

# Blueberry Cardamom Avocado Lassi



## Ingredients

- 1 cup fresh organic blueberries  
antioxidant, anti-carcinogenic, helps weight loss, heart healthy
- 1/2 cup Greek yogurt  
12 grams of protein, probiotics
- 1/4 avocado  
MUFA, vitamin C, fiber
- 1/2 cup water
- 1 tsp. chia seeds  
omega 3, fiber, protein
- 1/8 tsp. ground cardamom  
micro nutrients
- 1/2 tsp. sugar
- 1 pinch of salt  
totally optional as blueberries are tart by nature

## Directions



1

HOW TO IN ONE EASY STEP!



## METHOD

Add all the ingredients to your blender cup and blend. That's it! Your delicious and super healthy drink is ready.

# Green Beans and Peas with Shredded Coconut



Serves 3



Easy



## Ingredients

- 1 lb. green beans  
chopped finely
- 1 lb. frozen green peas
- 1/4 tsp. mustard seeds
- 1/4 tsp. whole cumin seeds
- 1 Tbsp. unsweetened shredded coconut  
available as frozen food in Indian (grocery stores)
- 1 potato  
cubed
- 1 tsp. extra virgin olive oil
- 2-3 small green chilies or jalapenos
- 1 heaping tsp. ground cumin
- to taste sea salt
- 1 tsp. turmeric powder
- 1/2 cup water
- 1/2 cup cilantro chopped
- 1 tsp. ground coriander



## Directions

### Steps

**1**

#### HEAT A BIG WOK OR CAST IRON PAN

○ DONE

Add oil to the pan. Once oil is heated, add mustard & cumin seeds to the oil. Once they start crackling, add cubed potato, peas & green beans.

# Green Beans and Peas with Shredded Coconut...

## Continued

### Steps

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**2**

#### MIX IT TOGETHER

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○ DONE

Add salt, chilies, turmeric & cumin powder. Add 1/2 cup of water. Cover the wok with a plate halfway (don't fully cover it). Let vegetables cook on high heat, until soft for 1-2 mins only (please watch the wok closely or else veggies might get burnt at the bottom of the wok - ensure all water is used up).

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**3**

#### GARNISH AND ENJOY!

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○ DONE

Add the grated coconut. Mix well & garnish with chopped cilantro. Serve as is!

# Tofu & Black Bean Chili

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Serves 4



Medium



## Ingredients

- 1 box extra firm tofu
- 1 unsalted tomato sauce  
26 oz. can
- 4 chopped tomatoes  
or 2 - 14 oz. cans
- 2 cans, rinsed organic black beans
- 4 medium red onions chopped
- 3 sweet bell peppers  
red, green, & yellow
- 2 small green chilies or jalapenos
- 2 Tbsp. chili powder
- 2 Tbsp. ground cumin
- 8 oz. pumpkin puree
- 1 sweet potato boiled and roughly chopped
- cilantro chopped
- salt to taste



## Directions

A delicious and filling comfort meal

## Steps

**1**

### CHOP YOUR VEGGIES

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○ DONE

Chop all your vegetables. Heat 1 Tbsp. of oil in a frying pan. Sauté the red onions until translucent.

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## Tofu & Black Bean Chili... Continued

**2**

### COOK EVERYTHING IN A FRYING PAN FIRST

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○ DONE

Add the chopped peppers and cook until tender. Add the diced tofu, jalapeños, chili powder, cumin powder, and pumpkin puree. cook everything together over medium heat for 2 mins.

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**3**

### COOK INGREDIENTS IN SLOW COOKER

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○ DONE

Add this mixture to a slow cooker. Add the diced tomatoes, tomato sauce, mashed sweet potato, and rinsed beans to the slow cooker and mix everything well. Cook on high setting for 4-5 hours.

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**4**

### GARNISH AND ENJOY!

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○ DONE

Garnish with cilantro prior to serving.