



WONDERCHEF[®]

Cook with Pride



Nutri-blend

Look Good! Feel Good

**NEW
&
IMPROVED**



Look
GOOD!
Feel
GOOD

Compiled by-
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Nutritionist

Foreword by-
Chef Sanjeev Kapoor

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From, Chef's Desk

I am delighted to present this book to our dear Nutri-blend users. This is a book with the potential of changing your life and enabling you to live healthy for the longest time.

Nutrient extraction is a powerful method to consume essential vitamins and minerals. Nutritionist Swati Thoda has researched the properties and benefits of commonly available foods and presented them in such a beautiful way that you can make them a part of your daily life. Wonderful shots, dips, chutneys, juices & blends are not only mouth-watering; they also work as elixir for tired body and mind. The weekly diet plan she has created has the power to keep you fit, active and energized.

We are what we eat, 'Eat Right, Live Healthy' with Wonderchef !

- Chef Sanjeev Kapoor

From The M.Φ.

Dear Nutri-blend customer, firstly I congratulate you on making an excellent choice; a choice of health, beauty and fitness. Nutri-blend is a product that we have crafted with a lot of passion and it embodies all values of Wonderchef - Health, Taste and Convenience. I can confidently say that this is one of my favorites from amongst the over 350 fine products of Wonderchef. It is a high quality, world class product that will become an integral part of your lifestyle.

Over eight months of research has gone into creation of this fantastic book. Nutritionist Swati Thoda has gone beyond herself digging deep into over two decades of her professional experience and created an amazing guide for all of us to follow. This book truly compliments the quality and essence of Nutri-blend. I urge you to diligently follow this guide and lead a happy-healthy life.

- Mr. Ravi Saxena

About The Author

Mrs. Swati Thoda is a famous clinical nutritionist and a lactation consultant. She comes from a family of science graduates and doctors. She has an experience of over 2 decades in planning and helping clients/patients implement these food plans to regain lost health and stay fit and healthy for long years ahead.

She also has over 15 years of dedicated work in conducting breast-feeding and baby care guidance sessions; helping pregnant and lactating women to handle their special days with confidence and have a pleasurable parenting time.

Currently, she consults in private clinics at Tilaknagar-Chembur, Kurla and Vashi-Navi Mumbai for clinical dietetics. She has had attachments with Nulife hospital (Ghatkopar), Das hospital (Chembur), Fortis hospital (Vashi) as a diet & lactation consultant. She has also been conducting nutrition education programmes in various hospitals, clinics and schools and in workshops along with community awareness groups.

Her sole interest is in making the humanity aware that food is not just to fill; but food is Mother Nature at work. She feels that food when taken in the right manner, works magically awarding happy and health-filled years to our life.

To enable a larger section of health seekers avail of her counseling sessions. She has now also begun e-consulting & can be reached at santulit@gmail.com or 9820303573.

Science and Health

Importance of Blends

It has been known for some time that vitamins have properties that benefit the human body, Beta-carotene prevents night blindness, vitamin C fights hemorrhage and bad teeth, folic acid helps protect against cervical dysplasia (a precancerous change in the cells of the uterine cervix), etc. These vital nutrients are most beneficially found in fruits, vegetables and whole grains. A great way of consuming essential vitamins and minerals is to have them daily. Blends of fruits and vegetables or cereal grains allow for wider choice, thus creating interest for daily incorporation in your meals.

In the blended form, the nutrients contained in fruits & vegetables get into the bloodstream faster, without having the digestive system to break down the cellulose and fiber holding them captive. Blends can therefore be considered effective for getting the maximum good in the body from the foods consumed.

Another advantage of blends is that it allows you to replenish nutrients during the course of the day without sitting down to eat a complete meal. Fruit & Vegetable blends have no cholesterol, are virtually fat-free and manage to be refreshing and sustaining at the same time.

A few glasses of blends during the day allow you to help balance the bodies vitamin & mineral requirement with ease; as the body can utilize these vitamins and minerals gradually, absorbing more, eliminating less. Because one must not forget that even when we eat healthy foods, our digestive system does not always break them down enough to release the full spectrum of nutrients they contain.

Research suggests that less than optimal nutrition in the body causes the premature death of cells. Healthy blends help in circulation of the

nutrients in the right frequency and efficiently utilise them to promote health. Studies have pointed the possibility of reducing the risk of cancers, heart diseases, nerve damage, stroke, muscular degeneration of the eyes in the elderly by regular intake of nutritional blends.

Freshly made blends using appropriate ingredients to balance nutrient intake, can be more beneficial than using nutritional supplements. Nevertheless; under-ripe fruits, soggy vegetables, over-the-hill produce in general would have lost a good part of its beneficial properties, and no amount of juice squeezed from its exhausted fibers will help redress the needs of the body.

Other advantages of these blends include hydration and prevention from constipation and gas. Besides, they can enhance the taste and nutritional value of other foods. They act as marinades, breaking down proteins. Chicken first marinated in vegetable juices and then braised with additional vegetables turns out better than made otherwise. Using fruit juice in vegetable preparation and vice versa, allows creating new culinary adventures and adds nutritional nuances to everyday entries.

I strongly recommend you all to try some suggested preparations contained in this book. Experimenting with some may surprise you into delightful tastes and blends which may make you eat better.

You may also reach out to me with your queries as and when they occur to you.

Importance Of Nutrient Extraction

In your busy world, you often don't take the time to eat healthfully or properly chew what you eat. These tendencies cause stress to your digestive system as it attempts to extract nutrients from poorly chewed and nutritionally void food. Over time, this stress reduces the effect of the digestive enzymes. These depleted enzymes, coupled with weakened stomach acids that happen with age, result in a digestive system that cannot break foods down enough to access and utilize the vital nutrition inside. When your body fails to absorb these nutrients day after day, week after week, you become weaker and more vulnerable to sickness and chronic diseases.

Visits to your physicians for reviving health only end up adding nutritional supplements to your already taxed digestive systems to handle. Supplements may offer some relief to this issue of nutrient deficiency, but your body is not built to process nutrients delivered by non-food sources. While they may be useful to a certain extent, supplements are by no means a substitute for proper nutrition because the human body is designed to acquire nutrients from whole, unprocessed foods.

Even when you eat healthy foods, your digestive system does not break them down enough to release the full spectrum of vitamins, minerals, and phytonutrients they contain. Fortunately, the **Nutri-blend** does what your body fails to do many a times. This is a process called **Nutrient Extraction**. **Nutri-blend powerful technology breaks down fruits and vegetables to their most soluble form,** which simultaneously releases vital nutrients that would have otherwise remained, locked inside un-chewed bits of food. Intake of nutrient-extracted fruits, vegetables, seeds, and nuts ensures that your body absorbs all the disease fighting compounds they have to offer.

"Your food shall be your medicine", said Hippocrates, father of medicine, several hundred years ago. And this is relevant even today. All you need to do is to believe in this theory and also make use of Wonderchef's scientific nutrient extractor which breaks down the pulp, skin, seed, and stem of the food we eat, into tiny drinkable particles, unlocking the full scope of nutrients contained within them. Juicing or blending with ordinary blenders cannot compete with the **Nutri-blend Nutrient Extracting** power. With **Nutrient Extraction**, the gold mine of zinc and magnesium inside watermelon seeds, the wealth of Omega-3 fatty acids, healthy enzymes in blackberry seeds, and the powerful anti-oxidants in broccoli stems also become bioavailable—ready for optimal absorption into the bloodstream!

It is necessary to get a little more learned on food consumption and understand why should they be a part of your meals. A food pyramid guides you appropriately to look through the natural options of foods for your health.

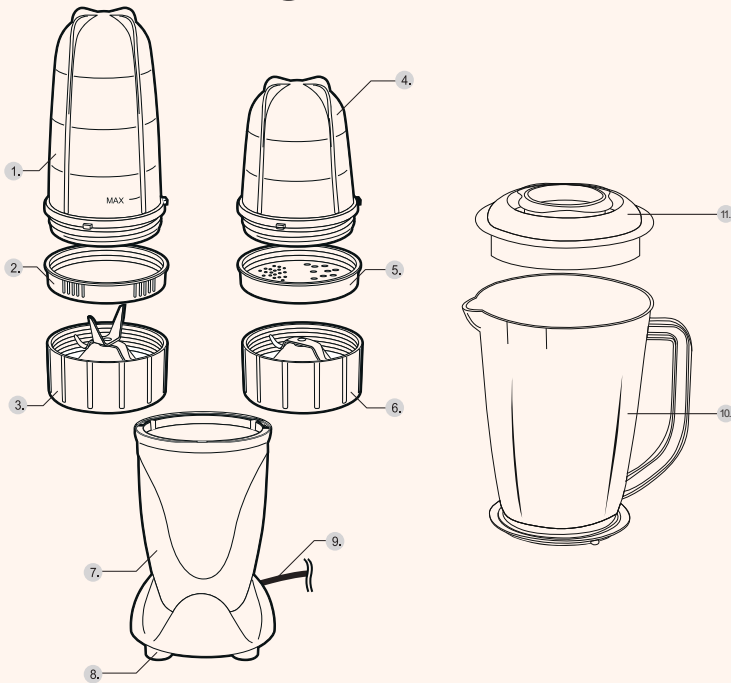
Learning about food exchanges is as important because it allows you to make changes in your meals without changing the quality of foods consumed.

It is really worth experimenting with your food while enjoying the colors and flavors they store, and making an overall change in yourself.

Get ready to experience 'A NEW YOU'!



About Nutri-blend



1.	Long Jar (500ml)	7.	Motor Base
2.	Lid	8.	Rubber Footing
3.	Blade for Blending	9.	Power Cord & Plug Set
4.	Short Jar (300ml)	10.	Mixer Jar (750ml)
5.	Seasoning Cap	11.	Mixer Jar Lid
6.	Blade for Grinding		

- While using water in any recipe make sure the quantity used does not cross the MAX mark in the tall jar.
- While cleaning make sure the Silicone Ring is put back in slot (in case it comes out) to avoid leakage.
- While running the machine take breaks against running it continuously for a long time.

How it works

Blending with 4-winged blade



1. Fill ingredients into the Long Jar



2. Twist on the Blending Blade.



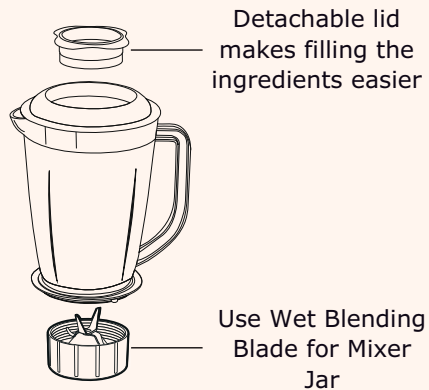
3. Place the Cup onto the Power Base. Press down and twist to lock the motor on.



4. You can see the blending process happening. Keep an eye on the consistency. Your Nutri-blend is ready when it looks smooth and creamy!

5. Mixer (Attachment available only with "Nutri-blend with Mixer Jar" Set)

The mixer jar blending procedure is same as above. The jar is ideal for Blending in Large quantity like milkshakes, juices, ice-crushing, etc. The lid attachment makes filling the ingredients easier, hold the jar from top while operating. Stop the operation before opening the jar.



How it works

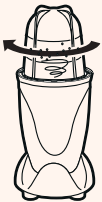
Grinding with 2-winged blade



1. Fill ingredients into the Short Jar



2. Twist on the Grinding Blade.

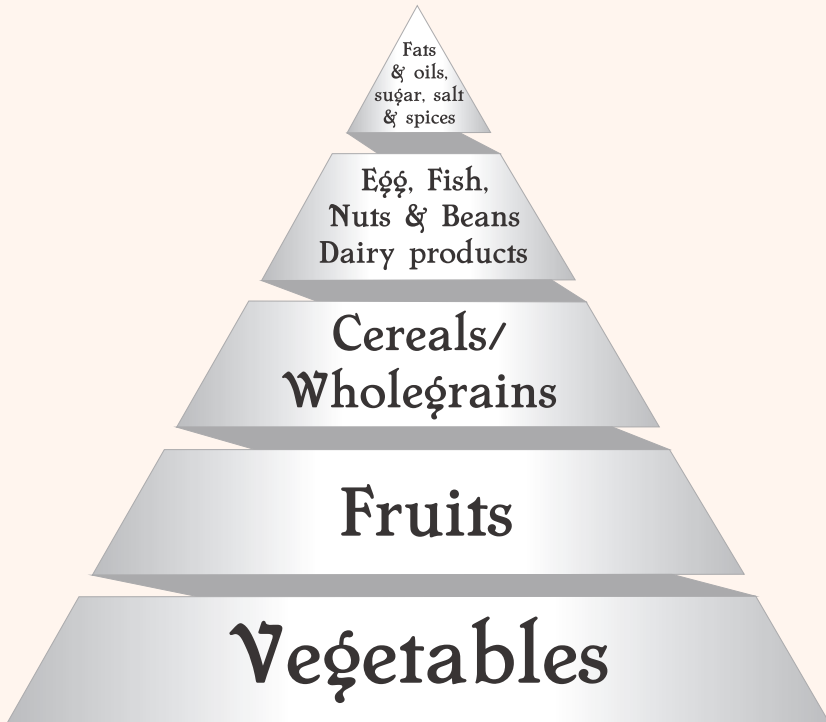


3. Place the Cup onto the Power Base.
Press down and twist to lock the motor on.



4. You can see the grinding process happening.
Keep an eye on the consistency.

Food. Pyramid



A food pyramid is a 3-dimensional triangular shaped guide of healthy foods divided into food groups to show the recommended intake of each.

Basically a food pyramid is planned to make healthy eating easier. Healthy eating is about getting the appropriate amount of nutrients - protein, fat, carbohydrates, vitamins and minerals that you need in order to maintain good health. Foods that contain the same type of nutrients are grouped together on each of the layer of the food pyramid. This gives you a choice of different foods from which you can choose a healthy diet. Following the food pyramid as a guide will help you get the right balance of nutritious foods within your calorie range.

The Six Food Groups:

- Vegetables
- Fruits
- Grains (cereal), mostly wholegrain and/or high cereal fiber varieties
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans
- Milk, yoghurt cheese and/or alternatives, mostly reduced fat
- Fats and oils, sugar, salt and spices.

When you try to watch your diet, you need to know more about what foods can be eaten apart from the ones that appear on the diet sheet, as this need arises at a point in time when you need variety to suit your taste. The exchange system allows you a lot of flexibility in the menu, yet the calories, proteins, fats and carbohydrates in the day's diet will be fairly constant day after day.

The food options grouped in the 6 groups can be exchanged for another food in the same group. However, they may not be interchangeable with foods listed in other groups.

Each group of food has a particular role to play in the health of an individual. Hence, it is imperative to use all the groups in your daily diet in the required number of servings to stay fit and active.

The food pyramid guides you to choose a variety to eat from the food groups in the right quantity. Besides, it also suggests the good oils to use, grains to add in daily meals, and what to use sparingly.

It includes emphasis on regular exercises, establishing an ideal body weight and eating healthy food.

Product	Amount Gms	Carb's Gms	Proteins Gms
Cereals	30gm	21gm	2.5gm
Wheat Flakes	40gm	37.5gm	7gm
Rice	30gm	21gm	2.5gm
Sago	30gm	26gm	-
Pulses	30gm	17gm	7gm
Soya	20gm	4gm	9gm
Soymilk	200gm	22gm	2.2gm
Tofu	150gm	1.2gm	4.14gm
Milk	150gm	6.6gm	4.8gm
Curd	100gm	3gm	3.1gm
Paneer	40gm	-	7gm
Cheese	30gm	2gm	7gm
Skim pwd	30gm	14gm	11gm
Groundnut	15gm	8.5gm	3.5gm
nuts	30gm	3gm	3gm
Egg	50gm	-	6.7gm
Egg white	30gm	-	3.6gm
Yolk	20gm	-	3.0gm
Fish	100gm	-	20gm
Chicken	100gm	-	20gm
Mutton	50gm	-	9gm
Veg A*	100gm	6gm	2.5gm
Veg B*	100gm	10gm	1.2gm
Veg C*	100gm	24gm	1.2gm
Fruits	100gm	12gm	1.2gm
Banana	1no.	27gm	1.2gm
Bread	40gm	21gm	3.0gm
Biscuit	4no.	16.4gm	2gm
Oil	5gm	-	-
Butter	5gm	-	-
Sugar	5gm	5gm	-
Ghee	per	-	-
Cream	100gm	-	-

Fats Gms	Energy Cal's	Na/mg	K/mg	Cholesterol 100/gm
0.5gm	100cal	11mg	68mg	-
0.6gm	185cal	-	-	-
0.5gm	100cal	-	-	-
-	100cal	-	-	-
0.5gm	100cal	10mg	227mg	-
4gm	90cal	-	-	-
1gm	105cal	-	-	-
1.5gm	35cal	-	-	-
6gm	100cal	109mg	210mg	15mg
4gm	60cal	32mg	130mg	-
5gm	100cal	-	-	-
7gm	100cal	-	-	-
-	100cal	-	-	-
8gm	100cal	-	-	-
8.5gm	100cal	-	-	-
6.7gm	85cal	50mg	65mg	210/50gm
-	15cal	-	-	-
6.7gm	71cal	-	-	210/20gm
2gm	100cal	33mg	270mg	45mg
7gm	100cal	33mg	270mg	100mg
6.5gm	100cal	33mg	270mg	-
-	24cal	64mg	157mg	-
-	50cal	25mg	95mg	-
0.5gm	100cal	28mg	131mg	-
-	50cal	13mg	165mg	-
-	116cal	36.6mg	88mg	-
0.3gm	100cal	320mg	50mg	-
2.4gm	100cal	-	-	-
5gm	45cal	-	-	-
4gm	73cal	77mg	-	250/100mg
-	20cal	-	-	-
-	-	-	-	300mg
-	-	-	-	40mg

Basal Metabolic Rate (BMR) & Body Mass Index (BMI)

Basal Metabolic Rate (BMR)

Of the several lines of thought, the most established unchallenged one as far weight management and maintaining good health is concerned, is undoubtedly managing your Basal Metabolic Rate (BMR). BMR is the rate at which your body, while resting, breaks down food and converts it into useful energy to keep your heart beating, your body temperature stable and your vital organs functioning efficiently. The higher your BMR, the better it is. Simply by modifying your food intake and your physical activity, you can increase your BMR.

Undue fasting, feasting or overeating, inadequate exercises, stress and inadequate sleep, poor thyroid function and even dehydration can reduce your BMR. And just by mere modification of the type of foods coupled with regular activity, you can successfully boost your metabolic rate.

Some foods that help in increasing your BMR:

1. *Whole grains* like millet, sorghum/jowar, brown rice, oats & wheat
2. *Legumes & pulses* like green gram, chick peas, lentils & beans
3. *Nuts & seeds* like almond, walnut, chia seed, sunflower seed & flax seed
4. *Vegetables* like gourds, capsicum, beans Straw tomato.
5. *Fruits* like orange, lemon, sweet lime, papaya, apple, amla & pomegranate
6. *Animal foods* like milk, egg white, fish, chicken & milk products like curds/yoghurt, buttermilk & skimmed milk powder.
7. *Spices & herbs* like cumin/jeera, coriander, ginger, curry leaves, cloves & cinnamon.

Body Mass Index (BMI)

A good way to gauge whether you are healthy is by estimating your Body Mass Index (BMI), BMI is defined as a measure of body fat that is the ratio of the weight of the body in kilograms to the square of its height in meters (kg/m^2). Hence BMI is a simple index of weight-for-height that is commonly used to classify underweight, overweight and obesity in adults. For example, an adult who weighs 70kg and whose height is 1.75m will have a BMI of 22.9.

$$\text{BMI} = 70 \text{ kg} / (1.75 \text{ m}^2) = 70 / 3.06 = 22.9$$

The International Classification of adult underweight, overweight and obesity a/c to BMI

Classification	BMI(kg/m^2)	
	Principal cut-off points	Additional cut-off points
Underweight	<18.50	<18.50
Severe thinness	<16.00	<16.00
Moderate thinness	16.00 - 16.99	16.00 - 16.99
Mild thinness	17.00 - 18.49	17.00 - 18.49
Normal range	18.50 - 24.99	18.50 - 22.99
		23.00 - 24.99
Overweight	≥ 25.00	≥ 25.00
Pre-obese	25.00 - 29.99	25.00 - 27.49
		27.50 - 29.99
Obese	≥ 30.00	≥ 30.00
Obese class I	30.00 - 34.99	30.00 - 32.49
		32.50 - 34.99
Obese class II	35.00 - 39.99	35.00 - 37.49
		37.50 - 39.99
Obese class III	≥ 40.00	≥ 40.00

BMI values are age-independent and the same for both sexes, However, BMI may not correspond to the same degree of fatness in different populations due to different body proportions (office going, athletes, heavy workers, etc.). The health risks associated with increasing BMI are continuous and the interpretation of BMI grading in relation to risk may differ for different populations.

Then Why Wait?

Choosing from the list of right foods gives you a feeling of having behaved responsibly. And the satisfaction thus experienced serves as a motivation to continue your newly chosen plan to eat right all your life.

Eating an abundance of nutrient-extracted food can add years to your life. Not just any years, but healthy, vibrant, disease-free years.

By embracing a healthy lifestyle and fueling your body with the vital nutrition it deserves, you can expect to see the following changes:

- Improved energy and immunity
- Balanced internal pH and fluid balance
- Beautiful hair, skin, and nails
- Decreased risk of chronic disease
- Enhanced mood & increased libido and sexual performance
- Improved digestion [decreased episodes constipation, gas, bloating and IBS (Irritable Bowel Syndrome)]
- Improved sleep
- Lower cholesterol & blood pressure
- Relieved diabetes and pre-diabetic conditions
- Weight loss
- Youthful & glowing skin with visibly decreased wrinkles and improved elasticity.

I am sure you will be happy to add healthy years to your life, isn't it?

And you now know that health is not just physical, it means feeling healthy too.

So true are these words of Victor G. Rocine

"If you eat wrongly, no doctor can cure you. If you eat rightly, no doctor is needed."

You all know now that nutrient extraction has a real promise to help us in this endeavor towards healthy and happy years.

Are you ready to apply this concept or are you still thinking?



Simple Detoxification Blends

Detoxification As the Start

"As you sow, so shall you reap" is a saying known to us since our childhood. Today it means much more to my mind for I have understood its meaning with my heart. To get a good crop, the farmer sows best quality seeds, Similarly, to stay in good health, you must ingest good quality food.

"Your thoughts depend on the food you eat and in turn your actions depend on your thoughts." This emphasizes on the fact that clean thoughts makes available more energy to perform appropriate actions. Similarly, a clean bowel enhances uptake of right nutrients in the right proportions when eaten in at right intervals. This announces the need to detoxify the body so as to promote well-being.

What does 'to detoxify' mean?

Detoxification is a process of cleansing the gut of the toxins produced within due to your insensible consumption of food. It ideally means taking in clear liquids to keep the energy levels just right whilst allowing the digestive system to relax from its continuous work of digestion on your wishes (here referring to junk and huge portions of food that we unconsciously indulge in).

Detoxification can be effective when the cleaning of the pipeline (gut) happens without addition of items which can choke it again. This may take more than a days time to empty to satisfaction. Hence there is need to consume energy drinks made from natural foods (fruits, vegetables and herbs) which assist in drainage of the intestine from the unwanted choking toxic products formed within it without feeling weak.

In this regimen, you should take in juices of fresh orange or other juicy fruits, initially in dilution with water. Alternatively, juices of vegetables like carrot, spinach, cucumber, beetroots, and tomatoes maybe taken. If necessary, the bowels may be cleansed with warm water enema. In certain conditions, even fresh juicy fruits maybe eaten instead of juice fasting. It is advisable to take fresh juicy fruits/juices at 4-5 hour intervals, while on the regimen.

After a shortjuice fasting or the all-fruit diet you may gradually embark upon a well-balanced diet of the basic food groups; namely nuts and grains, vegetables and fruits as usual. This kind of cleansing regimen can be undertaken at intervals of 2-3 months depending on your body requirements.

To allow you to make some easy Detoxifying Blends, here are a few combinations you may choose from.



Coriander Greens-Mint Shot



Bottle Gourd-Cucumber Shot

Coriander Greens-Mint Shot

Ingredients

- Coriander leaves ½ bunch
- Fresh mint leaves 20
- Rock salt a pinch
- Cumin Powder a pinch

Method

- ◆ Clean and wash coriander and mint leaves well. (Take a few tender stems also).
- ◆ Put all the ingredients in the Nutri-blend jar. Add little water to adjust consistency.
- ◆ Attach the blade and churn for 20 seconds.
- ◆ Pour in small glasses and consume immediately.

Bottle Gourd-Cucumber Shot

Ingredients

- Bottle gourd 5" pc
- Cucumber 50 gms
- Salt and lime to taste

Method

- ◆ Peel bottle gourd and cucumber. Cut into small pieces.
- ◆ Add salt and lime juice.
- ◆ Put all the ingredients in the Nutri-blend jar. Add little water to adjust consistency.
- ◆ Attach the blade and churn for 20 seconds.
- ◆ Pour in small glasses and consume immediately.



Wheat Grass-Spinach Shot



Bitter-Gourd-Mint-Spinach Shot

Wheat Grass-Spinach Shot

Ingredients

- Wheat grass 1 small bunch
- Spinach leaves 12 nos
- Pepper and lime juice to taste

Method

- ◆ Clean and wash wheat grass and spinach.
- ◆ Add pepper and lime to taste.
- ◆ Put all the ingredients in the Nutri-blend jar. Add little water to adjust consistency.
- ◆ Attach the blade and churn for 20 seconds.
- ◆ Pour in small glasses and consume immediately.

Bitter-Gourd-Mint-Spinach Shot

Ingredients

- Baby bitter gourd 1 small
- Mint leaves 10
- Spinach leaves 8 tender
- Salt and lime to taste

Method

- ◆ Clean and wash spinach, mint leaves and bitter gourd.
- ◆ Add salt and lime.
- ◆ Put all the ingredients in the Nutri-blend jar. Add little water to adjust consistency.
- ◆ Attach the blade and churn for 20 seconds.
- ◆ Pour in small glasses and consume immediately.



Tomato-Beetroot Shot



Apple-Anar Shot

Tomato-Beetroot Shot

Ingredients

- Tomato 1 small/3 baby tomatoes
- Beetroot 5 med pcs
- Salt and lime to taste

Method

- ◆ Put all the ingredients in the Nutri-blend jar. Add little water to adjust consistency.
- ◆ Attach the blade and churn for 20 seconds.
- ◆ Pour in small glasses and consume immediately.

Apple-Anar Shot

Ingredients

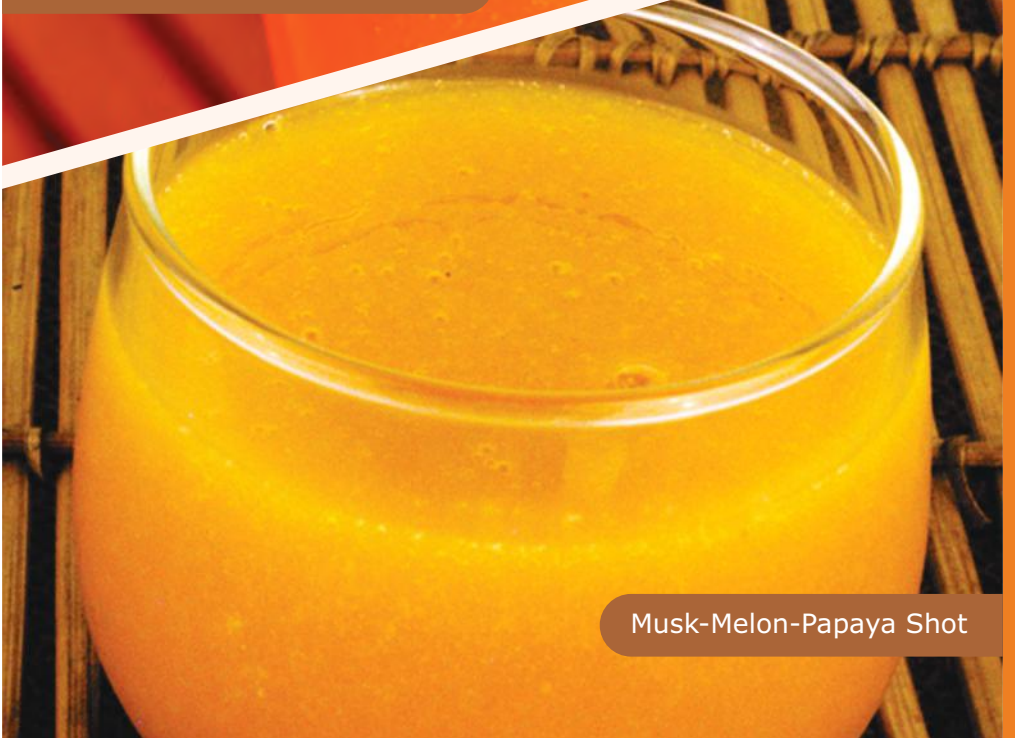
- Apple red 1 small
- Anardana/pomegranate fruit ½ cup
- Rock salt and common salt to taste

Method

- ◆ Put all the ingredients in the Nutri-blend jar. Add little water to adjust consistency.
- ◆ Attach the blade and churn for 20 seconds.
- ◆ Pour in small glasses and consume immediately.
- ◆ Add a few drops of lime juice just before drinking.



Orange-Pineapple-Mosambi juice



Musk-Melon-Papaya Shot

Orançe-Pineapple-Moşambi juice:

Ingredients

- Orange ½ med
- Sweet lime ½ med
- Pineapple 2 slices
- Chat masala to taste

Method

- ◆ Put all the ingredients in the Nutri-blend jar. Add little water to adjust consistency.
- ◆ Attach the blade and churn for 20 seconds.
- ◆ Pour in small glasses and consume immediately.

Muşk-Melon-Papaya Shot

Ingredients

- Musk melon 2 wedges
- Papaya ½ cup chopped
- Salt & pepper to taste

Method

- ◆ Put all the ingredients in the Nutri-blend jar. Add little water to adjust consistency.
- ◆ Attach the blade and churn for 20 seconds.
- ◆ Pour in small glasses and consume immediately.

Soothing Smoothies

Soothing The Gut

Just mere insensible eating or indulgence in food can cause loading of the intestines as well as clogging of the arteries, most often without your knowledge. With a sensible shift of eating in the right way, you can detoxify your body. The earlier section had focus on blend which can result into this.

In this section, we will focus on how to calm the cleared gut. By consuming neutral, alkaline liquids with a little acid content can serve this function. We will prepare lovely smoothies pleasant to taste and to the gut as well.

Generally a smoothie means a blend using water or milk base churned such that the end product appears smooth and maybe fluffy/foamy/creamy. But here you will be introduced to experiment with a different variety of foods, tastes/flavors and best is the nutrient benefits from them.

So here you go....



Sitafal Smoothie



Mango Banana Figs Smoothie

Note : Add water wherever necessary to adjust consistency

Sitafal Smoothie

Ingredients

- Sitafal 1
- Honey 2 tsp
- Fresh cream 1 tsp
- Cow's milk (cold) $\frac{3}{4}$ cup

Method

- ◆ Put all the ingredients in the Nutri-blend jar
- ◆ Attach the blade and churn into a soft smoothie
Consume immediately and cool your intestines with every sip

Maᅇo Baᅇaᅇa Fiᅇs Smoothie

Ingredients

- Alphonso mangoes or any sweet mango 2
- Bananas 2
- Dried figs or as required 8 to 10
- almond milk or cashew milk or regular milk $\frac{1}{2}$ cup
- Ice cubes (optional)

Method

- ◆ Peel and chop the mangoes and bananas
- ◆ Add the chopped fruits and dried figs in **Nutri-blend** and blend till smooth
- ◆ Pour the banana mango smoothie in tall glasses and serve immediately



Apple Smoothie



Strawberry Smoothie

Apple Smoothie

Ingredients

- Apple 1 large ripe
- Honey 2 tsp
- Fresh cream 1 tsp
- Cow's milk $\frac{3}{4}$ cup

Method

- ◆ Put all the ingredients in the Nutri-blend jar
- ◆ Attach the blade and churn into a soft smoothie and cool your intestines with every sip

Strawberry Smoothie

Ingredients

- Strawberries 5-6 nos ripe
- Fresh Yoghurt 1 cup
- Honey 2 tsp
- Fresh cream 1 tso

Method

- Put all the ingredients in the Nutri-blend jar
- Attach the blade and make a refreshing strawberry lassi and serve chilled with thin slices of strawberry



Cucumber-Mint Cooler



Chocolate Banana Smoothie

Cucumber-Mint Cooler

Ingredients

- Cucumber 150 gms grated
- Fresh cow milk, curd 50 gms
- Mint leaves 5-6 nos
- Salt, sugar, cumin pwd to taste
- White pepper 1 pinch

Method

- ◆ Unifying the above ingredients in the Nutri-blend enables you to enjoy the most refreshing drink/ appetiser
- ◆ When refrigerated well, it makes a soft salt cucumber smoothie

Chocolate Banana Smoothie Recipe

Ingredients

- Soy milk 2 cups
- Chopped bananas 2 to 3
- Sugar 2 tbs
- Thai basil leaves 7 to 8
- Drinking chocolate 1 tbs
- Ice cubes few
- Grated nutmeg pinch

Method

- ◆ Add the chopped bananas, soy milk and sugar in Nutri-blend
- ◆ Add the thai basil leaves
- ◆ Now add the drinking chocolate
- ◆ Add the grated nutmeg
- ◆ Add the ice cubes and blend for a few seconds
- ◆ Serve Chocolate Banana Smoothie garnished with thai basil leaves. Enjoy this healthy and delicious smoothie.



Mango Banana Papaya Smoothie



Go Bananas

Maᅅo Baᅇaᅇa Papaya Smoothie

Ingredients

- Papaya 2 slices
- Alphonso mangoes or any sweet variety of mango 2
- Bananas 2
- Ice cubes (optional) 4 to 5

Method

- ◆ Peel and chop the fruits
- ◆ Blend all in a Nutri-blend
- ◆ Pour in glasses and serve mango banana papaya smoothie immediately
- ◆ Add ice cubes if required

Go Baᅇaᅇaᅅ

Ingredients

- Bananas 2 med ripe
- Almonds 3-4 nos
- Skimmed milk (cold) 1 glass/150 ml

Method

- ◆ Put all the ingredients in the Nutri-blend jar
- ◆ Attach the blade, blend and enjoy the pleasant sweet soothing drink
- ◆ You may also try this with fresh figs



Mango Smoothie



Muesli Smoothie

Mango Smoothie Recipe

Ingredients

- Alphonso mangoes 3 ripe
- almonds (badam) 15 to 18
- Cardamom or Cardamom powder 2 to 3
¼ tbs
- Mint leaves for garnishing (pudina patta) few
- Sugar as required

Method

- ◆ Peel and chop the mangoes.
- ◆ Crush the cardamom.
- ◆ Add the chopped mangoes, almonds, crushed cardamom, sugar and ice cubes in Nutri-blend.
- ◆ Blend till smooth.
- ◆ Pour the smoothie in long glasses or mugs.
- ◆ Top with some chopped mangoes and fresh mint leaves.
- ◆ Serve almond mango smoothie.

Muesli Smoothie

Ingredients

- Oats & Cornflakes 4 tbsp
- Raisins 8-9 nos
- Almonds 2
- Walnuts 2
- Skimmed milk 1 cup
- Honey 1 tsp

Method

- ◆ Powder all dry ingredients except raisins in the Nutri-blend with the blade
- ◆ Then churn in with raisins, honey and skimmed milk
- ◆ Within 3 mins, a creamy energy-filled smoothie is ready to sip
- ◆ Serve cool or warm in a bowl as desired

H Dips

With the advent of western style in Indian savory, the name 'dips' has found place in food culture. The concept of using dips and dressings is getting overwhelming because the Indian palate looks for taste in health foods. Isn't it true that most Indian meals are somewhat incomplete without a raita or chutney or some raw mango pickle? And these foods exist from grandma's times. With her special talent and art in making them, these side foods have always been mouth-watering with their tangy and spicy flavors.

So what was so different in those grandma's recipes to these newly talked about Dips?

In earlier days, grandma made the mint (pudina), date-tamarind & coconut chutneys, mango sweet and sour pickles (aam-ka-aachar) garlic (lasoon) chutneys using asafetida (hing), ginger, turmeric (haldi), pepper, dry methi and mustard; all containing nutrient absorption enhancers and immunity boosting powers. They thus contribute to the digestive system along with taste.

Dips are used to add flavor or texture to foods, such as pita bread, dumplings, crackers, cut-up raw vegetables, seafood, cubed pieces of meat and cheese, potato chips, tortilla chips, and falafel. Unlike other sauces, instead of applying sauce, the food is typically put, dipped, or added into the dipping sauce (hence the name). Dips are commonly used for finger foods, appetizers, and other easily held foods. Thick dips basically are made from sour cream, yogurt, mayonnaise, soft cheese, or beans.

Well then, here's a walk through the older and newer ways of adding both, taste and health to our daily food. Learn to make lovely and tasty dips and wet grind in minutes with your Nutri-blend.



Carrot Dip

Carrot Dip

Ingredients

- Butter 2 tbsp
- Extra Virgin 3 tbsp
- Carrots (grated) 2
- Yogurt 2 tbsp
- Clove of garlic 1
- Salt & Pepper to taste

Method

- ◆ Heat butter in a pan; add some olive oil and grated carrots
- ◆ In the Nutri-blend (Short Jar), take yogurt; add garlic, salt, pepper, olive oil & the cooked carrots
- ◆ Blend with very little water, top it with chopped parsley and olive oil



Bell Pepper and Bean Dip

Bell Pepper and Bean Dip

An innovative dip made with roasted/grilled bell peppers, chickpeas, chillies and garlic. Serve with freshly cut vegetables, pita bread or crackers.

Ingredients

- | | |
|---------------------------------------|------------|
| • Bell pepper | 1 |
| • Garlic cloves | 5 |
| • Thai chilies | 7 |
| • Cooked garbanzo beans/
chickpeas | 400 gms |
| • Lemon juice | 2 1/2 tbsp |
| • Salt | 1 tsp |
| • Olive oil | 4 tbsp |

Method

- ◆ Wash and roast/grill the bell pepper.
- ◆ In the Nutri-blend jar, add all the ingredients together, and blend using the blade. Please note that the quantities of lemon, garlic, thai chilies and salt may vary according to your taste
- ◆ Use it as a dip or spread on pita bread, whole-wheat crackers, celery, carrots and cucumbers



Tofu and Cashew Mayonnaise

Tofu and Cashew Mayonnaise

Have you imagined mayonnaise without a drop of oil or without any eggs? A Totally veg dip made with tofu is a replacement for it.

Ingredients

- | | |
|---------------------------|-----------|
| • Silken tofu (firm) | 1 package |
| • Cashew | 1 cup |
| • Lemon juice | 1 tsp |
| • Mustard powder | 1 tsp |
| • Sea salt & Black pepper | to taste |
| • Sugar | 1 tsp |

Method

- ◆ Drain water from tofu and place it In the Nutri-blend jar with cashew, lemon juice, mustard powder, salt and pepper
- ◆ Blend with a little water in the Nutri-blend until light and creamy, and add sugar
- ◆ Blend again and keep aside
- ◆ You can serve it with some crackers or apply it on sandwiches



Sweet and Sour Ginger Dip

Sweet and Sour Ginger Dip

Ingredients

- Red chillies 4-5
- seeded and chopped
- Chopped onion 1
- Garlic Cloves few
- Ginger 2 inch piece
- Sugar 2 tbsp
- Salt 1/4 tsp
- Vinegar 3 tbsp

Method

- ◆ Combine all the ingredients together and blend them using the Nutri-blend with the blade adding a little water if required
- ◆ It goes well with noodles as well as rice varieties besides as a spread on dosa or chapati



Fruity Salsa

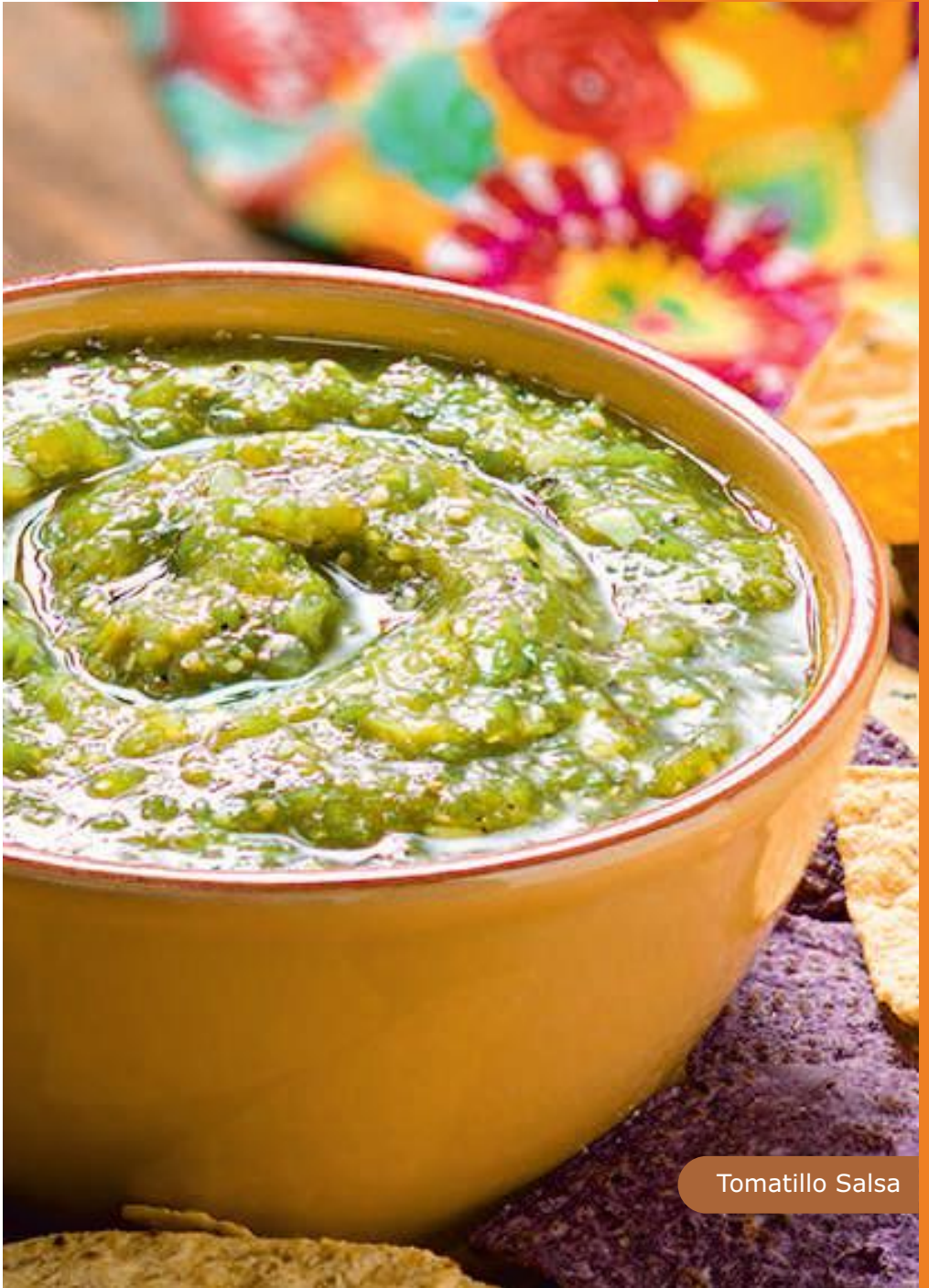
Fruity Salça

Ingredients

- Cherry tomatoes (or 3 larger tomatoes) 10
- Spring onions, chopped finely with scissors 1-2
- Cucumber, chopped ½
- Mango, peeled and chopped ½
- Sweet corn (fresh, tinned or frozen and defrosted) handful
- Herbs, such as mint, coriander, parsley, chopped small bunch
- Olive oil 1 tsp
- Lemon juice to taste

Method

- ◆ Carefully chop the cherry tomatoes or big tomatoes into small pieces using a salad knife. Stir the chopped tomatoes together with the chopped spring onions, cucumber, mango and sweet corn
- ◆ Mix in any chopped herbs you want to add, with a teaspoon of olive oil and have a taste
- ◆ You may add a squeeze of lemon or a pinch of sugar to taste.



Tomatillo Salsa

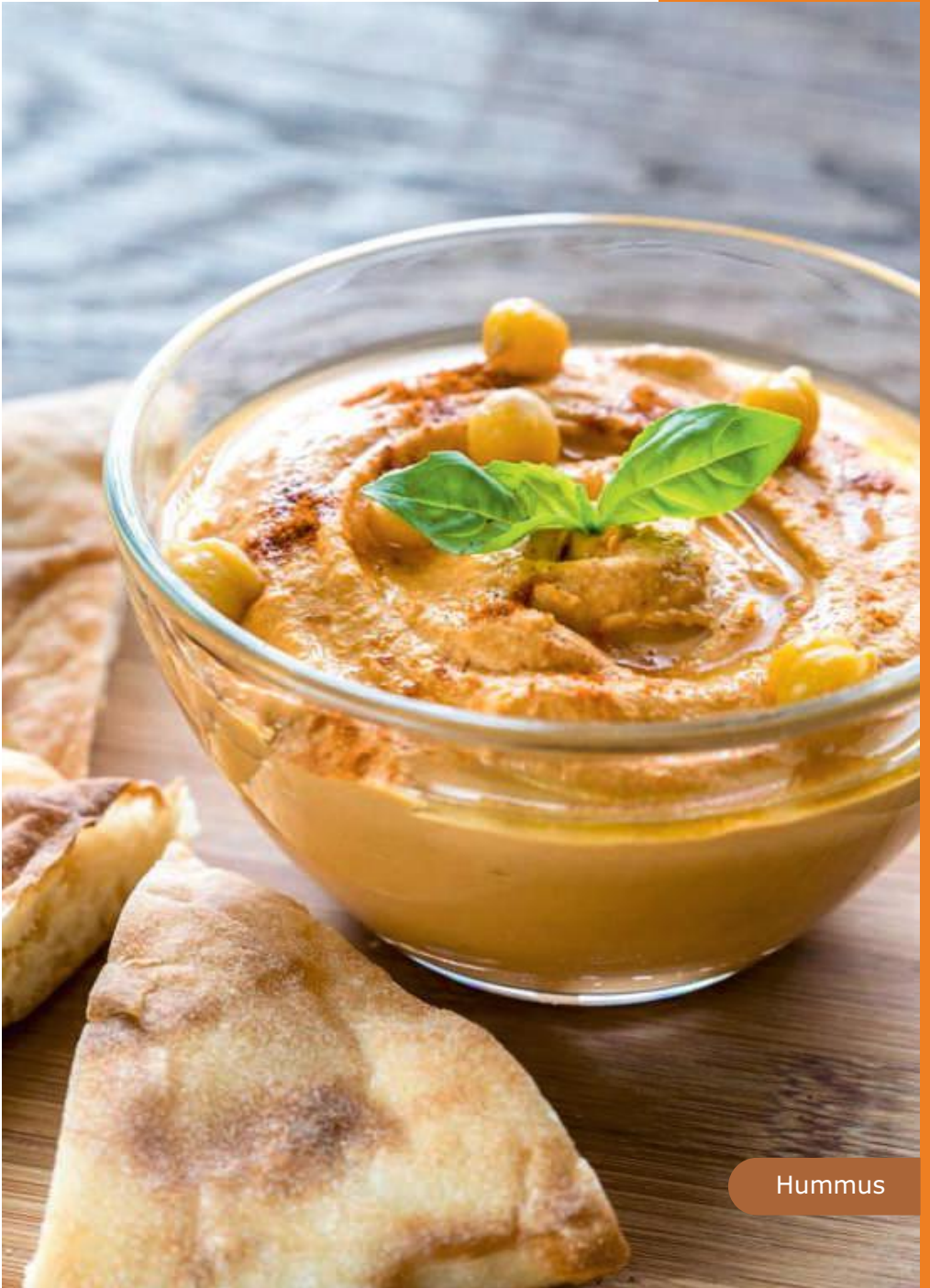
Tomatillo Salşa

Ingredients

- 3 medium-sized tomatillos (cut in fourths without husks)
- Serrano pepper 1/2
- Pinch of salt
- Garlic clove 1
- Chopped onion 1/2

Method

- ◆ Start off with putting all the ingredients in the Nutri-blend blending jar with 50ml water and blend for 1 minute
- ◆ Pour the smooth salsa paste into a sauce pan and thicken by bringing the mixture to a boil then simmering for about three minutes
- ◆ Let the salsa cool in bowl and stir in 1 teaspoon of lime juice and 2 tablespoons of chopped cilantro, then serve



Hummus

Hummus

Ingredients

- Chickpeas beans 400gms
- Lemon juice $\frac{1}{2}$
- Salt 2
- Olive oil $\frac{1}{4}$ cup
- Cumin 1 tsp
- Paprika $\frac{1}{2}$ tsp
- Tahini 2 tbsp

Method

- ◆ Start off with putting 300gm of chickpeas and rest of the ingredients in the Nutri-blend big Mixing/blending jar
- ◆ Add $\frac{1}{2}$ cup water and blend for 30 seconds minute
- ◆ Add balance beans and blend it for another 30 seconds to make it thicker
- ◆ Store in refrigerator until before serving to set



Roasted Garlic Parmesan Hummus

Roasted Garlic Parmesan Hummus

Ingredients

- Cooked chickpeas soaked 1 and 3/4 cups
- Roasted garlic cloves, chopped 4
- Olive oil 1/4 cup
- Tahini, stirred well 1/4 cup
- Grated parmesan cheese 1/4 cup
- Fresh ground pepper & Cumin 1/4 cup
- Lemon juice 2 tbsp
- Reserved chickpea liquid or water 1/4 cup
- Sea salt to taste

Method

- ◆ Pre-heat in Wonderchef OTG to 200 degrees Celsius
- ◆ Grab an entire bulb of garlic and slice a little less than 1/4 of the top off, just enough to expose the cloves
- ◆ Drizzle with olive oil and seal into a pinched pouch of aluminium foil
- ◆ Roast for about 40 minutes and the garlicks are ready, chop them
- ◆ Place 300gms chickpeas into your Nutri-blend Mixing Jar and pulse until they are somewhat mashed
- ◆ Add the chopped garlic, olive oil, tahini, parmesan, pepper, cumin, and lemon juice
- ◆ Blend until creamy for at least 45seconds. You may need to stop and start the processor a few times to get things moving
- ◆ Add the reserved chickpea liquid and process for 30 seconds
- ◆ Taste - and add a little salt (and/or chopped garlic, pepper, cumin) if needed



Chargrilled Capsicum Hummus Dip

Char-grilled Capsicum Hummus Dip

Ingredients

- Red capsicum 1 Large
- Olive oil 2 tbsp
- Chickpeas, rinsed 500 gm
- Cloves garlic 3
- 1 Lemon, juiced
- Water 1/4 cup
- Tahini 2 tbsp
- Ground cumin 1 tsp
- Salt and freshly ground pepper, to taste

Method

- ◆ Brush capsicum with 1/2 tablespoon of the oil. Cook on a Wonderchef Tandoor Grill on high, turning regularly for 20 minutes or until charred all over
- ◆ Transfer in a bowl and set aside for 10 minutes or until softened and cooled slightly. Remove and discard skin and seeds
- ◆ Roughly chop capsicum flesh. Place into Nutri-blend Mixing Jar with chickpeas, garlic, lemon juice, water, tahini, cumin and remaining oil and secure lid. Blend for 1 minute until smooth, season to taste with salt and pepper
- ◆ To serve, transfer to a serving bowl, sprinkle with cumin seeds with a side of pita bread



Guacamole – Perfect Dip for any occasion

Guacamole - Perfect Dip for any occasion

Ingredients

- Medium-sized quartered tomatoes 1 1/2
- Onion 1/2
- Cilantro 1/2 cup
- Jalapenos 2
- Lime juice 2 tbsp
- Peeled and pitted avocados 2

Method

- ◆ Start off with putting all the ingredients except avocados in the Nutri-blend blending jar and blend for 30 seconds till everything starts mixing, "STOP"
- ◆ Add 2 peeled and pitted avocados with salt and pepper to taste and blend for 30 seconds, the perfect dip is ready



Basil Pesto

Başıl Peşto

Ingredients

- Fresh basil leaves or Spinach or Kale 2 cup
- Pine nuts or walnuts 1/3 cup
- Freshly grated parmesan cheese 1/3 cup
- Cloves garlic (roasted or fresh) 3
- Olive oil 1/3 cup
- Lemon juice 1 tsp
- Salt and fresh ground pepper 1/2 Tsp

Method

- ◆ Blend the basil, pine nuts, cheese, and garlic together in Nutri-blend Mixing Jar for 45 seconds
- ◆ Pour oil in slowly while still mixing (or a little at a time, then mix, then more oil, then mix again, etc)
- ◆ Scrape down the sides, then add lemon juice, salt, and pepper
- ◆ Blended together for 15 seconds or until smooth. Taste and add more salt/pepper if



Roasted Garlic Pesto (Topping-Sauce for Pasta)

Roasted Garlic Pesto (Topping-Sauce for Paşa)

Ingredients

- Kale 3 cup
- Virgin olive oil 1/3 cup
- Toasted walnuts 1/4 cup
- Freshly grated parmesan cheese 1/2 cup
- Water 2 tbsp
- Lemon juice 3 tbsp
- Zest of lemon 1
- Head of roasted garlic (approx. 6 cloves) 1/2
- Salt to taste
- Pinch of black pepper if desired

Method

- ◆ Pre-heat in Wonderchef OTG to 200 degrees Celsius
- ◆ Grab an entire bulb of garlic and slice a little less than ¼ of the top off, just enough to expose the cloves
- ◆ Drizzle with olive oil and seal into a pinched pouch of aluminium foil
- ◆ Roast for about 40 minutes
- ◆ Once your garlic is ready, the cloves should practically be bursting from the bulb
- ◆ Combine all the above pesto ingredients in Nutri-blend Mixing Jar and blend for 1 min until creamy and dreamy! Since everyone's perfect pesto varies, feel free to adjust seasoning to taste as well as the liquid to veggie ratio, an extra drizzle or two of olive oil can thin the sauce as desired



Feta Dip

Feta Dip

Ingredients

- 6 ounces feta cheese, crumbled
- 4 ounces cream cheese, softened
- Greek yogurt 1/3 cup
- Cloves garlic, minced 3
- Chopped fresh dill, or to taste 1/4 cup
- Lemon juice, plus lime zest, to top 1 tbsp
- Kosher salt and black pepper, to taste
- Roma tomato, diced 1
- Pinch of crushed red pepper, to top (optional) 1
- Pinch of black pepper if desired
- Fresh herbs, to top
- Olive oil, to top
- Pita chips, pretzels, bruschetta, or crackers, to serve

Method

- ◆ Pour the feta, cream cheese, greek yogurt, garlic, dill, and lemon juice in Nutri-blend Mixing Jar and blend for 1 minute. Taste and season with Kosher salt and black pepper, as desired
- ◆ When well-combined, scoop into a bowl and top with lemon zest, tomato, a pinch of crushed red pepper, fresh herbs, and a very light drizzle of olive oil
- ◆ Serve cold with pita chips, pretzels, bruschetta, or crackers, to dip



Smoky Eggplant Dip

Smoky Eggplant Dip

Ingredients

- 2 medium eggplants (about 1 pound each)
- Olive oil, divided 2 tbsp
- Coarse or kosher salt, or to taste 1 tsp
- Tahini (sesame seed paste), well-stirred if a new container 6 tbsp
- Garlic cloves, peeled and minced or pressed 2
- Juice of 1 lemon, plus more to taste, if desired
- Pinch of cayenne or aleppo pepper
- Pinch or two of ground cumin
- well-chopped flat-leaf parsley, divided 2 tbsp
- Toasted sesame seeds for garnish

Method

- ◆ Bake/Roast both eggplant over medium gas flame, evenly char the skin from all sides
- ◆ Once roasted for 20-25min remove and let it cool to remove the skin
- ◆ Trim the stem and cut in length and grill it in Wonderchef Grill Pan for 15min until soft and fully cooked. Baste olive oil while grilling, use Wonderchef basing brush
- ◆ Prepare Tahini in Nutri-blend grinding jar (Sesame paste in 30 seconds)
- ◆ Add the eggplant flesh in the Nutriblend Mixing Jar and tahini, minced garlic, pinch of cayenne, cumin powder, lemon juice, 1tbsp parsley and blend for 30 seconds for a coarse dip. If smooth dip required blend for 1 minute



Creamy Blue Cheese Dip

Creamy Blue Cheese Dip

Ingredients

- 8 ounces cream cheese, softened
- Light sour cream 1cup
- Blue cheese crumbles 1cup
- Diced green onions 1/2 cup
- Diced fresh parsley 1/2 cup
- White vinegar 1/2 tsp
- Salt and pepper to taste

Method

- ◆ Pour cream cheese and light sour cream in Nutri-blend Blending Jar and blend for 30 seconds until smooth
- ◆ Add the remaining ingredients and blend for 15 seconds only
- ◆ Pour in a bowl, cover it and store it in a refrigerator for 2 hours before serving



Mint Pea Dip

Mint Pea Dip

Ingredients

- Cups fresh or frozen green peas
- 3 Zest of 1 un-waxed, organic lemon
- Lemon juice (approx. ½ lemon) 3 tbsp
- Large clove garlic 1
- Packed mint leaves 1/4 cup
- Extra virgin olive oil 2 tbsp
- Raw tahini (optional, but makes the dip creamy) 1-2 tbsp
- Sea salt 1/4tsp

Method

- ◆ If using frozen peas, leave out to thaw completely, or cook them in step 2
- ◆ If using raw peas, skip over to step 3
- ◆ To blanch the peas (this enhances their sweetness), bring a pot of water to the boil, add peas and cook for 2-3 minutes (no more!). Plunge them into an ice bath or very cold water to halt the cooking process. Set aside
- ◆ Put whole clove of garlic in Nutri-blend blending jar and blend for 3 seconds to mince. Add the remaining ingredients and blend for 45 seconds to puree
- ◆ Store in an airtight container for 3-4 days, but try to consume as quickly as possible



Healthier Chocolate Fruit Dip

Healthier Chocolate Fruit Dip

Ingredients

- Full-fat coconut milk 400ml
- Ripe medium avocados, pitted and roughly sliced 1 ½
- Unsweetened cocoa powder 1/3 cup
- Pure maple syrup 1/2 cup
- Vanilla extract 1 tsp
- Pinch of salt
- Chocolate chips, for garnish (optional)
- Assorted sliced fruit and / or berries, for serving

Method

- ◆ Add the coconut milk, avocados, cocoa powder, maple syrup, vanilla extract and salt to Nutri-blend Mixing Jar and blend for 1 minute until completely smooth, stopping to scrape down the sides may be needed
- ◆ Transfer the mixture to a container with a lid and sprinkle the top with the cacao nibs for garnish (if using). Refrigerate for min 6 hours, until well chilled and it has set up a bit
- ◆ Serve with fresh fruit (or whatever your heart desires!) for dipping



Spicy Cashew Dip

Spicy Cashew Dip

Ingredients

- Dry roasted unsalted cashews 2 cups
- Cloves garlic 2
- Sesame seeds 1/4 cup
- Coconut milk 125 ml
- Fresh lemon juice 80 ml
- Olive oil 1 tbsp
- Cayenne pepper 1/2 tbsp
- Salt and freshly ground black pepper, to taste 1/4tsp
- Pita crisps, cucumber or carrot sticks, to serve

Method

- ◆ Soak cashews in a glass or ceramic bowl for minimum 4 hours but it's advisable to keep it overnight for consistent dip
- ◆ Drain cashews and pour into Nutri-blend Mixing Jar. Add garlic, sesame seeds, coconut milk, lemon juice, olive oil and cayenne pepper and secure lid. Blend for 45seconds to make it smooth. Use a big spoon occasionally to press ingredients into blades if required. Season with salt and pepper
- ◆ To serve, transfer to a serving bowl with pita crisps, cucumber and carrot sticks



Black Beans Dip

Black Beans Dip

Ingredients

- 2 (14 oz.) black beans, Soaked overnight, drained & rinsed
- Salsa 3/4 cup
- Garlic cloves, minced 4
- Fresh lime juice 2 tsp
- Ground cumin 1 tsp
- Water 1 tsp
- Salt 1/8 tsp
- Minced cilantro 1/4 cup

Method

- ◆ Place the black beans, salsa, garlic, lime juice, cumin, water and salt in Nutri-blend Mixing Jar and blend for 1 minute until smooth. "STOP"
- ◆ Then add the cilantro and until just combined
- ◆ Serve with tortilla chips or raw vegetables



Spiced Raw Carrot and Coriander Dip

Spiced Raw Carrot and Coriander Dip

Ingredients

- 3 carrots (475g), peeled, coarsely chopped
- Water 125 ml
- Tahini 1/4 cup
- Fresh lemon juice 2 tbsp
- Small eschalot, quartered 1
- Medjool dates, pitted 2
- 1.5cm Piece fresh ginger, peeled, sliced 1 tbsp
- Olive oil 1 1/2 cup
- Ground cumin 1 tsp
- Garam masala 1 tsp
- Salt, plus extra to taste 1 tsp
- Freshly chopped coriander leaves 1/4 cup

Method

- ◆ Pour carrots and water into Nutri-blend Mixing Jar and secure the lid. Blend for 1 minute. Use a big spoon occasionally to press ingredients into blades if required
- ◆ Add tahini, lemon juice, eschalot, dates, ginger, oil, cumin, garam masala and salt. Blend for 15 seconds or until smooth
- ◆ Add chopped coriander, season to taste with salt
- ◆ Transfer to a serving bowl and cover with plastic wrap. Place in the fridge to chill for at least 1 hour before serving

Healthy Fillings/Sauces, Toppings recipes

The filling/topping recipes given ahead can be used in Wraps, Tortillas, Sandwiches, Left over rotis or on wheat crackers, nachos, etc.

In a place like Mumbai, where people have no time to stand and stare, you quite often find yourself drained in managing regular routines of a daily day. To get to cooking after the whole day at office sometimes is difficult. Food wraps come as a convenient, easy to assimilate healthy option to satiate your hunger. Wraps also make a convenient meal for people on the go.

While some store-bought wraps can be full of high-calorie and high-fat fillings, making wraps on your own allows you to make healthier versions of these frankies/roti rolls/sandwiches. You may pack tortillas with a variety of these nutritious fillings to create a delicious and portable meal or snack.

Vegetables: Add raw, sautéed or grilled vegetables to your wrap. Approximately half of the filling for your wrap should consist of vegetables, helping you to meet the recommended five to nine servings of fruits and vegetables per day. Leftover salad or cooked vegetables from dinner can be convenient options. Eat a variety of colored vegetables, as the different colors of fruits and vegetables indicate different nutrients, also try sticking mainly with non-starchy vegetables, as these are high in fiber and essential nutrients and help you fill up without consuming a lot of calories.

Whole Grains: Mix your vegetables with some whole grains, such as oats, brown rice, etc. These low-fat grains will increase the fiber, protein, B vitamins, magnesium, selenium and potassium in your wrap and make it more filling. Many people do not consume enough whole grains but doing so may help lower your risk for cancer, diabetes and heart disease.

Lean Protein: Your tortilla wraps also need some lean protein, especially if you are using it for a meal. Beans are a very nutritious option, as they contain no cholesterol and very little fat and are good sources of fiber, folate, iron, potassium and zinc. The 2005 Dietary Guidelines for Americans recommends that you consume at least 1 1/2 cups of beans per week. Fish, seafood and lean poultry are also nutritious options. Eggs provide high-quality protein that is easy to digest along with some essential omega-3 fats but are not recommended for people with high cholesterol.

Fruit: For something different, make a sweet wrap on occasions. Use low-fat cream cheese or yogurt along with a filling of strawberries, bananas, peaches or cinnamon, nuts and apples. Add cocoa powder to nut butter and mix in your favorite fruit for another delicious option. Nuts and nut butters provide you with healthy mono-unsaturated fats, and the fruit will provide sweetness without added sugar and help you meet your recommended two to four servings of fruit each day.

Considerations: Limit toppings that are high in saturated fat, like mayo and cheese. Consider more nutritious spreads like hummus, which contain heart-healthy mono-unsaturated fats and can help boost the flavor of your wrap. Salsa is also a nutritious, low-fat way to add flavor to wraps without adding many calories.

Kachchhi or Kutchi Dabeli

Dabeli has become one of the most popular instant snacks available on Mumbai streets. The concept of this bun wrap comes from Gujarat. It can be served as a snack with buns or even as a meal when made into wraps with multi grain rotis. It requires both dry and wet grinding for making the masala and dips/chutney.

Ingredients

For the dabeli masala:

- Red chili 1
- Coriander seeds or coriander powder 1 tsp
- Cinnamon ½ inch stick
- Cloves 2-3
- Cumin/jeera ½ tsp

For the red garlic chutney

- Red chillies - soaked in warm water for 30-40 minutes 1-2
- Garlic, chopped ½ cup
- Lemon juice ½ tbsp
- Salt to taste

For the potato filling

- Sized potatoes, boiled, peeled and mashed 3 medium
- Onion, finely chopped 1 small
- Dabeli masala 2 tsp
- Asafoetida/hing a pinch
- Cumin/jeera ½ tsp
- Tamarind dates chutney 2 tbsp
- Grated coconut ¼ cup
- Pomegranate seeds/anar dana ¼ cup
- Chopped coriander leaves/cilantro ¼ cup
- Oil 2 tbsp
- Salt to taste

For serving

- Buns or pav sliced and lightly roasted in some butter or oil 4-5
- Roasted peanuts ½ cup
- Chopped coriander leaves/cilantro ½ cup
- Nylon sev ½ cup
- Pomegranate seeds/anar dana ½ cup
- Garlic chutney as required
- Sweet tamarind dates chutney as required



Preparing the dabeli masala powder

- ◆ Dry roast red chili, cumin, cloves, cinnamon and coriander seeds
- ◆ Add all the ingredients to the Nutri-blend Jar. Grind to a fine powder with the blade
- ◆ Keep aside

Preparing the red garlic chutney

- ◆ Take soaked red chilies, garlic, lemon juice and salt in the Nutri-blend jar and grind them to a smooth paste with the blade
- ◆ Add water if required
- ◆ Keep aside

Preparing the potato stuffing

- ◆ Boil the potatoes in a pressure cooker or microwave oven. Peel and mash them and keep aside
- ◆ In a pan or kadai, heat oil, add cumin, add chopped onion and fry the onions till they become soft
- ◆ Add asafoetida/hing and fry for a minute on a low flame. Add the sweet tamarind dates chutney to the onions and mix well. Add mashed potatoes and mix well
- ◆ Add dabeli masala powder to the mashed potatoes. Mix well and add salt, Cook for 2-3 minutes stirring the mixture. If the mixture looks a little dry, then add 1 or 2 tbsps of water
- ◆ When done, spread the potato filling on a plate. Sprinkle some grated coconut on the potato filling

- ◆ Add some chopped coriander on top. Now add pomegranate seeds or grapes or both. Keep the potato stuffing aside

Serving the dabeli:

- ◆ Assemble all the ingredients mentioned under serving in one place. Apply the sweet chutney on one side of the bun and the red garlic chutney on the other side
- ◆ Take a spoon full of the potato filling and put it on top of one of the sides of bun. Add some chopped onion and coriander leaves
- ◆ Top it up with some roasted peanuts and pomegranate seeds. Sprinkle some dabeli masala also
- ◆ Roast it on the tawa/pan. Lastly top it with sev
- ◆ Prepare the remaining dabeli pav in the same way and serve dabeli warm
- ◆ You may also serve it as a sandwich (grilled) with dabeli potato stuffing.

Notes

- ◆ Instead of the red garlic chutney you can also use mint coriander chutney
- ◆ Dabeli masala powder is easily available in grocery stores. So you could use ready dabeli masala
- ◆ Other variation is to add pavbhaji masala instead of dabeli masala. The dabeli will still taste good
- ◆ Lastly to add more spice, add spiced or masala peanuts instead of plain peanuts



Fresh Vegetable and Paneer Stuffing

Fresh Vegetable and Paneer Stuffing

A quick and satiating breakfast with vegetable, paneer and cheese stuffing is just what one needs when hungry. A glass of milkshake is just perfect to round up your morning meal. Isn't it interesting to learn that this filling makes up for the protein needs in a main meal?

Ingredients

◆ Bread slices	6
◆ Butter	2 tbsp
To Be Mixed Into a Stuffing	
◆ Finely chopped cabbage	1 cup
◆ Grated carrot	1/2 cup
◆ Grated paneer (cottage cheese)	1/2 cup
◆ Finely chopped coriander (dhania)	2 tbsp
◆ Finely chopped green chillies	2 tsp
◆ Grated processed cheese	1/2 cup
◆ Salt	to taste

You can lightly blend the stuffing ingredients, paneer and cheese together in the Nutri-blend with the blade before adding the chopped veggies for a better flavor.

Method

- ◆ Divide the stuffing into 3 equal portions and keep aside. Apply 1 tsp of butter on each bread slice and keep aside
- ◆ Place a bread slice on a flat, dry surface with the buttered side facing downwards
- ◆ Spread 1 portion of the stuffing evenly over it and sandwich it using another slice of bread with the buttered side facing upwards

Method

- ◆ Grill in a pre-heated sandwich griller for 4 to 5 minutes or till it turns crispy and brown from both the sides
- ◆ Repeat to make more sandwiches
- ◆ Cut each sandwich into 2 equal pieces diagonally. Serve immediately

Note: The same filling can be wrapped in Rotis to make a healthy wrap.





Chatpata Sprouts Chaat

Chatpata Sprouts Chaat

While the very thought that it is healthy enough to consume sprouts regularly, the ability to transform it into interesting dishes makes the experience more enjoyable. With creations like chatpata sprouts on crispy crackers, your family will actually start looking forward to a 'sprouts time'. Here, crispy crackers are topped with a tangy mixed sprouts mixture, creamy curds and tempting aromatic chutneys too.

Ingredients

To be mixed together for the topping

- Boiled mixed sprouts 1/2 cup
- Chilli powder 1 tsp
- Chaat masala 1 tsp
- Cumin seeds (jeera) powder 1 tsp
- Lemon juice 2 tsp
- Salt to taste

Other Ingredients

- Wheat crackers 12
- Oil for greasing & cooking
- Green chutney 6 tsp
- Sweet chutney 12 tsp
- Whisked fresh curds (dahi) 6 tbsp
- Chilli powder 1/4 tsp

Green chutney and sweet chutney (Recipes shared in the wet grinding section) can be made in just a few minutes in the Nutri-blend and can be used for many more recipes.

Method

- ◆ Place the crackers on a serving plate. Put 1 tbsp of the mixed sprouts mixture and spread 1 tsp of green chutney, 1 tsp of sweet chutney and $\frac{1}{2}$ tbsp of curds on each cracker
- ◆ Sprinkle a little chilli powder on top and serve immediately



Egg Delight

Egg delight is a yummy protein snack. In place of eggs, even baby potatoes maybe used for kids and diet conscious people. Tiny potatoes or egg whites boiled, marinated in Indian spices and sautéed in oil, are served topped with delicious chaat toppings, moong and sev. It makes a special dish on health food counters.

Ingredients

For The Marinated Potatoes

- Boiled and halved egg whites/ peeled baby potatoes 1 1/4 cups
- Oil 3 tbsp
- Chilli powder 1 tsp
- Coriander-cumin seeds (dhania-jeera) pwd 2 tbsp
- Turmeric powder (haldi) 1/4 tsp
- Dried mango powder (amchur) 2 tsp
- Besan (bengal gram flour) 2 tsp
- Salt to taste
- Finely chopped coriander (dhania) 2 tbsp

Other Ingredients

- Whisked fresh curds 1/2 cup
- Garlic chutney 2 tsp
- Green chutney 4 tsp
- Sweet chutney 2 tbsp
- Cumin seeds (jeera) powder 2 pinches
- Chilli powder 2 pinches
- Boiled moong sprouts (optional) 4 tbsp
- Masala chana dal 4 tsp
- Sev 4 tbsp

For The Garnish

- Finely chopped coriander (dhania) 2 tbsp

For the marinated egg whites/potatoes

- ◆ Combine 2 tbsp oil, chilli powder, coriander-cumin seeds powder, turmeric powder, dry mango powder, besan, salt and coriander in a bowl and mix well. Transfer to the Nutri-blend jar and churn using the blade for 10 seconds to get an even mixture before adding egg whites/potatoes
- ◆ Add the egg whites/potato halves mix well and keep aside to marinate for 5 to 7 minutes
- ◆ Heat the remaining 1 tbsp oil in a non-stick pan, add the prepared marinated egg whites/potatoes. Mix well and cook on a medium flame for 3 to 4 minutes, while stirring occasionally. Keep aside

How to proceed

- ◆ Place ½ the marinated egg whites/potatoes in a plate and top with ¼ cup whisked curds, 1 tsp garlic chutney, 2 tsp green chutney, 1 tbsp sweet chutney. Chutneys can be blended in the Nutri-blend in just no time
- ◆ Sprinkle a pinch of cumin powder and chilli powder, 2 tbsp moong sprouts, 2 tsp masala chana dal and 2 tbsp sev over it
- ◆ Serve immediately garnished with coriander



Healthy Tortilla Wrap Fillings

Healthy Tortilla Wrap Fillings

If you are tired of regular subways and sandwiches, mix things up a bit with a tortilla wrap. Pack tortillas with a variety of nutritious fillings to create a delicious and portable meal or snack.

Ingredients

For white sauce

- Butter 2 tbsp
- All Purpose Flour 2 tbsp
- Milk 1 cup
- Salt 1/2 tsp (or as needed)
- Black Pepper Powder 1/4 tsp

Optional Ingredients

- Onion Powder 1/2 tsp
- Italian Seasoning 1/2 tsp

Method

- ◆ In a saucepan, melt butter over medium low heat. Add flour and keep mixing till the raw smell of the flour is gone and a nice nutty aroma comes
- ◆ Add warm milk little by little and keep mixing the mixture. Add salt, pepper and other optional ingredients (if you are adding) and bring it to a boil
- ◆ Simmer for 2-3 minutes and switch off
- ◆ Use this simple and tasty sauce for pastas, lasagnas, pizza etc

Variation

- ◆ This basic white sauce is also called Béchamel Sauce.
- ◆ Use heavy cream instead of milk and you have Cream Sauce.
- ◆ Add about 1/2 cup of cheese to the sauce and you have Cheese Sauce. This sauce is also used for pastas and is called Alfredo Sauce.
- ◆ Add 1 tsp of mustard powder and you have Mustard Sauce.

Ingredients

For the wrap

- Tomato 1/2 chopped
- Carrot, peas, corn 1/2 cup lightly steamed
- White sauce 2 tbsp
- Salt, pepper & lime to taste

For serving

- Tortillas/rotis 10 nos
- Shredded lettuce, cabbage 1/2 cup
- Tomatoes, sliced 1 sliced
- Cucumber, sliced 1 med sliced
- Onion, sliced 1/2 sliced
- Olive, sliced 1



Method

- ◆ Mix the vegetables in a bowl. Add salt, pepper & lime to taste
- ◆ Prepare a mixture by tossing in the vegetables with white sauce
- ◆ Arrange in layers as follows. First spread shredded lettuce and cabbage on the tortilla/roti
- ◆ Then arrange slices of onion, olive, cucumber and tomatoes. Spread the freshly tossed wrap mix over the slices
- ◆ You may add some mixed herbs, if you need to. Cover with another tortilla



Roasted Garlic Pesto

Roasted Garlic Pesto

Ingredients

- Kale 3 cup
- Virgin olive oil 1/3 cup
- Toasted walnuts 1/4 cup
- Freshly grated parmesan cheese 1/2 cup
- Water 2 tbsp
- Lemon juice 3 tbsp
- Zest of 1 lemon
- Roasted garlic 1/2 head
- Salt to taste
- Pinch of black pepper if desired

Method

- ◆ Pre-heat in Wonderchef OTG to 200 degrees Celsius
- ◆ Grab an entire bulb of garlic and slice a little less than ¼ of the top off, just enough to expose the cloves
- ◆ Drizzle with olive oil and seal into a pinched pouch of aluminum foil
- ◆ Roast for about 40 minutes
- ◆ Once your garlic is ready, the cloves should practically be bursting from the bulb
- ◆ Combine all the above pesto ingredients in Nutri-blend Mixing Jar and blend for 1 min until creamy and dreamy! Since everyone's perfect pesto varies, feel free to adjust seasoning to taste as well as the liquid to veggie ratio, an extra drizzle or two of olive oil can thin the sauce as desired



Cilantro Jalapeno Pesto

Cilantro Jalapeno Pesto

Ingredients

- Almonds (whole, sliced, or slivered) 1/2 cup
- Large bunch cilantro, large stems removed 1
- Jalapeno, seeds removed 1
- Cloves garlic 2
- Salt and pepper, to taste
- Olive oil (plus more if necessary) 1/4 cup

Method

- ◆ If using whole almonds, blend in Nutri-blend for 15 seconds until coarsely ground. Otherwise, skip to step two
- ◆ Pour all ingredients except for olive oil in Nutri-blend blending Nixing Jar and turn on
- ◆ While Nutri-blend is running, add olive oil. If consistency of pesto is too thick, add more olive oil until you have the desired consistency



Basil Walnut Pesto for Pasta or Noodles

Başil Walnut Peşto for Paşta or Noodles

Ingredients

- Olive oil 1/4 cup
- Grated Parmesan cheese 1/4 cup
- Garlic cloves, peeled 2
- Fresh basil leaves 2 cup
- Walnuts 1/4 cup
- Lemon juice 1 tsp
- Salt 1/2 tsp

Method

- ◆ Add all the ingredients in Nutri-blend Mixing Jar and blend for 1 minute
- ◆ Mix with cooked Pasta or noodles and toss for 1 minute in a Wok
- ◆ Serve in a glass bowl and salute your quick and easy dish



Spicy Tomato Sauce

Spicy Tomato Sauce

Ingredients

- Roma tomato, quartered 4
- Tomato paste 3 tbsp
- Reduced fat cream cheese 2 tbsp
- Salt 1/2 tsp
- Ground black pepper 1/2 tsp
- Jalapeño 1/2 tsp
- Dried basil 1/2 tsp
- Garlic clove, peeled 1
- Dried oregano 1/4

Method

- ◆ Place all the ingredients in Nutri-blend Mixing Jar and Blend for 1 minute. STOP for 3 minute
- ◆ Add 100ml water and blend for 1 minute again
- ◆ Remove the puree in a Wonderchef Sauce Pan and cook on low flame (simmer) for 30 minutes
- ◆ Sauce is ready, can be used as toppings for pasta, noodles or spaghetti



Adobo Sauce

Adobo Sauce

Ingredients

- Chilli powder 1/2 cup
- Roma tomatoes, chopped (8 oz with juices) 2
- Cider vinegar 1/4 cup
- Garlic cloves 3
- Brown sugar 2 tbsp
- Oregano 1 tsp
- Kosher salt 1/2 tsp
- Ground cumin 1/2 tsp
- Cinnamon 1/4 tsp
- Black pepper 1/4 tsp
- Allspice 1/4 tsp
- Olive oil 2 tbsp

Method

- ◆ Pour the chilli powder in Nutri-blend Mixing Jar and carefully pour in 1 1/2 cups hot water. Cover with lid to steep while you get the other ingredients together
- ◆ Add the vinegar, chopped tomatoes, garlic, brown sugar, oregano, salt, cumin, cinnamon, pepper and all spice to the Nutri-blend mixing jar and process to a smooth purée, about the consistency of a sauce. If needed, thin with water
- ◆ Heat oil in Wok over medium high heat. Carefully pour in the chili vegetable purée and bring to a boil, reduce to simmer and cook for 20 minutes uncovered
- ◆ Makes about 2 1/2 to 3 cups adobo sauce. Use in any Mexican dish you prefer or keep in an airtight container and refrigerate



Peanut Butter

Peanut Butter

Ingredients

- Shelled peanuts 450gms
- Kosher salt 1 tbsp
- Honey 3 tbsp
- Peanut oil

Method

- ◆ Preheat Wonderchef Stanton 24cm Wok, add 1 tablespoon peanut oil. Once the oil shimmers add the shelled peanuts, keep stirring the peanuts and cook till golden brown
- ◆ Remove from heat and let it cool for about 20min
- ◆ Separate 1 cup of peanuts and make crunchy nuts with Nutri-blend Grinding jar. Grind for 15 seconds for crunchy mix
- ◆ Put the rest of the cooled nuts in the Nutri-blend Mixing Jar, add 1 tablespoon Kosher salt & 3 tablespoon of Honey and blend for 1 minute
- ◆ Keep adding increments of peanut oil to keep the mixture smooth
- ◆ If the mixture is not smooth then stop for 3 minutes and blend again for 1 minute
- ◆ Once the peanut butter is ready add the crunchy peanuts and blend for 10 seconds
- ◆ Peanut Butter is ready



Chipotle Peanut Sauce

Chipotle Peanut Sauce

Ingredients

- Water 180ml (3/4 cup)
- Peanut butter 1 cup
- Adobo sauce 1 tbsp
- Salt 1/2 tsp

Method

- ◆ Pour all ingredients into the Nutri-blend Blending Jar container in the order listed and secure lid
- ◆ Blend for 30 seconds and Stop for 1 minute let the ingredient settle down
- ◆ Turn on the Nutri-blend again and blend for 20 seconds



Almond Pimentos Sauce

Almond Pimentos Sauce

Ingredients

- Water 2 cups
- Lemon juice 1/4 cup
- Pimentos fresh or canned 1/2 cup
- Raw almonds 1 1/3 cup
- Onion powder 2 1/2 tsp
- Nutritional yeast 1/2 tsp
- Salt 2 tsp

Method

- ◆ Pour all ingredients into the Nutri-blend mixing jar in the order listed and secure lid
- ◆ Blend for 1 minute and Stop for 3 minutes
- ◆ Blend again for a minute and pour in a sauce pan and place it on low flame and simmer for 2 minutes and then let it cool for 20 minutes
- ◆ Store in a glass container and refrigerate



Garlic Ginger Orange Peel Sauce

Garlic Ginger Orange Peel Sauce

Ingredients

- Garlic clove, peeled 1
- Orange, peeled, halved 1
- Fresh ginger root 1 tbsp
- Honey 2 tbsp
- Hot sauce 1 tsp
- Sesame oil 1 tsp
- Orange peel 2.5 cm (1 inch)
- Soy sauce 60 ml (1/4 cup)

Method

- ◆ Pour all ingredients into the Nutri-blend Blending Jar in the order listed and secure the base
- ◆ Blend for 30 seconds, stop and shake the jar, let the ingredients settle down
- ◆ Blend for 45 seconds until smooth
- ◆ Sauce is ready to be served with chicken wings



Raspberry Coulis – Dessert Topping

Raspberry Coulis - Dessert Topping

Ingredients

- | | |
|------------------------------------|---------|
| • Sugar | 1/2 cup |
| • Water or orange juice | 3 tbsp |
| • Ounces frozen raspberries thawed | 12 |
| • Chambord (Optional) | 1 tbsp |

Method

- ◆ Combine sugar and water (or orange juice) in a 1 cup (or larger) microwave-safe cup or bowl. Stir to combine. Mixture will be very thick
- ◆ Cook in the Wonderchef Roland microwave on high power for two minutes. Stir for 5-10 seconds to ensure that the sugar crystals are dissolved
- ◆ Combine frozen raspberries and hot sugar syrup in the Nutri-blend blending jar. Blend for 1 minute until mixture is smooth and pureed
- ◆ Pour puree through a fine mesh strainer set over a medium-size bowl. Stir and push on the solids with the back of a Wonderchef Silicone spatula until all of the liquid has been extracted. This will take several minutes as the mixture will be thick
- ◆ Discard the seeds. Add the liqueur, if using and stir to combine
- ◆ Store in the refrigerator for 5-7 days or in the freezer for 2-3 months



Blueberry Coulis

Blueberry Coulis

Ingredients

- Blueberries 455 g (1 pound)
- Granulated sugar 200 g (1 cup)
- Lemon juice 1 tbsp

Method

- ◆ Combine the blueberries, sugar, and lemon juice in a Wonderchef saucepan and bring to a simmer over medium heat. Simmer until the sugar has dissolved, about 10 minutes. Taste the mixture and, if necessary, add more sugar. Continue to heat until any additional sugar is dissolved
- ◆ Pour the mixture in the Nutri-blend Mixing Jar, secure the lid and blend for 30 seconds. Open the lid and push the mixture on the side walls to bottom
- ◆ Blend again for 30 seconds till mixture is smooth

Dry Masala mixes

May freshly ground masalas add great flavor to your food

Dry Masalas - The Taste Of India

The secret of the masterly art of Indian cooking requires a thorough knowledge of the properties of each spice and its blend with other spices. Hence, the characteristic of each curry relies entirely on the balance of herbs and spices that go into its creation, In India, local influence distinguishes curries from one region to another.

Masala is a word that is often used in an Indian kitchen. It literally means a blend of several spices. Garam (hot) masala is the most important blend and an absolute essential to north Indian preparations, added just before serving the dish to enhance its flavour. The traditional garam masala is a blend of cardamom, cinnamon, cloves and black pepper. Masala may be in dry, roasted, ground or paste form.

Spices are defined as "a strongly flavored or aromatic substance of vegetable origin, obtained from tropical plants, commonly used as a condiment". A spice is a dried seed, fruit, root, bark or vegetative substance used in nutritionally insignificant quantities as a food additive for the purpose of flavoring. But a masala is an amazing combination of these spices, addition of which makes your regular food mouth-watering.

You cannot deny that it's the dry masala powder, which makes the roadside food lip-smacking. But it's just a right combination of pepper, cumin seeds and cloves. It is the black salt that breathes life into these spices, as it enhances the pungency and gives the aroma and flavor to chaats.

Today, masalas for most Indian recipes can be found in slick, mass-produced packages along brightly lit supermarket aisles. But in the years before India discovered multi-nationals and grocery chains, spices were pounded by hand and sold from small stores that specialized in particular masalas. The aroma of fresh hand pounded masalas is what has made Indian masalas most acceptable world over.

Would it not be interesting to learn to make your own dry masala combinations, to pamper your palate and ensure that all you eat is digested as well? Our special dry grinding Nutri-blend blade allows you to grind fresh flavor in your food, Experience and enjoy the food you make with some of these taste and appetite building nutrient rich masala recipes in your own kitchen.

Turmeric

- It is a natural anti-septic and anti-bacterial agent, useful in disinfecting cuts and burns
- It is known to prevent prostate cancer and stop the growth of existing prostate cancer, when combined with cauliflower
- It may prevent melanoma and cause existing melanoma cells to commit suicide
- It reduces the risk of childhood leukemia maybe because it is known to stop the growth of new blood vessels in tumors
- Is a natural liver detoxifier
- May prevent and slow the progression of Alzheimer's disease
- It is a potent natural anti-inflammatory that works as well as many anti-inflammatory drugs but without the side effects
- Is a natural painkiller and cox-2 inhibitor.
- May aid in fat metabolism and help in weight management.
- Has long been used in Chinese medicine as a treatment for depression.
- It is a natural treatment for rheumatoid arthritis.
- Speeds up wound healing and assists in remodeling of damaged skin.

Contra-indications: Turmeric should not be used by people with gallstones or bile obstruction. Though turmeric is often used by pregnant women, it is important to consult a doctor before consumption as turmeric can be a uterine stimulant.

Did you know?

Cinnamon or Dalchini

Cinnamon or dalchini is a staple addition to curries, pulav and biryani, but has medicinal properties too.

- Helps keep diabetes under check
- Can help delay the onset of Alzheimer's
- Helps protect you from cancer
- Relieves arthritic pain
- Helps in digestion
- Helps with weight loss
- Helps cure acne
- Helps cure cold and cough
- Beats heart disease and atherosclerosis
- Fights tooth decay



Curry Masala

Curry Maşala

Ingredients

• Cardamom	2 tsp
• Red chilli	2 tsp
• Roasted jeera	2 tsp
• Deggimirch	2 tsp
• Sunth (dry ginger)	2 tsp
• Salt	2 tsp
• Ajwain	½ tsp
• Haldi	½ tsp
• Jaifal	½ tsp
• Javantri (mace)	½ tsp
• Rock salt (sanchar)	½ tsp
• Big ardamoms	8
• Coriander pwd	4 tsp
• Sauf (fennel seeds)	3 tsp
• Badian pwd (star anise)	1 tsp

Method

- ◆ Roast all the ingredients without burning them. Do not roast the ingredients which are already in powder form
- ◆ Transfer the ingredients to the Nutri-blend jar. Attach the blade and grind to get a fine powder. Open the jar and pack the ground powder in an air tight container
- ◆ This masala can be used for veg. and non-veg. curries. It is best to prepare this masala fresh for its authentic taste



Chai Ka Masala

Chai Ka Maşala (Tea Maşala)

Ingredients

- Black pepper corns 30 gms
- Cinnamon sticks 60 gms
- Cloves 30 gms
- Cardamom 50 gms
- Dry ginger powder 50 gms

Method

- ◆ Grind all ingredients in the Nutri-blend jar with the blade. Store it in an air tight container. A pinch per cup of tea gives a lovely beverage to start your day



Ghoda Masala

Ghoda Masala

Ingredients

• Cardamoms	5 nos
• Cinnamon pwd	½ tsp
• Cloves	5 nos
• Bay leaves	2
• White sesame (til) seeds	2 tsp
• Coriander seeds	2 tsp
• Flaked coconut	4 tsp
• Pepper corns	10
• Cassia buds (unopened cinnamon flowers)	5
• Red chillies	3
• Vegetable oil	1 tbsp

Method

- ◆ Roast all the ingredients except coconut and coriander seeds in oil. Keep aside. Roast coconut and coriander seeds separately without oil
- ◆ Transfer the ingredients to the Nutri-blend jar. Attach the blade and grind to get a fine powder. Let it cool and store in an airtight container



Sambhar Masala

Sambhar Masala

Ingredients

- Red chilli powder 2 cups
(whole red chillies are not used here, since it cannot be contained in cup measures.)
- Same applies to turmeric sticks also, turmeric powder 2 heaped tbsps
- Dhania (coriander seeds) 2 cups
- Tur dal (red gram/split pigeon peas) ¼ cup
- Chana dal (bengal gram dal) ¼ cup
- Urad dal (black gram dal) 1 tbsps
- Black pepper corns 2 tbsps
- Cumin seeds 2 tbsps
- Fenugreek seeds 1 tsp
- Mustard seeds 1 tsp

Method

- ◆ Mix all the ingredients and sun-dry them except red chilly powder and turmeric powder, Transfer the ingredients to the Nutri-blend jar. Attach the blade and grind to get a fine powder. When the powder is fine enough, add the turmeric powder and run the Nutri-blend again.
- ◆ Finally add chilli powder and grind again. Run the Nutri-blend at intervals so that it does not get heated, as even this little heat will roast the ingredients and change the flavour
- ◆ An orange-red coloured sambar podi is now ready. Store the sambar podi in clean, dry, air tight jars to preserve the flavor
- ◆ This masala lasts for months without spoiling

Wet Grinding

Ginger

- Maintains normal blood circulation. Ginger contains chromium, magnesium and zinc which can help to improve blood flow, as well as help prevent chills, fever, and excessive sweat
- Remedies motion sickness
- Improves absorption and stimulation of essential nutrients in the body by stimulating gastric and pancreatic enzyme secretion
- Prevent cold and flu by using 2 tbsp of freshly shredded or chopped ginger root in hot water, two to three times a day
- Combats stomach discomfort. Ginger appears to reduce inflammation in a similar way to aspirin and ibuprofen
- Colon cancer prevention
- Reduce pain and inflammation because it contains some of the most potent anti-inflammatory fighting substances known and is a natural powerful painkiller.
- Ovarian cancer treatment. Ginger powder induces cell death in ovarian cancer cells
- Strengthens immunity. Consuming a little ginger a day can help fail potential risk of a stroke by inhibiting fatty deposits from the arteries. It also decreases bacterial infections in the stomach, and helps battle bad cough and throat irritation

Dry Dates

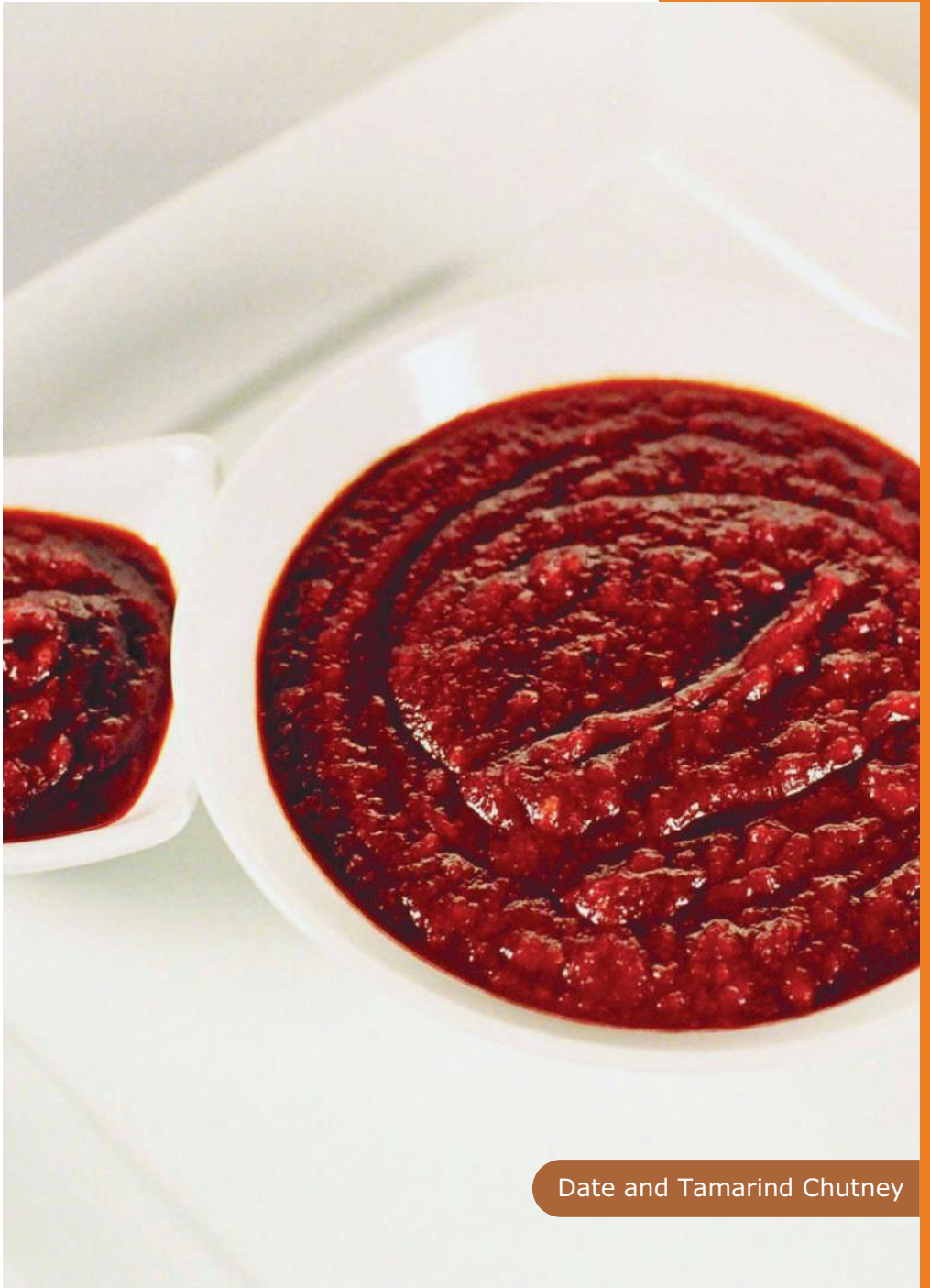
- Improves overall health-Dry dates are considered to be a gold mine of vitamins. They contain a wide range of vitamins including vitamin A, C, E, K, B2, B6, niacin and thiamin. These vitamins are vital for your health and wellness
- Source of essential minerals
- Rich iron source- People who suffer from anaemia (decrease in blood cells) can get immense benefits from dry dates
- Rich calcium content- Including a handful of dates in your daily diet will be a great choice to stay away from bone problems (osteoporosis, rheumatoid arthritis, osteoarthritis, etc.) and dental problems (tooth decay)
- Heals bowel illnesses- The dietary fiber in dry dates is known to heal constipation effectively
- Benefits the cardiovascular system- They are capable of controlling the level of low-density lipoprotein or bad cholesterol in our bloodstream. Low sodium and high potassium content of dry dates are also extensively beneficial for keeping the blood pressure under control
- Excellent Anti-oxidant- Makes your digestion smoother and keeps your digestion healthy. Dry dates are also beneficial in curing disorders like acidity, stomach ulcers, heart burn and coliti
- Improves muscle strength- good for cardiac and uterine muscle strength
- Great energy booster- Dry dates consist of a huge amount of natural sugar (glucose and fructose), which eventually makes them a great energy booster

Benefits of Dry Dates for Skin

- Repairs damaged skin cells- Dry dates are a natural resource of vitamin B5 or pantothenic acid. It is highly beneficial for skin cells as it can repair damage caused by free radicals
- Fights ageing & promotes skin youthfulness- Loaded with vital nutrients, dried dates can nourish your skin and improve its texture. Regular consumption of these fruits can result in smoother and fairer skin

Benefits of Dry Dates for Hair

- Maintains hair health- Vitamin B5 present in dry dates is helpful in preventing a number of hair problems like brittle hair, split ends, and so on
- Nourishes hair roots & scalp- Makes your hair stronger, silky and shiny



Date and Tamarind Chutney

Date and Tamarind Chutney

Ingredients

- Dates 1/2 cup
- Tamarind 1/4 cup
- Jaggery (Molasses) 1/2 cup
- Red chili powder 1/2 tsp
- Roasted cumin powder 1/2 tsp
- Dry ginger powder 1/4 tsp
(sonth/sukku)
- Black salt 1/4 tsp
- Water 2 cups

Method

- ◆ Crumble jaggery. Remove the seeds and fiber from tamarind. If using seeded dates, deseed them
- ◆ Heat water in a pan and add all the ingredients to the hot water. Let it simmer for 5-7 minutes till the jaggery completely dissolves. Take off fire
- ◆ Close with a lid and let it cool down completely. Leave it for 2-3 hours so that the dates and tamarind soften well and absorb the other spices. Or you may pressure cook dates & tamarind with jaggery
- ◆ Transfer the ingredients to the Nutri-blend jar, attach the blade and grind; till smooth to a sauce consistency. Add less than 1/4 cup of boiled water if you find the mixture very thick to grind
- ◆ Transfer the ground chutney to a pan and bring it to a boil over low flame. When you start to see small bubbles around the chutney, take off fire and let it cool completely

- ◆ Transfer to a dry, clean jar and use as required. You can keep this chutney for 3 weeks, if refrigerated

Date and tamarind chutney is an essential component in Chaats like Pani Puri, Bhel Puri, Samosa and more. Spreading this chutney over chaats is an absolute must to have the best chaat experience.





Green Coriander and Mint Chutney

Green Coriander and Mint Chutney

Ingredients

- Fresh chopped mint leaves/pudina 1 cup
- Fresh chopped coriander/cilantro leaves 1 cup
- Green chilli 3
(add more chillies if you want the chutney to be spicy)
- Ginger ½ inch
- Curry leaves 5-6
- Cumin powder 1 tsp
- Juice of lemon ½
- Salt /black salt/rock salt to taste
- Groundnuts 2 tbsp

Method

- ◆ Transfer the ingredients to the Nutri-blend jar, attach the blade and grind to a smooth paste using little water
- ◆ Keep the Mint coriander chutney in an airtight container in the refrigerator
- ◆ You can serve this Mint coriander chutney with pakoras, samosas, chaat, chole, potato chips or other snacks

Mint Coriander Chutney is usually used as a spread for sandwiches. The chutney can also be had as an accompaniment with dal rice.

Pizza Sauce

Ingredients

- (15 ounce) cans tomato sauce 2
- Extra-virgin olive oil 2 tbsp
- White sugar 1 tbsp
- Dried thyme 1 tbsp
- Dried oregano 2 tsp
- Dried minced shallots 2 tsp
- Garlic powder 1 tsp
- Salt $\frac{3}{4}$ tsp
- Baking soda (optional) $\frac{1}{2}$ tsp

Method

- ◆ Blend tomato sauce, olive oil, sugar, thyme, basil, oregano, shallots, garlic powder, salt, and baking soda together in Nutri-blend jar on high speed until sauce is smooth and well-mixed, 1 to 2 minutes
- ◆ Divide sauce among twelve $\frac{1}{2}$ cup freezer-safe containers; store in freezer until ready to use
- ◆ Remove individual containers from freezer to thaw before using, about 60 minutes

Hollandaise Sauce

Ingredients

- Egg yolks 3
- Dijon mustard ¼ tsp
- Lemon juice 1 tbsp
- the chutney to be spicy) 1 dash
- Hot pepper sauce (e.g. Tabasco) ½ inch
- Butter ½ cup

Method

- ◆ In the container of a Nutri-blend jar, combine the egg yolks, mustard, lemon juice and hot pepper sauce. Cover, and blend for about 5 seconds
- ◆ Place the butter in a glass measuring cup. Heat butter in the microwave for about 1 minute, or until completely melted and hot. Set the blender on high speed, and pour the butter into egg yolk mixture in a thin stream. It should thicken almost immediately. Keep the sauce warm until serving by placing the blender container in a pan of hot tap water

Sriracha Sauce (Vegan)

Ingredients

- Fresno peppers 1 pound
- Fresno peppers ½ pound
- Garlic cloves 2
- Rice wine vinegar ¼ cup
- Sea salt 2 tsp
- Sugar ¼ cup

Method

- ◆ Cut the stems (but not the crowns) off the peppers and add them to a food processor. Add the garlic, vinegar, and salt. Process until finely ground. Transfer to a 1/2-gallon glass mason jar (to make it easy to stir) and cover tightly with a lid. Place the jar aside, out of sunlight, for 3-5 days. Stir the chili mixture once a day and taste after three days. If it tastes fermented, it is ready for the next step
- ◆ Add the chili mixture to a Nutri-blend along with the sugar. Blend until very smooth. Transfer to a fine mesh strainer (not a very fine mesh) and pass all the mixture through as you possibly can. Don't forget to scrape the underside of the strainer where pulp accumulates
- ◆ Add the strained mixture to a medium saucepan. Cook the mixture over medium heat until it is at the consistency that you like. Taste and adjust seasoning with salt and sugar. Store in an air-tight container in the refrigerator

Cashew Tzatziki Sauce [Veġan]

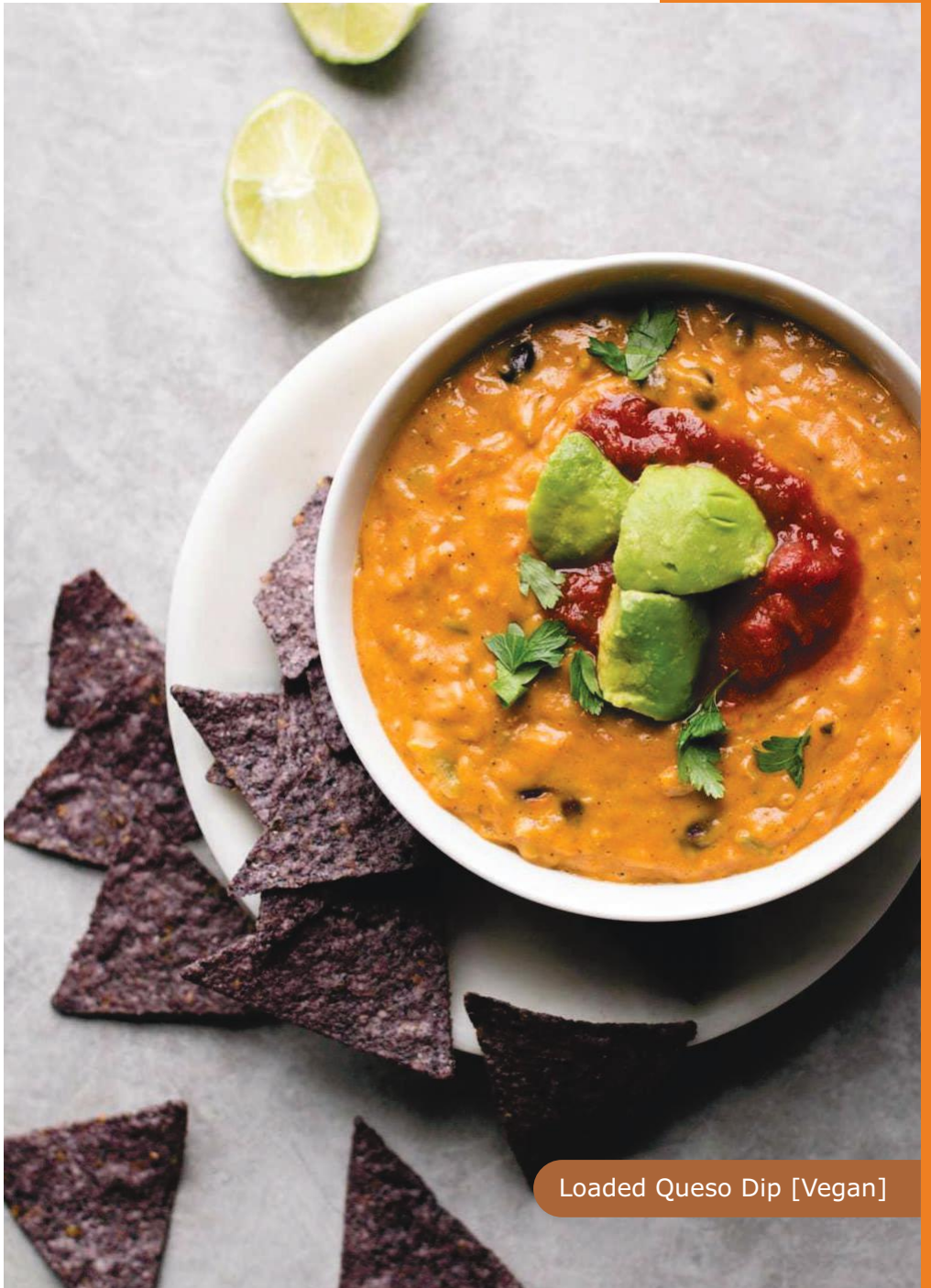
Ingredients

- Cashews 1 cup
- Clove garlic 1
- Juice and zest of lemon 1
- Dried dill 1 tsp
- Ground cumin 1/4 tsp
- Sea salt 1/4 tsp
- Pinch of black pepper
- Olive oil 1 tsp
- Almond milk 2/3 cup
- Cucumber, grated 1/2 cup

Method

- ◆ In Nutri-blend, process all ingredients, except cucumber until smooth. Give the grated cucumber a squeeze to remove excess water. Stir into blended mixture. Voila!





Loaded Queso Dip [Vegan]

Loaded Queso Dip [Vegan]

Ingredients

- Large potato 1
- Small onion 1
- Vegetable broth 1/3 cup
- Rice milk 1/2 cup
- Cashews, soaked in water for 4-6 hours 1/2 cup
- Ground paprika 1½ tsp
- Ground cumin 1/2 tsp
- Ground turmeric 1/4 tsp
- Garlic powder 1/2 tsp
- Garlic clove 1
- Sriracha (optional) 1/2 tsp

Method

- ◆ Cook and steam the potato and onion until soft
- ◆ Place all the ingredients for the queso into Nutri-blend and blend until smooth, 2-3 minutes. If it's not liquid enough, add a bit more water
- ◆ Add desired toppings and serve with tortilla chips of your choice

Chimichurri Sauce

Ingredients

- Chopped Parsley (remove stems) 1/2 cup
- Chopped Cilantro 1/4 cup
- Garlic cloves peeled and minced 3
- Olive oil 1/3 cup
- Red wine vinegar 2.5 tbsp
- Sea salt 3 pinches
- Black pepper 1 pinch
- Chili pepper flakes 1 pinch

Method

- Put all sauce ingredients in Nutri-blend
- Chop on low / Pulse 8 times until one smooth mixture (where the parsley and cilantro are still distinguishable)
- Pour into sauce cup, stir, and let rest 20 mins





The Red Enchilada Sauce

The Red Enchilada Sauce

Ingredients

- Dried ancho chiles 6
- Can tomato paste (6 ounce) 1
- Corn oil 1/4 cup
- Cloves garlic, minced 2
- Salt 1 1/2 tsp
- Dried oregano 1 tsp
- Ground cumin 1/4 tsp
- Beef broth 3 cups

Method

- ◆ Preheat an oven to 400 degrees F (200 degrees C)
- ◆ Arrange the ancho chiles on a baking sheet and toast in the preheated oven 3 to 4 minutes; remove the stems, pulp, and seeds from the toasted peppers. Place peppers in a bowl and pour enough hot water into bowl to cover completely; allow to soak for 1 hour
- ◆ Combine the ancho chiles, tomato paste, corn oil, garlic, salt, oregano, cumin, and about 1 cup of the beef broth in Nutri-blend; blend until smooth. Pour the mixture into a saucepan with the remaining beef broth and place over medium heat; simmer until heated through, about 10 minutes

Creamy Green Chile and Avocado Sauce

Ingredients

- Firm Hass avocado—quartered, pitted and skin left on for grilling; remove skin when blending 1
- Small onion, quartered 1
- Tomatillos-husked, cored and halved 2
- Peeled garlic cloves 4
- Jalapeno- stemmed, seeded and quartered 1
- Cilantro leaves ¼ cup
- Water ¼ cup
- Fresh lime juice 2 tbsp

Method

- Thread the avocado, onion, tomatillos, garlic, jalapeno and chile onto skewers. Brush the kebabs with oil and grill over high heat, turning occasionally, until the vegetables are charred in spots, about 15 minutes; let cool slightly. Remove the ingredients from the skewers and transfer them to Nutri-blend
- Add the cilantro, water, and lime juice. Puree until smooth and season with salt

Cilantro and Yoğurt Sauce

Ingredients

- Cilantro leaves 2 cups
- Mint leaves 1 cup
- Jalapeno, seeded and coarsely chopped 1
- Garlic cloves, crushed 4
- Ground cumin 1 tsp
- Fresh lemon juice 1 tbsp
- Plain whole-milk yogurt 1 cup
- Kosher salt

Method

- ◆ In Nutri-blend, combine the cilantro, mint, jalapeno, garlic, cumin and lemon juice and puree to a paste. Add the yogurt and puree until smooth. Season with salt



Lemon-Soy Sauce

Ingredients

- Fresh lemon, lime or yuzu juice 1/3 cup
- Low-sodium soy sauce 1/3 cup
- Cold water 1/2 cup
- Xanthan gum 0.5 gram (1/8 teaspoon)

Method

- In Nutri-blend, combine the lemon juice, soy sauce and cold water. With the blender on, add the xanthan gum and blend until thickened, about 15 seconds. Transfer to a bowl and serve



Spicy Peanut Sauce

Ingredients

- Creamy peanut butter, preferably Skippy or Jif 1/2 cup
- Coconut water 1/2 cup
- Sambal oelek or Sriracha 1 tbsp
- Asian fish sauce 1 tbsp
- Fresh lime juice 2 tbsp
- Finely grated peeled fresh ginger 1 tsp
- Garlic clove 1

Method

- ◆ In Nutri-blend, combine all of the ingredients and puree until smooth. Use on noodles, chicken, shrimp or tofu



Bechamel Sauce

Ingredients

- Butter 2 tbsp
- Flour 2 tbsp
- Salt 1/2 tsp
- Milk 1 cup
- Evaporated Milk 1/2 cup
- Water 1/2 cup

Method

- Add all ingredients into your Nutri-blend, process until smooth
- In a sauce pan cook over low heat 3 minutes, stirring occasionally. Use as directed in your recipe



Walnut romesco

Ingredients

- Tin diced tomatoes 400g
- Roasted red peppers 2
- Garlic cloves 2
- A handful of toasted walnuts
- White wine vinegar 2 tbsp
- Olive oil 2 tbsp
- A pinch of paprika
- Salt and black pepper, to taste

Method

- ◆ In Nutri-blend or food processor, whizz up all of the ingredients. Taste and adjust the seasoning and paprika accordingly



Tomato Sauce

Ingredients

- Very ripe tomatoes, cut into chunks 4 pounds
- Sugar 2 tbsp
- Garlic powder 2 tsp
- Onion powder 1 tsp
- Dried oregano 1/2 tsp
- Salt 1 tsp
- Black pepper 1/4 tsp
- Slivered fresh basil 1 tbsp

Method

- Fill a Nutri-blend $\frac{3}{4}$ of the way full with tomatoes and puree until smooth. Pour pureed tomatoes into a soup pot and repeat with remaining tomatoes until all tomatoes are pureed
- Add sugar, garlic powder, onion, oregano, salt, and pepper; stir until well mixed
- Bring to boil then reduce heat to low and simmer uncovered 1 hour, stirring occasionally. (Cooking this uncovered will allow the sauce to thicken up.) Stir in basil and serve

Smoky Steak Sauce

Ingredients

- 2 Thick slices of bacon, halved crosswise and rolled into cylinders
- Small onion, quartered 1
- Portobello mushroom, stemmed and cap quartered 1
- Plum tomatoes, cored and halved lengthwise 2
- Pitted prunes 4
- Peeled garlic cloves 4
- Large supple ancho chile, seeded and quartered 1 large
- White wine vinegar 2 tbsp
- Light brown sugar 2 tbsp
- Water 1/2 cup

Method

- Thread the ingredients onto skewers. Brush the kebabs with oil and grill over high heat, turning occasionally, until the vegetables are charred in spots, about 15 minutes; let cool slightly. Remove the ingredients from the skewers and transfer them to Nutri-blend
- Add the wine vinegar, light brown sugar, and water and puree until smooth. Season with salt

Food Plans To Assist You

Taking you through a sequence of a wonderfully planned week of sensible eating is my next interest. This allows you to realize the nature-linked possibilities that can mould your ways of eating. Truly speaking, more the number of blends in your daily diet, more are the physical benefits you experience. More you blends, more you feel the change in yourself and in your health. More the change felt, the more you will Nutri-blend to keep yourself in a state of overall well-being!

The Hindu literature has a well-known statement which goes like, 'Jaisa aanna, vaisa tanna aur jaisa tanna, vaisa mann' which means that what you eat makes you what you look physically and this physical health contributes to a healthy mind (Positive thinking). And these thoughts make you, a real you. Because what you think, you put into action.

So if only you can think the way I think, you can benefit from my secret of Nutri-blend as a way to a well-nourished body and a mind filled with enthusiasm. Try applying these day plans for the next week and find yourself in fabulous health and fitness.

Meals	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Important Focus</i>	<i>Antioxidant day</i>	<i>Conditioning day</i>	<i>Cleansing and energy day</i>	<i>Fibre-rich day</i>	<i>Resting & enriching day</i>	<i>Energy boosting day</i>	<i>Feel good day</i>
Early Morning	Aloevera-Avla shot	Milk + 1 tsp castor oil	Neem-Karela shot	Strawberry-cider shot	Wheat grass spinach shot	Plain milk + 1 tbsp mix Nut with cinnamon	Kiwi + Apple+ Berry shot
7 am	Ginger pwd in palm tree jaggery water	Fresh Fig-strawberry shot	Green tea with ginger	Ginger-barley shot	Milk with basil, mint & cardamom	Green moong soup	Soya-almond milk with cinnamon
Breakfast	1 bowl melons with rock salt & lime	Bottle gourd-tomato juice	Rice kanji with neem, curry leaves pwd + hing	Plain oats with anar + raspberries	Rice/rawa Porridge with dates	Egg scramble with 2 slices wheat bread	Steamed idli/dosa with sambhar
Mid-morn	Cucumber-mint corriander juice	Strawberry-avocado shot	Coconut water	Herbal tea with honey	Cucumber-pumpkin raita	Lime juice with rose syrup	Buttermilk with hing + flax seeds
Lunch	Tomato soup + carrot & lettuce salad	Cream of spinach soup + leek, carrot, baby corn	Spinach-guava rice pwd/quinoa smoothie	Veg. soup + baked beans salad with olive oil	Bajra-methi pancake + curds	Dal-palak with brown rice	Mix veg. roti + curd-banana raita with mustard pwd
Mid-Eve	Mint tea with lime	frozen banana small+ vanilla essence+ almond	Muskmelon-baby spinach leaves-yoghurt blend	Pineapple-kiwi-mosambi juice	Organic jaggery tea + wheat rusk	Chickoo-soyamilk	Herbal tea with bran biscuits
Dinner	Shredded vogs. (cabbage, pumpkin, broccoli, leeks, carrot, bell pepper) in clear soup	Green salad with veg. mayonniase	Yellow mung dal with cucumber, salt, jeera + few drops lime juice	Mushroom soup + veg. sandwich	Kale veg.-yoghurt crush + Brown rice with shredded chicken	Paneer salad with bell peppers + dal tadka + roti	Chicken soup + veg. wrap/sandwich with peanut butter
Bed-time	Green tea	Milk + ½ tsp ghee +haldi pwd	Warm milk + 1 wheat khakhra	Papaya mango delight	Apple banana smoothie in almond milk	Saffron milk + 3 almonds + nutmeg	Fruit jelly + almond + walnut + chia seeds

Now let's look at the logic behind this sequencing of Nutri-blend foods.

Many of my friends, colleagues and clients have loved to follow this health empowering sequential eating as it has benefited them with surplus energy. I have myself felt trimmer and fitter and a decade younger with this plan.

The concept is so simple and absolutely logical. Any machine requires preparation for performance and production. Your body is also a machine, hence requires some preparation to remain in excellent health and fitness. Just as a wise manager of a processing unit follows systems to ensure longevity of the machine, you must follow a pattern in feeding your machine (body) to get it to work with perfection over long years of work life.

A phase of enough rest to the bowels to allow for ailment care is the start of your food eating sequence in the week. By addition of vital antioxidants, the body is enabled to handle oxidative stress/cell damage.

Day 1 is full of detoxifying foods/drinks easily made in the Nutri-blend

Day 2 has foods and drinks that would enhance the functioning of your body by conditioning it.

Day 3 allows for further cleansing, keeping in mind the addition of some energy building blends. It allows your body to adjust to the lightness thus achieved.

Day 4 you will see an addition of stomach-filling fiber rich nutrient foods. These improve gut functioning whilst providing energy for regular work.

Day 5 provides energy packed fuel foods for optimum health, to avoid over fueling. Smaller doses of Nutri-blend energy drinks make the most appearance on this day, besides some fiber foods.

Day 6 focuses on boosting your protein energy in the body to enrich cell growth and build stamina. Both protein and carbohydrate rich foods give the same calories per gram.

Day 7 takes in blends from day 3, 4 & 5 allowing you to experiment with more nutrient beneficial foods and enjoy the lovely tastes created in minutes with the Nutri-blend .

Imagine being on a fruit diet for a week followed by an oatmeal diet in the next week and some other mono-diet the week after. How would it be on such regimens?

I believe that if in general (good) health you need not follow such monotonous and boring weekly plans. These types of plans do find place in aiding cure in conditions like tuberculosis, cancer, etc initially to suffocate/curb the growth of bad/disease spreading cells.

After following a food plan for a week, you can modify the quantity and texture of natural nutrient-rich foods in the next week. This allows creating a wide variety in eating whilst providing adequate amounts of carbohydrates, protein, fat, vitamins and minerals for the body processes. You can then continue Nutri-blending and enjoy super energy and freshness all your life without getting bored.

Isn't this very inviting? So what's the next step?

Suggest your loved ones to buy a Nutri-blend right away!

Try a few soups too, using this amazing equipment.

Relishing
Soups
for
You



Cream of Spinach Soup

Cream of Spinach Soup

Ingredients

- Chopped spinach (palak) 2 1/2 cups
- Butter 2 tbsp
- Finely chopped onions 1/2 cup
- Fresh cream 2 1/2 tbsp
- Corn flour dissolved in 1/2 cup cold milk 2 tbsp
- Salt and freshly ground to taste
- Black pepper powder
- Fresh cream for garnish

Method

- ◆ Heat butter in a kadhai, add onions and saute on a medium flame for 1 to 2 minutes, or till the onions turn translucent. Add spinach and saute for 1 minute
- ◆ Add 2 cups of water and cook on a medium flame for 5 to 7 minutes, while stirring occasionally. Allow it to cool completely
- ◆ Once cooled transfer in the Nutri-blend tall jar using the blade, churn it to a smooth puree. Transfer the mixture to a kadhai
- ◆ Combine the corn flour-milk mixture and the cream in a bowl and mix well till no lumps remain, add to the spinach puree and cook for 2 minutes
- ◆ Add salt and pepper and cook for 1 more minute. Serve hot garnished with cream



Mushroom Vegetable Soup

Mushroom Vegetable Soup

Ingredients

- Olive oil 1/2 tbs
- Vegetable stock
- Sliced portabella or button mushrooms 1 cup
- Carrots, diced 2
- Large onion, diced 1
- Celery stalks, diced 2
- Summer squash or zucchini, diced 1
- Garlic cloves, minced 4
- Fresh basil 1 tbs
- Dried thyme 1 tsp
- Cayenne pepper a pinch
- Chopped, collards, or chard stems removed 1 bunch
- Diced tomatoes 2 cups
- Vegetable stock 1 bowl
- Canned white beans 2 cups
- Salt and ground pepper to taste
- Broccoli 1 cup

Method

- ◆ Heat oil in a large pot on medium heat. Add mushrooms, onion, carrots, celery, and zucchini/summer squash.
- ◆ Cook for 5 to 6 minutes stirring often, if veggies start sticking to the bottom of the pot, pour in just enough vegetable stock to keep them from sticking. Add garlic, basil, thyme and cayenne. Cook for 10 mins. stirring often.
- ◆ Add kale or chard and cook, until the leaves have wilted. Add tomatoes, veg stock and beans, stirring to combine.
- ◆ Also add 1 cup of water. Bring to a simmer, reduce heat to medium-low, and continue to simmer for 20 minutes, stirring occasionally.
- ◆ Season with salt and pepper just before serving for a yummy and creamy soup.





Basic Clear Soup

Basic Clear Soup/ Veg. Stock

Ingredients

- Cold water 1 Gallon
- Onion, peeled and chopped 1 Medium
- Leek (white and green parts), rinsed and chopped 1 medium
- Rib celery, chopped 1 medium
- Carrot, peeled and chopped 1 medium
- Turnip, chopped ½ medium
- Tomato, chopped ½ small
- Cloves garlic, peeled and crushed 3
- Vegetable oil 2 tbsp
- Bay leaf 1
- Dried thyme ½ tsp
- Fresh parsley stems 3-4
- Whole black peppercorns 3-4
- Whole clove 1
- Salt to taste

Method

- ◆ In a heavy-bottomed stock pot or soup pot, heat the oil over medium heat.
- ◆ Lower the heat; add onion, leek, carrot, celery, turnip, tomato and garlic, and gently saute, with the lid on, for about 5 minutes or until the onions are softened and slightly translucent. Don't brown the vegetables, though.
- ◆ Add water along with bay leaf, thyme, peppercorns, parsley and clove, bring to a boil, and then lower to a simmer. Simmer for 30-45 minutes. Skim off any scum that rises to the surface, but don't stir or otherwise agitate the stock. Just let it simmer away.

Method

- ◆ Remove from heat; pour through a strainer into another large pot or container.
- ◆ Cool and refrigerate, if you have to store for later use.
- ◆ This stock may be used to make many other gravies, soups, curries and sauces.



Chicken, Rice and Vegetable Soup

Chicken and Vegetable Soup

Ingredients

- Water 5 cups
- Chicken broth 425 ml
- Skinless, boneless chicken breast halves 1
- Chopped carrots 3
- Chopped onion 1
- Chopped stalks celery 3
- Salt and pepper to taste

Method

- In a large saucepan over high heat, combine 4 cups water and the chicken broth and bring to a boil. Add carrots, onion, celery and chicken breast and reduce heat to low. Cover and simmer for 15 minutes or until the vegetables are soft. Take out chicken breast in another bowl and shred it with the help of a fork. Blend remaining vegetables in **Nutri-blend**.
- Now add everything to a saucepan and simmer for another 5 minutes. Add salt and pepper to taste.



Garlic Roasted Butternut Squash Soup

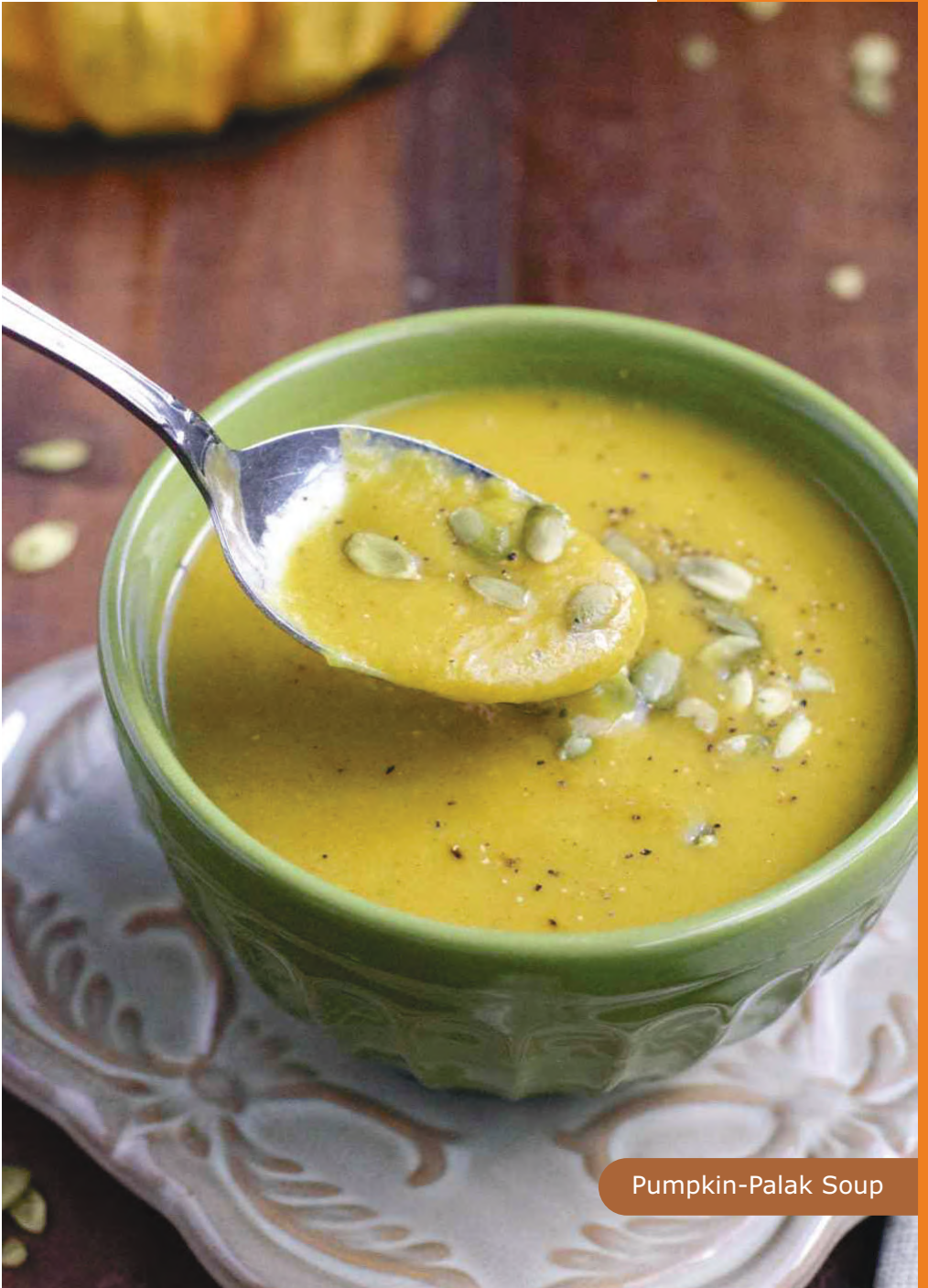
Garlic Roasted Butternut Squash Soup

Ingredients

- Butternut Squash, about 1 1/2 medium squash peeled and cubed 3 Pounds
- Garlic cloves 3
- Fresh parsley 3 tbs
- Leaves Sage, rinsed, dried and chopped 10
- Salt 1/2 tbs
- Black pepper 1/4 tbs
- Garlic Powder 1/2 tbs
- Italian Seasoning 1 tbs
- Olive oil 2 tbs
- Water 1 1/2 Cups

Method

- Preheat oven to 400 degrees.
- Mix olive oil, garlic, parsley, sage and salt together.
- Add the prepared squash and toss to coat.
- Transfer the mixture to a baking dish and roast for 50-55 minutes until the squash is tender. Remove from the oven and allow cooling to room temperature. Accelerate this process by refrigerating the squash for 10-20 minutes.
- Add all cooled ingredients to **Nutri-blend** and extract for 30 seconds, or until smooth.
- Heat blended mixture over stovetop until warm & serve.



Pumpkin-Palak Soup

Pumpkin-Palak Soup

Ingredients

- Olive oil 1 tbs
- Chopped onions 2 cups
- Whole wheat flour 2 tsp
- No-fat, reduced sodium vegetable stock 4 cups
- Plain red pumpkin puree 3 cups
- Tender palak leaves washed well 1 small bunch
- Minced garlic ½ tsp
- Black beans ½ can
- Ground cumin ½ tsp
- Salt ¼ tsp
- Ground white pepper ¼ tsp
- Grated nutmeg for dusting

Method

- ◆ Take olive oil in a pan, caramelize the onion in it over medium heat. Sprinkle in the flour and cook, stirring for 2 minutes or until mixture is slightly thickened.
- ◆ Add vegetable stock while whisking, then red pumpkin, palak, garlic, cumin, salt, and pepper.
- ◆ Bring the soup to a simmer, whisking occasionally and cook 15 minutes, stirring occasionally to prevent scorching.
- ◆ Add boiled black beans and cook 15 minutes, stirring occasionally to prevent scorching.
- ◆ Blend lightly in the Nutri-blend tall jar using the blade, to a smooth puree when relatively cool to get a creamy feel. Serve hot with wheat soup sticks/ brown rice.



Broccoli, Pea, and Coconut Soup

Broccoli, Pea, and Coconut Soup

Ingredients

- Broccoli Florets 1 cup
- Frozen Peas, thawed 1 cup
- Small Red Potato, peeled and cubed 1
- Yellow Onion, peeled and chopped ½
- Cloves Garlic, peeled and chopped 2
- Low Fat Coconut Milk 1 cup
- Low Sodium Vegetable Stock 1 cup

Method

- ◆ Add oil in a saucepan. Add garlic, onion and fry for 4-5 minutes until onion turns translucent. Add the vegetables.
- ◆ Add vegetable stock to the sauce pan and cook until vegetables are tender.
- Add all cooked ingredients to Nutri-Blend. Blend until smooth.
- Transfer the blended liquid to saucepan. Add coconut milk and simmer for 2-3 minutes. Serve hot!

Get Going

Now that you have come to realize the real worth of food yourself, it will be easy for you to select the right option for your own good. Health, which has been a major concern in the minds of all, has an easy and definite solution through Nutri-blending. The various combinations you find in this book will come as a ready reference for making your health filled meals. You have several shots, blends, smoothies, energy drinks, masalas, gravy mixes, wraps, and soup recipes to quickly incorporate in your food plan when you begin your health program.

One important fact that I wish to mention is that most foods that nature provides has some unique potential to help your body and mind. Nutri-blending will help you to extract the best from these natural foods.

So just get going!

Let's realize also that food must be eaten with respect and in a prayerful mood so as to derive the benefits it is meant to give.

It is very important to remind yourselves now, more than ever before, that if you accept food as a divine 'prashad', it will surely benefit the humble eater in the right way.

Our guruji has explained this very beautifully. He says that with advancing research, we have somewhere lost respect for what nature in its immensity has made available to us. Mother Nature has been giving wholesome nutritious food with both hands to its children (humanity). With excessive use of our mere theoretical intelligence, we mechanically break it down into calculating the nutrient content in the grams of food we eat and in a way disrespect the larger cause (that

of overall well-being), that food in nature is blessing us with.

I genuinely feel that if you can focus on the 'How' to accept food, instead of 'What' and 'Why' you are doing so, you will be awarded with better than good health and a feeling of well-being that lasts forever.

ARE
U
READY
TO
EMBARK
ON
YOUR
HEALTH
JOURNEY
THROUGH
NUTRI-BLENDING?

Important Ingredient

English Name

Hindi Name

Acai berries	Jamun ke jaise phal
Almonds	Badam
Aniseed/Fennel Seed	Saunf
Asafoetida	Hing
Avocado	Nashpati
Basil	Tulsi
Bay leaf	Tejpatta
Bay leaves	Tamalpatra
Bengal gram, split	Chana Dal
Besan	Chane ka atta
Bitter gourd	Karela
Black gram dal	Urad Dal
Black Gram, skinless split	Dhuli udad dal
Black Pepper	Kali Mirch
Black Salt	Kala Namak
Black stone flower	Dagadphool
Blueberries	Nila jamun
Bottlegourd	Dudhi
Capsicum	Shimla mirch
Caraway	Kala jeera
Cardamom	Elaichi
Carom/Thymol seeds	Ajwain
Chia seeds	Sabja
Chick peas	Chole
Cinnamon	Dalchini
Clove	Laung
Coconut	Nariyal
Collard greens	Kara sabji
Colocasia	Arbi
Coriander seeds	Dhania
Corn	Makai
Cottage Cheese	Paneer

English Name**Hindi Name**

Cottage cheese	Paneer
Cumin/Caraway seeds	Jeera
Curry Leaves	Kadi patta
Custard apple	Sitafal
Dates	Khajoor
Dried Pumpkin/Water Melon seeds	Magaz
Dry Fenugreek Leaves	Kasoori Methi
Dry Ginger	Sunth
Dry Mango powder	Amchoor
Fenugreek seeds	Methi Dana
Fig	Anjeer
Flax seeds	Alsi Dana
French beans	Phansi
Garlic	Lasoon
Gram Flour	Besan
Green Gram, skinless split	Dhuli Moong Dal
Green Gram, whole	Sabut Moong Dal
Groundnuts	Singdana
Guava	Peru
Hemp seeds	Sana bheej
Jaggery	Gur/gud
Kharbuza	Muskmelon
Lebneh	Dahi (jada)
Lemon Grass	Hari chai
Mace	Javitri
Mango	Aam
Millet	Bajra
Mint leaves	Phudina
Mustard seeds	Rai/Sarson
Naugat	Chikki
Nutmeg	Jaiphal
Olives	Jaitun
Onion seeds	Kalonji
Orange	Santra

English Name**Hindi Name**

Pigeon peas, spilt	Toovar dal/arhar dal
Pine nuts	Chillgoza
Pineapple	Annanas
Pinto beans	Lal chawli
Pomegranate seeds	Anardana
Poppy seeds	KhusKhus
Prawns	Jhinga
Pumpkin seeds	Kaddu Dana
Raisins	Kismis
Refined flour	Maida
Rice, parboiled	Ukdachawal
Saffron	Kesar
Sardines	Pedvi machli
Semolina	Sooji/rawa
Sesame	Til
Sesame seeds	Til
Shallots	Chhote Pyaaz
Shrimp	Chotta Jhinga
Sorghum	Jowar
Soyabean cheese	Tofu
Spring onions	Haripyaaaj
Star Anise	Badian
Sweet lime	Mosambi
Tamarind	Imli
Tortillas	Gehu/makai ki roti
Turmeric	Haldi
Vinegar	Sirka
Walnuts	Akhrot
Watermelon	Kalingar
Wheat crackers	Toast
Yogurt	Dahi



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