnuts optional.

3 “Fried” Bananas with Tahini and Date Paste

Ingredients

- Ripe bananas (large variety)
- Black sesame seeds (roasted)
- Date paste
- Tahini

Method

Peel the bananas. Slice the bananas lengthwise into 2 or 3 slices. Cut these in half and place on a hot frying pan. When you can catch the aroma of caramelising sugar, turn it over, and cook on the other side. Garnish with roasted black sesame seeds or with date paste and tahini. You will need one banana per person.

4 Almond Ginger Bites (Raw, Gluten-free)

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

Serves 6-8

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.

Note

This recipe uses many nuts. Please keep your nut limit in mind if you are working on disease reversal.

5 Date Squares (Raw, Gluten-free)

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

Makes about 24 squares

For the Crust

Ingredients

- 2 cups cashew nuts
- 1 cup raw oats
- 1 tsp powdered cinnamon
- 20 large dates, pitted

Method

In a food processor, pulse the nuts and oats into a fine meal. Add the powdered cinnamon and pulse to combine. Add the dates and pulse until well distributed and the mixture begins to clump together.

For the Filling
Ingredients

- 1½ cup dates, pitted
- Juice of 1 large orange (½ cup)
- Zest of 1 large orange

Method

In a food processor, blend the ingredients for the filling together, until smooth.

Assembling the Date Squares

Press 2/3rds of the crust mixture into a 9" square pan lined with parchment paper. Spread the filling mixture evenly on top of the crust. Sprinkle the remaining crust mixture on the top of the filling.

Refrigerate overnight or for 6-8 hours. Remove, cut into squares and store in an airtight container in the refrigerator.

Note

This recipe uses many nuts. Please keep your nut limit in mind if you are working on disease reversal.

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Questions

Please write down any questions you would like to have answered. If your questions could not be answered during the seminar, you can email them to info@sharan-india.org

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