



Potential Health Development  
— INSPIRING GREATER LIVING —

## METAMOF SMOOTHIE SWIRL



### Ingredients

- 1 fresh fruit  
Strawberry/banana/guava/pear/apple
- 1 ½ to 2 cups Almond milk
- 2 tsp of Metamof flour

### Preparation

1. Blend the chopped fruit, metamof flour and milk until smooth. Add milk as per consistency .
2. Add honey if required .
3. Drink immediately, or store in a covered container in the refrigerator if you'd prefer to make the smoothie the night before.



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## METAMOF GREEN SMOOTHIE



### Ingredients

- 1 ash gourd
- A pinch of cardamom powder
- 2 tsp chia seeds
- 1 ½ to 2 cups water
- 2 tsp of Metamof flour

### Preparation

1. Blend the chopped gourd, metamof flour and water until smooth. Add water as per consistency .
2. Add honey if required .
3. Drink immediately, or store in a covered container in the refrigerator if you'd prefer to make the smoothie the night before.



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## METAMOF COCONUT BERRY SMOOTHIE



### Ingredients

- ½ cup strawberry
- 2 tsp chia seeds
- 1 ½ to 2 coconut milk
- 2 tsp of Metamof flour

### Preparation

1. Blend the strawberry, metamof flour and coconut milk until smooth. Add more milk as per consistency .
2. Drink immediately, or store in a covered container in the refrigerator if you'd prefer to make the smoothie the night before.



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## METAMOF OVERNIGHT CHIA OATS



### Ingredients

- ½ cup old fashioned oats
- ½ cup almond / coconut milk
- ¼ cup Greek yogurt
- 1 tbsp metamof flour
- ¼ teaspoon vanilla extract
- 1 ½ teaspoons chia seeds
- ¼ cup strawberry puree

### Preparation

1. Place all ingredients in a mason jar or bowl. Cover tightly with a lid and shake to combine (or stir).
2. Refrigerate overnight.
3. When ready to serve, stir, and then top with sliced strawberries. Overnight oats are often eaten cold, but if desired you may warm them in the microwave.



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## METAMOF APPLE CINNAMON PANCAKE



### Ingredients

- 1 cup whole wheat flour / gluten free flour
- 2 1/2 tablespoons Metamof Flour
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground allspice
- 1 cup buttermilk
- 1 tablespoon vegetable oil
- 1 large egg
- 1 teaspoon vanilla extract
- 1 cup diced peeled apple

### Preparation

1. In a medium bowl, whisk together flour, baking powder, baking soda, salt, cinnamon, and allspice. Set aside.
2. In a large glass measuring cup or small bowl, whisk together buttermilk, oil, egg, and vanilla extract.
3. Pour wet ingredients over the dry ingredients. Whisk until combined. Don't over mix. Gently fold in the diced apples.

5. Heat a griddle pan or non stick skillet over medium heat. Spray with cooking spray. Pour about 1/4 of a cup of pancake batter onto the hot griddle pan, spacing out the pancakes a few inches from each other. When the pancakes start to bubble up, flip and cook until the pancakes are lightly browned.
6. Serve the whole wheat apple cinnamon pancakes with cinnamon syrup. Enjoy!



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## METAMOF VEGETABLE SOUP



### Preparation

1. Chop the onion, carrots, and celery into 1/2-inch chunks.
2. Heat the oil in a large pot over medium-high heat. Toss the onion, carrots, and celery around in the oil.
3. Sprinkle with a 1/2 teaspoon of salt and add red pepper flakes. Cook, stirring occasionally, until the vegetables sweat, soften, and smell sweet; 5 to 10 minutes.

### Ingredients

- 1 large onion
  - 4 to 5 carrots, peeled
  - 4 celery sticks
  - 1 tablespoon olive oil
  - Salt
  - 1/4 teaspoon crushed red pepper flakes
  - 2 tbsp Metamof flour
  - 3 garlic cloves, peeled and halved
  - 3 cups chicken or vegetable stock
  - 2 bay leaves
  - 3 sprigs fresh thyme (substitute 1 teaspoon dried thyme)
  - 1/4 cup coconut milk
4. Stir in the potatoes, garlic, bay leaves, and thyme. Cook for 5 minutes.
  5. Pour in the stock and bring to a boil. Reduce to a simmer and cook until you can easily pierce the potatoes with a fork; about 15 minutes.
  6. Remove the soup from the heat. Take out the bay leaves and thyme sprigs and discard. Add Metamof flour .
  7. Use an immersion blender, stand blender, or food mill to puree the soup until smooth.



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## METAMOF ROTI



## Ingredients

- 1 cup Wheat flour / gluten free flour
- 3 tbsp Almond flour
- 1 tsp Flax seed powder
- ½ cup Metamof flour
- 1 tsp ghee (optional)

## Preparation

1. Add all the flour in a big utensil. Also add flaxseed powder, salt and ghee in the bowl. With the help of lukewarm water, knead soft dough. Cover and keep aside the dough for 20 minutes to set.
2. After the dough is set, take some dry wheat flour. Preheat a tawa. Take a little amount of dough, equal to the size of a lemon and dust with dry flour. Now roll it into 6-7 inch round roti. Make sure roti is not rolled too thinly or too thickly. Keep it a bit thick. Place the rolled roti on a heated tawa.



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## METAMOF MUFFIN



### Ingredients

- 1 egg beaten
- 1/2 cup almond milk
- 1/4 cup vegetable oil
- 1 tsp vanilla extract
- 1/2 cup jaggery
- 1 1/2 cup Metamof flour or 50 % Metamof flour + 50 % ragi/whole wheat flour
- 2 tsp of baking powder
- 1/2 tsp salt

### Preparation

1. Preheat the oven to 400°F. Line a muffin pan with muffin papers or grease the pan well.
2. Combine Egg, Milk and vegetable oil.
3. In a separate bowl combine baking powder, flour, jaggery, and salt. Whisk to combine. Pour the liquid ingredients into dry ingredients. Blend only until combined.
4. Spoon batter into each muffin paper until 2/3 full. Bake for 16-20 minutes.
5. Store in an airtight bag or container.



## METAMOF BISCUIT



## Preparation

1. Preheat your oven at 180 C. Grease and line a baking sheet with parchment paper. Keep aside.
2. In a shallow pan, sift all the flours and powder together. Add the salt and baking soda Mix with a spoon.
3. Make a well in the middle and add your ghee, honey/ jaggery and milk. Mix to make it a dough.
4. Knead it till it's smooth and there are no crumbs left.
5. Lay out the dough and roll it till it's about half an inch thick on all sides.

## Ingredients

- Honey or powdered jaggery – 150 gms
- Whole wheat flour – 100 gm
- Flaxseed powder – 50 gm
- Oatmeal – 50 gm
- Ragi powder – 50 gm
- Metamof flour – 50 gm
- Baking soda – 1 tsp
- Ghee – 2 tbsp
- a pinch of salt
- Milk – 1 tbsp or as required
- Cardamom powder – a pinch
- Almond flakes – for decoration

6. Using a cookie cutter, cut out the cookies and line it up on the cookies sheet.
7. Do not cut too small pieces as the dough might fall apart.
8. Once on the cookie sheet, let it sit for five minutes so that it can rise.
9. Bake it in the oven for about 20-25 minutes, or until golden.