



# *Nutrition* PALATE

SIMPLE AND MODERN RECIPES

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Nutritionist



# Foreword

In a world overflowing with fast food and fad diets, I have always believed that health begins in the kitchen — not with deprivation, but with small, joyful changes to what we eat every day. This book is born out of my journey as a nutritionist, educator, and wellness advocate, working closely with students, teachers, and families to make nutritious choices easy, accessible, and, most importantly, delicious .

Each recipe in these pages blends the goodness of wholesome ingredients with the comfort of familiar flavors. From millet-based tikkis to roti pizzas and creative chaats, these are not just dishes — they are invitations to nourish your body, spark your taste buds, and inspire a healthier lifestyle without losing the joy of eating .

Whether you are a busy student, a working professional, or a home cook looking to add more nutrition to your plate, I hope these recipes encourage you to experiment, adapt, and discover that healthy eating can be simple, affordable, and deeply satisfying.

NISHA PRAKASH





# *Preventing Diabetes*

**“Every meal can heal—choose to prevent diabetes today.”**

## **3 KEY FACTS:**

- Diabetes risk rises with high sugar and refined carbs.
- Extra belly fat increases insulin resistance.
- Even 30 minutes of daily walk lowers risk.

## **Action Tip:**

**Replace white rice/maida with millets, oats, or brown rice.**

Note: 300 - 700 Kcal in each meal can prevent diabetes





# Magic Moong Burger



## Ingredients (Serves 1)

- 50 g green moong (whole or split)
- ½ cup boiled potato or poha (flattened rice)
- ½ inch fresh ginger, grated
- 2 green chilies, finely chopped
- ½ cup fresh coriander leaves, chopped
- 3 tbsp paneer (cottage cheese), crumbled
- 2 slices each of tomato, onion, and cucumber
- 1 tsp cooking oil of choice

## Method

1. Soak & grind: Soak green moong for 4–6 hours, then grind to a coarse paste.
2. Mix: Combine the moong paste with boiled potato or poha. Add ginger, lemon juice, salt, coriander leaves, and green chilies.
3. Shape: Form the mixture into 2 round patties.
4. Cook: Heat oil in a pan over medium heat. Cook patties until golden brown on both sides.
5. Assemble: Place patties in buns or between bread slices. Layer with tomato, onion, cucumber, and paneer cubes.
6. Serve: Enjoy hot with coriander chutney.

## Nutritional Value (Approx. per serving)

- **Calories:** 220–250 kcal
- **Protein:** 10–12 g
- **Carbohydrates:** 20–30 g
- **Fat:** 8–10 g
- **Fiber:** 6–8 g
- **Iron:** 2–3 mg
- **Calcium:** 150–180 mg
- **Vitamins:** A, B, and C

## Health Benefits

- Supports weight management
- A healthy alternative to regular burgers
- Rich in fiber for better digestion
- Helps boost immunity
- Contains probiotics for gut health
- High in protein for muscle repair
- Provides long-lasting energy



# Corn Chana Delight



## Ingredients (Serves 1)

- ½ cup sweet corn
- ½ cup soaked chana dal (Bengal gram)
- 1 tsp ginger–garlic paste
- 10 peanuts
- A few slices of capsicum and carrot (for garnish)
- 1 tbsp chaat masala
- Salt to taste
- 5 tbsp hung curd

## Method

1. Boil: Cook sweet corn in boiling water for 5 minutes. Drain well.
2. Mix: Combine soaked chana dal, ginger–garlic paste, salt, chaat masala, peanuts, and sweet corn.
3. Shape: Form the mixture into a patty.
4. Cook: Heat a pan over medium heat and cook the patty until golden brown on both sides.
5. Prepare dip: Mix hung curd with capsicum and carrot slices. Season with salt and chaat masala.
6. Serve: Plate the patty with the hung curd dip on the side.

## Nutritional Value (Approx. per serving)

- Calories: 200–220 kcal
- Protein: 10–12 g
- Carbohydrates: 25–28 g
- Fat: 4–5 g
- Fiber: 5–6 g
- Calcium: 150–200 mg
- Iron and Vitamins A & C

## Health Benefits

- Supports weight management
- Aids muscle repair and growth
- Low in fat
- Contains probiotics for gut health
- Diabetic-friendly option

# Instant Crunchy Besan Chat



## Ingredients (Serves 1)

- 5 tbsp besan sev
- 1 small onion, finely chopped
- 1 small tomato, finely chopped
- A few slices fresh coconut
- Chaat masala to taste
- Fresh coriander leaves, chopped
- Lemon juice to taste

## Method

1. Combine: In a bowl, mix besan sev, onion, tomato, coconut slices, and coriander leaves.
2. Season: Add chaat masala and lemon juice to taste.
3. Serve: Enjoy immediately to retain the crunch of sev.

## Nutritional Value (Approx. per serving)

- Calories: 180–200 kcal
- Protein: 5–6 g
- Carbohydrates: 15–18 g
- Fiber: 4–5 g
- Calcium: 30–40 mg
- Iron: 1–1.5 mg

## Health Benefits

- Helps curb evening cravings
- A healthy alternative to fried snacks
- Rich in protein
- Contains soluble fiber for better digestion



# *Controlling Hypertension*

**“Lower salt, lower pressure, longer life.”**

## **3 KEY FACTS:**

- Excess salt stiffens arteries.
- Stress and poor sleep raise BP.
- Potassium-rich foods help balance pressure.

## **Action Tip:**

**Use lemon, herbs, spices instead of extra salt.**





# Green Zaika Roll



## Ingredients (Serves 1)

- 25 g wheat flour (atta)
- 2 tbsp yogurt
- 1–2 salad leaves
- A few slices carrot
- 3 tbsp green chana (green chickpeas)
- 5 g oil
- Lemon juice to taste
- Salt to taste
- Green chili (optional)

## Method

1. Prepare dough: Mix wheat flour and yogurt to form a soft dough.
2. Cook roti: Roll out the dough and cook on medium heat with oil until lightly golden.
3. Assemble filling: Place salad leaves, carrot slices, and green chana on the roti.
4. Season: Sprinkle salt, green chili, and lemon juice.
5. Roll & serve: Roll up the roti and serve warm.

## Nutritional Value (Approx. per serving)

- Calories: 180–200 kcal
- Protein: 8–10 g
- Carbohydrates: 25–28 g
- Fat: 5–6 g
- Fiber: 4–5 g
- Calcium, Iron, and Vitamin C

## Health Benefits

- Aids digestion with fiber
- Contains probiotics for gut health
- Provides plant-based proteins
- Supports immune function
- Helps in weight control

# Pro-biotic Paneer Boost



## Ingredients (Serves 1)

- 200 g milk
- 3 tbsp yogurt
- 1 tbsp chopped onion, carrot, and tomato
- 1 g oil
- 3 tbsp lemon juice
- Salt to taste
- Green chili (optional)

## Method

1. Prepare chenna: Add 2 tbsp lemon juice to boiled milk. Stir until it curdles. (Do not discard the whey water.)
2. Cook vegetables: Heat oil in a pan. Sauté onion, tomato, and carrot over low heat for 1 minute.
3. Combine: Add the vegetable mixture to the chenna and whey water. Mix well with salt and green chili.
4. Serve: Enjoy with roti and pickles for added probiotic benefits.

## Nutritional Value (Approx. per serving)

- Calories: 200–220 kcal
- Protein: 10–12 g
- Carbohydrates: 20–25 g
- Fat: ~3 g
- Fiber: 3–5 g
- Calcium, Iron, and Vitamins A & C

## Health Benefits

- Supports immune function
- Promotes healthy skin
- Strengthens bones and muscles
- Easy to digest
- Helps in weight management
- Acts as an energy booster

# Pro-Biotic Millet Idli



## Ingredients (Serves 1)

- 100 g Bajara atta
- 3 tbsp yogurt
- Salt to taste
- Pinch of hing (asafoetida)
- Curry leaves (as desired)
- A few slices carrot

## Method

1. Prepare batter: Mix bajara atta, hing, yogurt, and salt to form an idli batter.
2. Soak: Cover and let the batter rest overnight.
3. Steam: Pour batter into idli moulds and steam until cooked.
4. Serve: Enjoy hot with coconut chutney.
5. Tip: Add a pinch of ENO before steaming for extra softness.

## Nutritional Value (Approx. per serving)

- Calories: 260–280 kcal
- Protein: 6–7 g
- Carbohydrates: 40–50 g
- Fiber: 5–6 g
- Calcium: 120–140 mg
- Iron: 3–4 mg

## Health Benefits

- Considered a superfood
- Gut-friendly for better digestion
- Acts as an immunity booster
- Helps balance hormones
- May relieve joint pain



A smiling woman with long brown hair, wearing a blue and white striped shirt, is holding a fork with a strawberry on it. She is looking off to the side. In the background, there is a potted plant and some kitchen items.

# *Preventing Obesity*

“Small daily habits prevent big weight struggles.”

## **3 KEY FACTS:**

- Liquid calories (juices, soda) add fat fast.
- Late-night eating slows metabolism.
- Adequate sleep regulates hunger hormones.

## **Action Tip:**

**Drink water before meals; avoid sugary drinks.**



# Chickpea Nest



## Ingredients (Serves 1)

- 1 puri
- 5 tbsp cooked chana masala
- 1 salad leaf
- 1 tbsp chopped onion and carrot
- 1 tsp lemon juice

## Method

1. Prepare: Make a puri and cook Indian-style chana masala.
2. Assemble: Place a salad leaf on the puri, then add chana masala.
3. Top: Add chopped onion and carrot, then drizzle lemon juice.
4. Serve: Enjoy immediately.
5. Tip: Pair with a glass of buttermilk for a healthier option.

## Nutritional Value (Approx. per serving)

- Calories: 300–320 kcal
- Protein: 9–10 g
- Carbs: 45–50 g (assumed, since “Carer” seems to be a typo)
- Fat: 6–7 g
- Iron: ~3 mg
- Fiber: ~4.5 g

## Health Benefits

- Supports weight management
- Promotes heart health
- Acts as an immunity booster
- A healthier way to enjoy puri as part of a balanced diet

# Papad Toast



## Ingredients (Serves 1)

- 1 roasted papad
- 2 tbsp paneer (crumbled)
- 1 salad leaf or 3 tbsp mixed salad
- 1 tbsp chopped onion and carrot
- 1 tsp lemon juice
- 5 g mixed seeds (sunflower, flax, pumpkin, sesame)

## Method

1. Prepare base: Roast the papad until crisp.
2. Mix filling: Combine paneer, salad leaves or mixed salad, onion, carrot, lemon juice, and mixed seeds.
3. Assemble: Spread the mixture evenly over the roasted papad.
4. Serve: Enjoy immediately.
5. Tip: Pair with a glass of buttermilk for a healthier option.

## Nutritional Value (Approx. per serving)

- **Calories:** 100–120 kcal
- **Protein:** 6–7 g
- **Fiber:** 3–4 g
- **Calcium:** 120–140 mg

## Health Benefits

- Supports heart health
- Aids weight management
- Acts as an immunity booster
- Light yet satisfying snack
- Provides energy



# Toasty Veggie Bites



## Ingredients (Serves 1)

- 2 slices bread
- 50 g paneer (cottage cheese)
- 2 slices each tomato, onion, and carrot
- 2 slices boiled potato
- ½ tsp ghee
- Black salt to taste
- Chaat masala to taste

## Method

1. Toast bread: Lightly toast the bread slices.
2. Prepare paneer: Cut paneer into thin slices. Sauté lightly with a pinch of salt.
3. Assemble: Layer bread, paneer, tomato, onion, carrot, and boiled potato slices.
4. Season: Sprinkle black salt and chaat masala.
5. Stack: Repeat layers if desired, then finish with bread on top.
6. Serve: Enjoy warm as a sandwich.

## Nutritional Value (Approx. per serving)

- Calories: 220–250 kcal
- Protein: 10–12 g
- Carbohydrates: 25–30 g
- Fat: 8–10 g
- Fiber: 5–6 g
- Calcium: 200–250 mg
- Iron: 1.5–2 mg

## Health Benefits

- Homemade and gut-friendly burger-style sandwich
- Strengthens bones, teeth, and muscles
- Provides a good source of antioxidants
- Suitable for kids and adults
- Offers fun, colorful nutrition
- A balanced snack option



# *Heart Health*

**“Eat smart today, keep your heart strong tomorrow.”**

## **3 KEY FACTS:**

- Trans-fats clog arteries.
- High cholesterol strains the heart.
- Fiber-rich foods protect vessels.

## **Action Tip:**

**Add 1 tbsp flax or chia seeds daily.**



# Dahi Bread Delight



## Ingredients (Serves 1)

- 2 slices bread
- 12–20 peanuts (assorted pieces)
- Blanched spinach (as needed)
- ½ cup fresh curd/yogurt, whisked
- ¼ tsp roasted cumin powder
- ¼ tsp red chili powder
- Black salt to taste
- 1 tbsp pomegranate seeds
- Mint leaves for garnish

## Method

1. Toast the bread slices.
2. Mix Curd, peanuts, pomegranate seeds, and chaat masala.
3. Blanch and saute the spinach with a pinch of salt.
4. Assemble the chaat together.
5. On one slice of the bread put the sauted spinach and cover the other slice with whisked curd mixture.
6. Sprinkle Cumin powder, chilli powder and black salt for taste and make a sandwich.
7. Garnish with pomegranate seeds.

## Nutritional Value (Approx. per serving)

- Calories: 120 kcal
- Protein: 4 g
- Carbohydrates: 18 g
- Fiber: 2 g
- Vitamins: C and B
- Calcium: 100–120 mg

## Health Benefits

- Aids digestion
- Heart-friendly
- Supports weight management
- Boosts immunity
- Low-fat snack option



# Chicken Skewers



## Ingredients (Serves 1)

- 6 chicken slices (1 inch each)
- 2 tsp curd (yogurt)
- ½ tsp red chili powder
- 1 tbsp lemon juice
- Salt to taste
- Black pepper to taste
- Chopped onion (as desired)
- Chopped capsicum (as desired)
- ½ tsp ginger–garlic paste
- Skewers for serving

## Method

1. Marinate: In a bowl, mix curd, red chili powder, salt, ginger–garlic paste, and chicken slices. Marinate overnight.
2. Grill chicken: Place marinated chicken in a sandwich maker or grill. Cook for 10–12 minutes, or until fully cooked.
3. Grill vegetables: Grill capsicum and onion for 3–4 minutes.
4. Finish: Sprinkle lemon juice and chaat masala over chicken and vegetables.
5. Serve: Thread onto skewers and serve hot.

## Nutritional Value (Approx. per serving)

- Calories: 170 kcal
- Protein: 30 g
- Carbohydrates: 4 g
- Fiber: 1.5 g
- Vitamins & Minerals: C, B12, Iron, Zinc

## Health Benefits

- High-protein, low-carb snack
- Supports muscle building
- Aids in weight loss
- Boosts metabolism
- Oil-free preparation
- A wholesome healthy snack

# Fit Bites



## Ingredients (Serves 1)

- ½ cup soaked ragi
- ½ cup soaked green moong
- 2 tbsp paneer (crumbled)
- 1 tsp ginger–garlic paste
- 5 g sesame seeds
- Salt to taste
- Lemon juice to taste
- Chili to taste

## Method

1. Blend: Combine soaked ragi, green moong, ginger–garlic paste, salt, and sesame seeds into a smooth mixture.
2. Shape: Form the mixture into round tikkis.
3. Cook: Grill each tikki with 5 g of oil until golden brown on both sides.
4. Garnish: Top with chopped onions and green chilies.
5. Serve: Accompany with chutney or yogurt as a dip.

## Nutritional Value (Approx. per serving)

- Calories: 450 kcal
- Protein: 215 g
- Fiber: 12 g
- Calcium: 498 mg
- Iron: 5.6 g

## Health Benefits

- Supports bone health
- Promotes muscle health
- Low glycemic index for stable energy
- Gluten-free
- Supports cardiovascular health



## *PCOD Care*

“Balanced hormones begin with balanced meals.”

### **3 KEY FACTS:**

- Insulin resistance worsens PCOD.
- Refined carbs trigger hormonal imbalance.
- Regular exercise improves ovulation health.

### **Action Tip:**

**Choose whole grains and add 2–3 nuts daily.**





# Ragi Roll



## Ingredients (Serves 1)

- 25–35 g ragi atta
- 3 tbsp paneer (crumbled)
- 2 tbsp curd (for dip)
- 5 g sesame seeds
- 1 cup julienned carrot, cabbage, and capsicum
- Lemon juice to taste
- Salt to taste
- Chilies to taste

## Method

1. Prepare dough: Mix ragi atta, curd, paneer, salt, sesame seeds, and chilies into a soft dough.
  2. Cook roti: Roll out the dough and cook on medium heat until lightly golden.
  3. Assemble roll: Layer carrot, cabbage, and cucumber on the roti.
  4. Season: Drizzle with lemon juice.
  5. Optional: Add peanuts for extra crunch.
- Serve: Roll up and enjoy warm.

## Nutritional Value (Approx. per serving)

- Calories: 250–280 kcal
- Protein: 12–14 g
- Carbohydrates: 25–28 g
- Fiber: 5–6 g
- Iron: 3–4 mg
- Calcium: 300–350 mg
- Vitamins: A, C

## Health Benefits

- Supports bone health
- Helps control diabetes
- Gluten-free
- Promotes muscle growth
- Boosts immunity
- Supports skin health
- Has anti-inflammatory properties
- Iron-rich snack

# Chana Dal Burger



## Ingredients

### For Patties:

- 100 g soaked chana dal
- 2 tbsp poha (flattened rice)
- 3 tbsp crushed garlic and green chili mixture
- Salt to taste
- Lemon juice to taste

### For Patties:

- 1 cup curd
- Salt to taste

### For Salad:

- ½ cup carrot, finely chopped or grated
- ½ cup cabbage, finely chopped
- ½ tsp black pepper
- Salt to taste
- Lemon juice to taste

## Method

1. Prepare dal: Roughly chop soaked chana dal; do not grind into a fine paste.
2. Mix: Add salt, lemon juice, crushed garlic, and green chili.
3. Shape: Form small patties from the mixture.
4. Cook: Fry or grill patties until golden brown on both sides.
5. Serve: Place patties in burger style and accompany with curd dip.

## Nutritional Value (Approx. per serving)

- Calories: 250–270 kcal
- Carbohydrates: 30–35 g
- Fat: 6–8 g
- Fiber: 7–9 g
- Calcium: 150–180 mg
- Iron: 2–3 mg
- Vitamins: A, C, B-complex

## Health Benefits

- Supports weight management
- High in protein
- Boosts immunity
- Promotes gut health
- Diabetes-friendly
- Fiber-rich
- Packed with micronutrients
- Contains probiotics

# Soya Nuggets with Paneer Curd



## Ingredients (Serves 1)

### For Nuggets & Dal:

- 1 cup boiled soya nuggets
- 1 cup soaked chana dal
- 1 tsp red chili powder
- 1 tsp garam masala
- 1 tsp ginger–garlic paste
- 2 pieces paneer cubes

### For Curd Dip:

- 1 cup fresh curd
- 2 green chilies
- Salt to taste

## Method

1. Blend: Grind boiled soya nuggets and soaked chana dal together into a coarse mixture.
2. Mix spices: Add red chili powder, turmeric, garam masala, chaat masala, salt, and ginger–garlic paste.
3. Cook: Heat the mixture in a pan and cook lightly.
4. Shape: Form the mixture into round patties.
5. Serve: Accompany with curd dip.

## Nutritional Value (Approx. per serving)

- Calories: 350–400 kcal
- Protein: 25–30 g
- Carbohydrates: 30–35 g
- Fat: 8–10 g
- Calcium: 200–250 mg
- Iron: 3–4 mg
- Vitamins: A, C, B-complex

## Health Benefits

- Rich in plant-based protein
- Promotes gut health
- Strengthens bone health
- Iron-rich
- Boosts immunity
- Enhances energy levels





# *Preventing Childhood Obesity*

**Active kids today, healthy adults tomorrow.”**

## **3 KEY FACTS:**

- Sugary drinks add empty calories.
- Screen time replaces outdoor play.
- Overweight kids risk early diabetes.

## **Action Tip:**

**Encourage 1 hour outdoor play daily.**



# Palak-Dahi Bade



## Ingredients (Serves 1)

- 2 slices bread
- 1 cup curd (yogurt)
- ½ tsp dahi wada masala
- 2 tbsp pomegranate seeds
- 1 tbsp tal mishri powder

## Method

1. Toast bread: Lightly toast the bread slices over a gas flame.
2. Prepare curd mixture: Whisk curd and mix in dahi wada masala, tal mishri powder, and pomegranate seeds.
3. Assemble base: Place one toasted bread slice on a plate and spread boiled spinach evenly over it.
4. Layer: Cover with the second slice of bread.
5. Top: Pour the spiced curd mixture over the bread and sprinkle additional pomegranate seeds.
6. Serve: Enjoy immediately for best taste and freshness.

## Nutritional Value (Approx. per serving)

- Calories: 180–200 kcal
- Protein: 8–10 g
- Carbohydrates: 30–35 g
- Fat: 3–5 g
- Fiber: 4–5 g
- Iron: 2–3 mg
- Calcium: 120–150 mg

## Health Benefits

- Aids digestion
- Boosts immunity
- Rich in antioxidants
- Supports diabetes and cholesterol management
- Helps in weight management
- Provides iron, folate, and calcium

# Probiotic Grape Pops



## Ingredients (Serves 1)

- 20 pieces black grapes
- 5 tbsp urad dal batter
- Oil for frying
- 2 cups curd (yogurt)
- Dahi vada masala to taste

## Method

1. Coat grapes: Dip each black grape into urad dal batter until fully coated.
2. Fry: Deep fry the coated grapes until golden and crisp.
3. Prepare curd: Whisk curd until smooth and creamy.
4. Combine: Add fried grapes into the curd.
5. Season: Sprinkle dahi vada masala on top.
6. Serve: Chill and enjoy as a refreshing twist on traditional dahi vadas.

## Nutritional Value (Approx. per serving)

- Calories: 180 kcal
- Protein: 6 g
- Carbohydrates: 20 g
- Fat: 8 g
- Fiber: 2 g
- Probiotics: Present
- Natural sugar: Present
- Calcium: 350–450 mg

## Health Benefits

- Fun fusion snack
- Supports digestion
- Promotes heart health
- Supports skin health
- Rich in antioxidants
- Boosts gut health



# Sugar-Free Strawberry Date Cream



## Ingredients (Serves 1)

- 1 cup boiled milk
- 1 tbsp milk powder
- 4 chopped strawberries
- 2 finely chopped dates

## Method

1. Boil milk: Heat milk for 5 minutes.
2. Add milk powder: Stir until fully dissolved.
3. Cool: Let the mixture rest for 10–20 minutes.
4. Mix fruits: Add chopped strawberries and dates.
5. Set: Pour into an idli stand and freeze for 4–5 hours.
6. Serve: Unmold and enjoy chilled with fresh fruits.

## Nutritional Value (Approx. per serving)

- Calories: 300 kcal
- Protein: 10–11 g
- Fat: 9–10 g
- Calcium: 300–350 mg
- Carbohydrates: 40–50 g

## Health Benefits

- No added sugar
- Diabetes-friendly
- Supports weight management
- Provides calcium and protein for strong bones
- Contains natural sugars
- Rich in antioxidants

A woman with long dark hair, wearing a light green tank top, is smiling and eating from a white bowl with a spoon. The background is a bright, out-of-focus kitchen.

# *Immunity Boost*

**“Strong immunity starts on the plate, not in the pharmacy.”**

## **3 KEY FACTS:**

- Vitamin C fights infections.
- Zinc and iron improve defense cells.
- Too much sugar lowers immunity.

## **Action Tip:**

**Add citrus fruit in tiffin.**



# Roti-Fusion Pizza



## Ingredients (Serves 1)

- 35–40 g roti (wheat or millet)
- 1 cup homemade paneer
- 3 tbsp tomato sauce
- 2 tsp garlic, finely chopped
- Red chili powder to taste
- 1 tbsp mayonnaise
- 1 tsp vinegar
- Capsicum (sliced, as desired)
- Onion (sliced, as desired)
- Sweet corn (as desired)
- Cabbage (julienned, as desired)
- Olives (as desired)

## Method

1. Prepare roti: Lightly press and roast the roti on a tawa until semi-crisp.
2. Prepare baking tray: Sprinkle a pinch of salt on the tray and place the roti on it.
3. Spread sauce: Evenly spread tomato sauce over the roti.
4. Paneer sauce: Blend paneer, garlic, vinegar, mayonnaise, and red chili powder into a smooth sauce.
5. Layer: Spread the paneer sauce over the roti.
6. Top: Decorate with chopped vegetables (capsicum, onion, cabbage, sweet corn, olives).
7. Grill: Bake in a preheated oven at 100°C for 10 minutes.
8. Serve: Serve hot.

## Nutritional Value (Approx. per serving)

- Calories: 250–300 kcal
- Protein: 10–12 g
- Carbohydrates: 30–35 g
- Fiber: 4–6 g
- Calcium: 350–400 mg
- Iron: 2–3 mg

## Health Benefits

- Supports digestive health
- Low in processed ingredients
- Heart-healthy option
- Good source of protein
- Boosts immunity
- Healthy alternative to junk pizza



# Ragi Balls with Curd



## Ingredients (Serves 1)

- 1 tbsp soaked ragi flour
- 1 tbsp boiled potato
- Salt to taste
- Chaat masala to taste
- 4 tbsp curd (yogurt)
- Pinch of sugar
- 10 pieces grapes

## Method

1. Prepare mixture: Combine soaked ragi, boiled potato, salt, and chaat masala.
2. Shape: Form the mixture into small balls.
3. Fry: Deep fry the balls until golden brown.
4. Prepare curd: Mix curd with sugar and black salt.
5. Assemble: Add fried ragi balls and grapes into the curd.
6. Serve: Chill before serving.

## Nutritional Value (Approx. per serving)

- Calories: 180–220 kcal
- Protein: 4–5 g
- Fiber: 3–5 g
- Iron: 5–6 mg
- Calcium: 120 mg

## Health Benefits

- Supports digestive health
- Low glycemic index
- Kid-friendly and tasty
- Rich in iron and calcium
- Great snack option



# *Child Nutrition Matters*

**“Strong roots build a strong future.”**

## **3 KEY FACTS:**

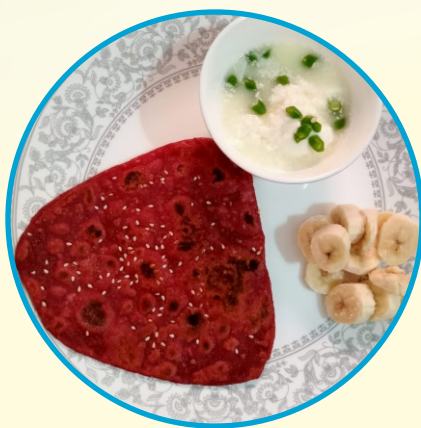
- 1 in 3 children face hidden nutrient gaps.
- Junk food reduces focus and immunity.
- Early habits shape lifelong health.

## **Action Tip:**

**Add one seasonal fruit and one handful of nuts daily.**

























*"Your health begins with what's on your plate"*

*This book is more than just recipes — it's a step towards nourishing your body, mind, and soul. Discover easy, delicious, and wholesome meals that bring you closer to balanced nutrition and a healthier you.*

*"Let every bite be a choice for wellness."*

## About the Book

This book is a celebration of food that's both nourishing and delightful. Packed with creative, easy-to-make recipes — from protein-rich patties and millet tikkis to fusion pizzas and guilt-free chaats — it shows how simple swaps and smart ingredients can transform everyday meals into health-boosting treats. Each dish is crafted to be practical for busy lifestyles while keeping taste, tradition, and nutrition in perfect balance.

## About the Author

Nisha Prakash is a nutritionist, wellness educator, and passionate advocate for healthy living. Through her workshops, school programs, and community initiatives, she has inspired students, teachers, and families to make lasting lifestyle changes. With a unique ability to blend science with flavor, Nisha turns healthy eating into an enjoyable, sustainable habit — one delicious recipe at a time.

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