

# Banana Beet Muffins

FEATURES:

CUISINE:



55



Serves 6



Medium



## Ingredients

- 3/4 cup whole whole wheat flour
- 3/4 cup almond flour
- 1 tsp. baking soda
- 1/4 tsp. salt
- 1 Tbsp. ground cardamom
- 2 small ripe bananas
- 1 medium size grated beet
- 1 Tbsp. vanilla extract
- 1 Tbsp. coconut oil
- 1/4 - 1/2 cup honey

use upto 3/4th cup honey to amp up the sweetness- May replace honey with 1/2 cup of dark brown sugar

- 1/2 cup plain greek yogurt
- 1 egg
  
- Garnish
- almond slivers



## Directions

Banana Beet Muffins Recipe! Yet another protein and fiber rich healthy treat prepared for you by Dr. Dave's Kitchen!

These banana and honey sweetened muffins make for a lightly sweet treat to accompany your morning coffee or afternoon sweet craving. They also make a great after school snack for your kids.

(Visited 1,865 times, 3 visits today)

## Steps

# 1

## BANANA BEET MUFFINS RECIPE

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○ DONE



### Method

1. Preheat oven to 350 deg.
  2. Mix first five ingredients in a large mixing bowl.
  3. Blend the rest of the ingredients except the beet in a blender to a smooth purée.
  4. Add the purée to the mixing bowl and mix everything thoroughly along with the beets.
  5. Fill the mix in muffin liners.
  6. Garnish with almond slivers.
  7. Bake at 350° for 35-40 min.
  8. Makes 6 jumbo muffins.
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# Southwestern Quinoa Salad with Bean & Tofu



Serves 4



Medium



## Ingredients

- 1/2 lb. extra firm tofu
- 1 cup cooked quinoa
- 1 can organic black beans
- 1/2 red bell pepper
- 4 onions  
green
- 5 chopped walnuts
- 1/2 cup fresh cilantro chopped
- 2 fresh squeezed lime juice
- 1/2 cup extra virgin olive oil
- 1 Tbsp. cumin powder or whole cumin
- 1 Tbsp. ground coriander
- 1 Tbsp. chili powder
- 1/2 tsp. ground black pepper
- to taste salt



## Directions

This southwestern inspired salad tastes best a day after making!  
(Visited 6 times, 1 visits today)

## Steps

# 1

### SAUTE TOFU & PEPPERS IN SPICES

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DONE

In a pan, heat 1 Tbsp. of olive oil. Add diced tofu to it. Then add the chili, cumin, coriander, and black pepper. Mix the spices with tofu well. Then add diced red bell peppers and cook until soft.

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# 2

### COOL

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DONE

Remove from heat and add it to a big salad bowl. Let it cool.

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# 3

### MIX IN OTHER INGREDIENTS

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DONE

Add the cooled and fluffed quinoa, black beans, green onions, and walnuts.

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# 4

### MAKE THE DRESSING

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DONE

In a small bowl, whisk together leftover olive oil, lime juice, salt.

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# 5

## TOSS AND CHILL

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○ DONE

Stir in the dressing in the big salad bowl and toss the salad for even coating. Cover and refrigerate for at least an hour before serving.

Note: leftovers the next day are even better!

Dr Bijal

I am Dr. Bijal Dave – Obesity Medicine, Metabolic Specialist, Family Physician and Passionate Chef! I am a medically certified doctor with a passion for healthy eating. I have created this website to bring healthy and tasty vegetarian recipes from all over the world to your home. I have 3 office locations in New Jersey. If you would like help losing weight, please contact one of my offices and schedule a comprehensive medical weight loss evaluation.

## Ready to Start Your Weight Loss Journey?

I am a medically certified doctor who specializes in weight loss. I also have a passion for healthy eating! If you would like help losing weight, please contact one of my office locations and schedule a comprehensive medical weight loss evaluation.

Begin Your Weight Loss Journey!

# Summer Sprouts and Fruit Salad

FEATURES:

CUISINE:



Serves 2



Medium



## Ingredients

- 1/2 cup mixed dark leafy greens  
Fiber, Vitamins, Antioxidants
- 1/4 cup sprouted mung beans  
10 Calories only - 3 gm Protein, 2 gms of Fiber
- 1/4 cup sprouted chickpeas  
Kala chana)- 10 gms Protein, 3 gms Fiber
- 1 mango chopped  
Carotenoids, Fiber, Vitamin C & A
- 6-8 strawberries  
Antioxidants, Vitamins C
- 1/4 English cucumber chopped  
Potassium, Fiber, Vit. C
- 10 grape or cherry tomatoes  
Vit. E, A , Folate, Magnesium, Fiber
- 5 cut lengthwise baby carrots or 2 medium carrots
- fresh basil leaves  
Chopped
- peanuts  
Optional
- Salad Dressing
- 1/2 cup Greek yogurt  
12 gms of protein, Probiotics

- 1/2 cup fresh cilantro
- 2 cloves garlic  
minced
- 2 green chilies
- salt to taste
- to taste ground cumin
- to taste ground black pepper



## Directions

Amazingly refreshing, super nutritious and light salad. Can be taken as lunch to work or served up as a healthy appetizer for your summer or potluck parties!

(Visited 259 times, 2 visits today)

## Steps

# 1

## PREPARE MUNG BEANS

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○ DONE



To sprout mung beans & chickpeas, soak them overnight separately in water just enough to cover their surface. In the morning, drain the water out and dry them using the paper towel or cloth.

Then using 2 different muslin cloths or cheesecloth, place them to sprout in any dark corner. See method shown in the video. Leave them there to sprout for 12-24 hrs depending on how warm the place where you live is.

Once they sprout, mix all the ingredients for the salad together in a bowl. If making for parties, double or triple quantities accordingly.

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# 2

## MAKE DRESSING

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○ DONE



Now make the salad dressing by blending all the ingredients listed for the salad dressing in a blender. Adjust thickness by adding water. Now, spoon your refreshingly delicious salad dressing over your sprouts and fruit salad. Enjoy!

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you soon.

## Contact Dr. Dave

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Schedule a weight loss evaluation with Dr. Bijal Dave - Hackettstown: (908) 979-1302 - Cedar Knolls: (973) 401-1100 - Newton:  
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